

Recovery from Psychosis: A Ten-Week Program

Developed by
Ron Coleman and Karen Taylor

Over the last few years Ron and Karen have been asked by a great many families and people with mental health problems if Ron and Karen could work with them on their recoveries. Though they have been able to offer a few places at their Recovery Houses on the Isle of Lewis (Scotland) and Western Australia, it has not been nearly enough. Ron and Karen have given this much thought and have developed a ten-week recovery program. The program has been developed from their learning in the Scottish, Italian and Western Australian Recovery Houses.

Drawing on seminars provided by Ron Coleman and Karen Taylor, the program course will allow you to begin the recovery process from psychosis. Through the seminars, teaching materials, readings, exercises online discussions with others and face-to-face discussions with supporters and family members, you will be able to explore in depth your barriers and strengths and move forward in your recovery journey.

At the heart of the ten-week program is your personal journey, which is recorded in the writing of a daily journal and the development and updating of a Personal Development Plan. You will need to be committed to write your daily journal throughout the ten-weeks. If you are really ready to begin your recovery journey from psychosis, then this program will enable you to transform your life. There will be hurdles along the way, but if you are truly willing to take the chance of change, you will get through these.

We recognise that many of you will find this program daunting. With this in mind, we encourage for your family, friends and supporters to progress on this program alongside you. They will also be given access to the program so they can navigate along beside you.

We also provide a weekly mentor, who you can have personal discussions and reflections of the program, to help you along the way.

Outline of the Program

Introduction

Week 1 – Preparing for Recovery

Week 2 – You are not the Problem

Week 3 – The Illness Trap

Week 4 – Importance of Story

Week 5 – Relating our Story to our Experiences

Week 6 – Review

Week 7 – Managing Emotions in the Family: Learning to talk to Each Other

Week 8 – Building Resilience

Week 9 – Planning the Future - PATH

Week 10 – Developing your Plan

Program Reflections - Looking back over my journey of this ten-week program

Program Description

Module	Description
Introduction	In this Introduction, you will be welcomed to the ten-week program. You will have a formal welcome from Ron and Karen and details of the program. In this welcome, Ron and Karen will explain how to use the Course Manual, which you will be able to download.
<u>Week 1</u> Preparing for Recovery	In Session One, we will be looking at what do we mean by recovery. We will look at different definitions from various perspectives, which will include you and others thinking about and discussing what recovery means to you. We will be learning about the COPS Recovery Programme, an alternative way in which people with mental health problems can recover. You will also be thinking about and developing your own Personal Development Plan for the next month, be introduced to writing a daily journal and will be watching the first seminar presented by Ron and Karen.
<u>Week 2</u> You are not the Problem	In Session Two we will be looking at you are not the problem, the problem is the problem. We will look at a paper that has been written about Narrative Therapy, watch the second seminar presented by Ron and Karen and record the discussions you have been having and how you are working towards your Personal Development Plan. You will be able to download the next sheets to write your daily journal.
<u>Week 3</u> The Illness Trap	In Session Three we will be looking at The Illness Trap. This week we will be looking at why so many people get caught up in the trap, that keeps us going round and round in cycles of despair. We will be looking at why this happens and what we can do to avoid the pitfalls and repeating it again and again. You will be given support in writing your daily journal, which is at the heart of your recovery.
<u>Week 4</u> Importance of Story	In Session Four we will be looking at the Importance of Story. We will be hearing different people's recovery stories and exploring the aspects of the story and relating it to our own experiences. As usual Ron and Karen will present the fourth seminar, in which you will have the opportunity to record the discussions you have from the Seminar. You will be revisiting your Personal Development Plan and thinking about whether there are changes you want to make to this. You will also be able to download the next sheets for your weekly daily journal.
<u>Week 5</u> Relating our Story to our Experiences	In Session Five we will be looking at our own story and how it relates to our experiences. In Session Four you will have learnt about the importance of story and heard a number of people's own personal stories. Carrying on from this, you will be thinking about your own story. Firstly, you will learn the importance of writing your story and how it will help you. Ron and Karen will build on this with their Fifth Seminar. You will then be given a structure on how to write your own story – the method provided, will help you break-down the different parts and so work through the different areas of your story and relate them to your experience.

