

# Introducing Person Centred Planning to Recovery

This course has been designed to enable person centred planning techniques, tools and approaches to be explored and understood in a way that will allow you to both gain knowledge and to pass that knowledge on to others as means of delivering this support.

In this course you will explore person centred planning and why it is a powerful way of helping people on their recovery journey. The course examines key concepts underpinning person-centred planning, as well as exploring person-centred planning tools and approaches and how you can implement this in your work with people or in your own life.

Through an interactive learning environment, the course will allow you to explore the values within the recovery process and learn person-centred planning tools that will enable you plan your life or work more effectively in a recovery focused way. In this course you will explore your internal and external barriers to recovery and discuss how to move forward. You will reflect on your own life/practice and how to make changes both personally and professionally.

The course is for anyone wanting to begin to learn about planning for the future in a more recovery orientated way. As you work through the course you will gain a deeper understanding, awareness and knowledge of recovery values and how to plan for your future. The learning format/approach has been designed to meet all learning styles. Learning formats include: documents, PowerPoints, videos, exercises/activities, additional reading and learning from each other through forums.

## Learning Outcomes:

- Explore ways to practice in ways that maximise opportunities for people to make better choices about how they live and have those choices respected and acted upon wherever possible.
- Develop skills on how to work alongside people to identify strengths and interests to develop self-defined goals.
- Increase awareness of the principles of person-centred approaches to support and a range of methods used.
- Explore how to apply person-centred methods to plan and deliver support, recognising that recovery is a uniquely personal journey.
- Develop an understanding in the ways which person centred methods of providing support differs from more traditional approaches to care planning.

## Outline of the Course

**Module 1** – Creating the Platform for Recovery: Starting with Yourself

**Module 2** – The Recovery Process: Stepping Stones

**Module 3** – Key Concepts of Informing Person-Centred Planning

**Module 4** – Person-Centred Approaches

**Module 5** – Person-Centred Planning Methods

**Module 6** – Learning into Practice

The course will take students up to **33 hours** to complete, please see below for breakdown of this time.

## Course Description

Module	Description	Length
<p><b><u>Module 1</u></b>  <b>Creating the Platform for Recovery: Starting with Yourself</b></p>	<p><b>Who Am I?</b> One of the key principles of using person-centred tools and approaches in recovery is that we start with ourselves. Based around a lecture by Karen, this module will help you explore the key elements of recovery starting with ourselves. The module lays a foundation for the rest of the course, as we begin to tease out the issues of – humanness, understanding and connectedness, enabling you to begin to focus on the essence of making recovery happen.</p>	<p><b>5 hours of learning time</b></p>
<p><b><u>Module 2</u></b>  <b>The Recovery Process: Stepping Stones</b></p>	<p>Recovery is essentially a personal thing and as such experienced differently by each individual. There are however some stepping stones that are consistent amongst people who have progressed through the recovery process. In this module we will explore why it is useful to use person-centred planning approaches in working towards recovery.</p>	<p><b>3 ½ hours of learning time</b></p>
<p><b><u>Module 3</u></b>  <b>Key Concepts of Informing Person-Centred Planning</b></p>	<p><b>A Focus on Strengths and Abilities.</b> The heart of all person-centred approaches is moving from seeing the negative (the problems and deficiencies) in people and recognising and releasing people’ potential (strengths and abilities). We all struggle to articulate our strengths, but usually have no problem with identifying our deficits and perceived problems. By focusing on our deficits opposed to our strengths can be a disheartening experience. Yet, it is often the case that people, who have been in contact with mental health services for some time, will describe their deficits as they recount their story. One negative consequence of this is that people’s self-image can become deficit focussed. This module is about developing a full understanding of the concepts of informing the person-centred approach and finding ways of highlighting and working to strengths we all possess, showing that this can be a powerful drive for change, growth and recovery.</p>	<p><b>4 hours of learning time</b></p>
<p><b><u>Module 4</u></b>  <b>Person-Centred Approaches</b></p>	<p>There are a range of person-centred planning approaches, with no single ‘best’ tool that is most effective. Being person-centred is a means of supporting ourselves and others that can include the use of particular tools and approaches. Supporting someone in a person-centred way is about helping someone work out what they want – a person-centred approach is a tool to enable this to happen. Person-centred approaches are based on the principles of – Rights, Strengths, Independence, Choice and Inclusion. In relation to services, person-centred tools/approaches provide the foundation where people are listened to what they want. In this module you will learn about a selection of person-centred approaches/tools that have been used in supporting people through the recovery process.</p>	<p><b>5 hours of learning time</b></p>
<p><b><u>Module 5</u></b>  <b>Person-Centred Methods</b></p>	<p>Using person-centred planning tools and approaches can be a great assistance in helping people identify practical supports and actions for recovery. However, the process of the planning is as important as the approach or tool being used. Whatever the approach used in person-centred planning, there are some essential elements that need to be followed. In this module you will explore these and the underlying elements that are required for effective person-centred planning for recovery.</p>	<p><b>4 ½ hours of learning time</b></p>

<p><b><u>Module 6</u></b></p> <p><b>Learning into Practice</b></p>	<p>Through this course, we have built upon your learning in layers, slowly introducing new ideas, enabling you to develop your knowledge of person-centred planning and recovery. This has been designed to start a process which will continue beyond the completion of the course. The process will bring further changes in your thoughts and perceptions around making recovery happen with a person-centred focus. To continue this learning process, in this final module, you will be reviewing your learning and thinking about how to move forward into practice to making recovery happen with a person-centred approach.</p>	<p><b>7 hours of learning time</b></p>
<p><b><u>Course Test &amp; Student Documentation</u></b></p>	<p>In order to receive a certificate (either '<i>Certificate of Course Completion</i>' or '<i>Continual Professional Development Certificate</i>') you will need to complete the course test and relevant student documentation.</p>	<p><b>4 hours to complete</b></p>

## Course Leaders

The course leaders are Ron Coleman and Karen Taylor, who have extensive experience in this area, see full description of Ron Coleman and Karen Taylor below:

**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.

## 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 completed the course. It is included within the Course fees.

Instructions on how to receive this certificate is available within the Course Handbook.

### **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 **33 hours**, as listed below:

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

You can purchase/register for CPD, direct from our website at: <http://www.workingtorecovery.co.uk/recovery-college/join-us-membership-%281%29/introducing-person-centred-planning-to-recovery.aspx>

For any questions or information please contact Recovery College Manager, Jim Campbell - [jim@workingtorecovery.co.uk](mailto:jim@workingtorecovery.co.uk)