



**Presents**

**A One Day Course**

# **Understanding Recovery**

*Recovery for people with mental health issues is achievable!  
Recovery can be both a goal and a process.  
It works!*

A one day course in the introduction of recovery, through conversations and learning, participants will develop an understanding of recovery from a personal perspective, a practical basis and a sense of the system. Throughout the day we will explore creative ways of helping people to move on.

## **Learning Outcomes:**

- To explore the concepts of Recovery and develop a broader understanding.
- To consider what recovery means to you and what recovery can mean for practitioners.
- To develop an understanding and knowledge of the Recovery Process.
- To examine and critique the Biological/Maintenance Model and the Recovery Process.
- To think about how recovery could change people's lives and the approach practitioners support people.
- To explore how we can all be with people to live a full and meaningful life.
- To develop an understanding of the benefits of recovery from a personal, a practice based and a supportive perspective.
- Through real-life examples, develop confidence and knowledge of working in a recovery focused way.
- To examine examples of practical recovery tools, in order to gain an understanding of ways to promote the recovery process in your life and practice.

## **Pre-Course Learning & Requirements**

Once you have registered for this course, you will be sent a 'Pre-Course Questionnaire' and 'Pre-Course Learning' materials, as listed below:

### **Pre-Course Questionnaire**

The Pre-Course Questionnaire is useful for Working to Recovery to know some of your background, needs and expectations prior to the start of the course.

### **Pre-Course Learning**

The Pre-Course Learning consists of two separate videos (accessed via YouTube), which lasts approximately 25 minutes in total. We encourage all delegates/participants to watch these videos and reflect on them before the course starts.

## Outline of the Day

09:15 – Arrival & Registration

09:30 – Introduction: Definitions of Recovery

10:00 – Elements of Recovery

10:30 – *BREAK (Refreshments)*

10:45 – ‘Morning Routine’ Exercise

11:45 – The Maintenance Model

12:15 – The Recovery Process

12:45 - *LUNCH*

13:30 – Recovery: Research, Models and Stories

14:30 – Are You Ready for Recovery?

15:15 – *BREAK (Refreshments)*

15:30 – Group discussion: ‘How do we take the challenges of recovery forward in our own lives and practice?’ - What Next?

16:00 – Finish

## Certificates of Course Completion

We offer two different types of Certificate to suit your needs – *Certificate of Attendance* and *CPD Certificate*. Please see details below:

### **Certificate of Attendance**

This certificate shows that you have attended the course. It is included within the Course fees.

To receive your *Certificate of Attendance*, once you have finished the course. Please email [jim@workingtorecovery.co.uk](mailto:jim@workingtorecovery.co.uk) requesting the Certificate.

### **CPD (Continual Professional Development) Certificate**

Most Practitioners/Professionals require you to have regular CPD to remain in practice, demonstrate learning and have a Course Certificate. This certificate costs an additional £10.

The total of learning for this course (for CPD purposes) is **9 ½ hours**, as listed below:

- ¾ hour Pre-Course Materials
- 6 ¾ hours – Course
- 2 hours – Participant Documentation

To receive a CPD Certificate you need to purchase/register **BEFORE** the course. You will need to complete and return relevant documentation, which requires you to reflect and demonstrate your learning.

You can purchase/register, direct from our website at:

<http://www.workingtorecovery.co.uk/products/events-and-training.aspx?courseid=7>

Or contact [karen@workingtorecovery.co.uk](mailto:karen@workingtorecovery.co.uk)