<p><u>Week 6</u> Review</p>	<p>In Session Six you will be reviewing the last five weeks and thinking about how you and your recovery journey is progressing. This is quite a short session and we encourage you to have a Mentor Session to review your progress. This week, you will be watching Seminar Six and reflecting on the seminar and reviewing how you are doing.</p>
<p><u>Week 7</u> Managing Emotions in the Family: Learning to Talk to Each Other</p>	<p>In Session Seven you will be looking at communication and roles within the family unit. Families often become stuck in the same communication circles that usually lead to reinforcing the problems that families believe it has. By respecting dialoguing and listening to what each person has to say, the family can learn to change its patterns of communication and become resolution focussed and less problem and blame focussed. This week, you will be watching the Seminar Seven with Ron and Karen, reading two documents and doing an exercise together with your family. Please don't get bogged down with the reading. Ultimately the seminar and exercises are the most important parts of the learning in this session. The reading is additional learning.</p>
<p><u>Week 8</u> Building Resilience</p>	<p>In Week Eight you will be looking at how to build resilience, through some reading and watching the Seminar. This week is a shorter week, with a 20 minute seminar and some reading about ways to cope and build resilience successfully.</p>
<p><u>Week 9</u> Planning the Future – PATH</p>	<p>In Session Nine we will begin to look at Person Centred Planning tools and ways to plan for the future. An important part of Person Centred Planning is developing your own graphics. You will be introduced to this and explore the GROW Model and PATH which are both tools to help you plan for the future. This will be developed further in the next session.</p>
<p><u>Week 10</u> Developing your Plan</p>	<p>In Session Ten we will be looking at developing your plan. We will be focussing on the GROW Framework, how to use it and guide you through the process of facilitating discussions with others. Once again, you will be revisiting your Personal Development Plan and thinking about whether there are changes you want to make to this. You will also be able to download the final set of sheets to write your daily journal.</p>
<p>Program Reflections</p>	<p>The <i>Program Reflections</i> is designed for you to think back over the last 10 weeks of the program and reflect on what are the key points that you have learnt. It's been purposely put at the end of the program, as you can think back to each week. A lot of your learning will have come from your experiences of the program and the changes you have gone through. The <i>Program Reflections</i> are as much as a record for yourself, but also allows us to see how the program has helped you and others who have undertaken it. By the time you have completed the program you will have developed a deeper understanding of recovery from psychosis.</p>

Personal Mentor

In order to get the fullest opportunities from this program and fully enable recovery from psychosis, we encourage each participant/family to have a personal mentor. The personal mentor will provide:

- Discussions on the program, support and encouragement
- Regular Skype Meetings (up to one a week)
- Personal Feedback on program journey, materials sent for comments, and family feedback.

Program Details - What is Included?

The ten-week program includes:

- **All course materials** - access to all course materials online both for the participant and family/friends who, are provide support throughout the program.
- **Program Manual** – full program manual to accompany participants whilst progressing through the program.
- **9 x online seminars delivered by Ron and Karen** – each lasting between 20 – 50 minutes long. The seminars form the basis of the work to be covered over the ten-week program.
- **Private Online Discussion Forum** – online available to participants, family and friends doing the course.
- **Program Materials** – to be completed and sent to your Mentor. Your Mentor will review and give you comments.
- **Foundation Recovery Courses** – the opportunity to study up to 9 Foundation Courses.
- **Online Library / Resources** – full access to our line video / audio library and other resources.

Program Details – Timeframe for Completion

Though the program has been designed to be completed in a ten-week framework, participants will be enrolled for one year, allowing them to take as much time as they need to complete the program. On enrolment, each participant/family will be notified by email of the name and contact information of their Mentor.

Program Details – Who will benefit from the Program?

The program will be useful for families, consumers, service users and for workers wishing to work through it with a consumer/service user. We also want to see families working with the consumer/service user, whenever possible. A single registration enrolls with families/friends and consumer/service user.

Program Details – Cost

£750 – full program with 10 mentor sessions

£250 – full program with no mentor sessions

£60 – Individual Mentor Session (pay as you go)

Bursary places of up to 50% of the cost are also available according to need (Please Note – we do not assess people's financial status to decide on who gets a bursary, rather we trust people to tell us they need a bursary and how much they need).

BOOKING

To book a place online - [http://www.workingtorecovery.co.uk/recovery-college/join-us-membership-\(2\)/recovery-from-psychosis-a-three-month-program.aspx](http://www.workingtorecovery.co.uk/recovery-college/join-us-membership-(2)/recovery-from-psychosis-a-three-month-program.aspx)

For more information, contact Ron Coleman on +44 1851 810789 or email roncolemanwtr@gmail.com

Course Leaders

The course leaders are Ron Coleman and Karen Taylor, who have extensive experience in this area.

Ron Coleman is a Mental Health Trainer and Consultant specialising in recovery and psychosis. Following his role as national coordinator of the Hearing Voices Network he used his experiences of recovery to design workbooks and training packages, to enable voice hearers to gain ascendancy over the negative aspects of voice hearing experiences. Ron's own route of recovery after spending 13 years in and out of the psychiatric system has given him many insights into the numerous difficult issues facing today's mental health services. He is now back in his homeland of Scotland after 20 years of self-imposed exile. Ron is the author of *Recovery - An Alien Concept* and *Politics of the Madhouse*. He has co-authored *Working with Voices* and *Working to Recovery*.

Karen Taylor has a background as a Psychiatric Nurse Manager (RMN), Consultant and Trainer. She is an RMN with 16 years' experience in the NHS in England with both older people and adults of working age. Karen has personal experience of designing, implementing and managing innovative community care services. After leaving the NHS, Karen managed the company 'Keepwell Ltd' for 2 years, where she ran a psychosis resolution service based on recovery and co-authored the workbook '*Working to Recovery*'. Karen has been involved in introducing recovery training in Australia, New Zealand, Palestine, Denmark and Italy, as well as throughout the United Kingdom. Based in Scotland, Karen is Director of *Working to Recovery Ltd.*, alongside with Ron Coleman. Karen and Ron are passionate that recovery is for all, including workers, and together they travel the world, telling their story of recovery and spreading a message based on hope, engaging with mental health services, carers and service users and challenging them to review their roles and embrace recovery for all.

Certificate of Completion

Within the course fees, we offer a signed Certificate of Attendance/Completion which shows you have completed the course. This is a great thing to receive as an achievement that you completed the program.

Instructions on how to receive the certificate is available at the end of the ten-week program:

Sample of the Course Certificate

