



Presents

**Preparing for Recovery from Psychosis:
A Family Approach**

A Five Day Residential Course

For Families, People with Lived Experience and Workers

Venue: Port of Ness, Isle of Lewis, The Western Isles

Sunday 29th September 2019 to Friday 4th October 2019

With

Karen Taylor

Places are Limited, Early booking Advised

Cost: Single Occupation £625 per person

Cost: Twin Occupation £425 per person

Cost includes accommodation, up to six nights & meals. Beginning Sunday Dinner 29th September to lunch Friday 4th October included.

(Participants can arrive at accommodation from Saturday 28th at 4pm, they must leave at the end of the course on Friday 4th October at lunchtime).

For Information or to reserve a place Call Ron or Karen on 01851 810789 or email karen@workingtorecovery.co.uk

Book online: www.workingtorecovery.co.uk

About the Week

This one week course has been developed from our learning in the various recovery houses we have been privileged to be involved in over the last 20 years. The course is both experiential and taught. It will begin on Sunday 29th September at 4pm, followed with dinner at 6pm - a chance to get to know each other and start formally on Monday 30th September 2019 at 9.30am and finishing 4th October Friday at 12.30pm.

Day One - What is recovery? - Karen will explore what we mean by recovery and the importance that Choice, Ownership, People and Self have in starting the Journey of Recovery.

Day Two - You are not the Problem - The second day will focus on exploring why people often feel that somehow they are the problem and that they cannot recover. The day will also allow people to determine what the real problem is.

Day Three - The Illness Trap - Karen will focus on the barriers that can often get in the way of a persons' recovery exploring ways they can be overcome. Look at creative ways of working with voices and other unusual experiences, using voice dialogue and voice & family sculpting.

Day Four - The Importance of Story – Day Four will both explore the importance of our stories both that of the person and the family, it will also lay out a number of ways we can tell our stories.

Day Five - Taking it Forward - An opportunity to decide how to go forward with the learning of the week.

During the week participants will have the opportunity to:

- Consider the underlying origins of recovery, in order to strip back to the underlying values, to 'start again'.
- Explore the family experience.
- Learn about the importance of writing a journal.
- Explore in depth the idea of "you are not the problem".
- Learn about the process of stories we tell ourselves and how the process of externalising language, can assist in changing the stories we/others tell about ourselves.
- Develop an understanding of the barriers that stops recovery and explore ways to overcome these.
- Develop an understanding of the 'Illness Trap' and how to negotiate through it.
- Through practical exercise learn about the importance of writing a plan.
- With discussion and conversations throughout the course, develop confidence in working with/or personally to be ready to continue the recovery process.