

# Understanding Recovery, Theory into Practice

This online course will provide you with the knowledge, understanding and thinking you will need to start developing recovery practices. Drawing on lectures and discussions with both the course leaders, Karen Taylor and Ron Coleman, you will begin to understand recovery and address the challenges that are currently stopping recovery practices developing in services.

Through an interactive learning environment, you will be able to learn from others taking the course. You will be presented with information about the background of recovery, elements of recovery and look at personal experiences of people's recovery journey. As you explore into the history of mental health services and recovery you will begin to be able to put our current times into context. And so gain an awareness of the process of recovery.

Drawing on your own experiences you will dialogue with other students as you begin to look at the Maintenance Model and Recovery Process. As you explore the impact of these practices on people's lives you will begin to find a path for yourself in developing your own recovery practices.

Once grounded within this awareness, the course, allows you to plan and develop a way forward for yourself in developing recovery practices.

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:

- Consider what is meant by the term 'recovery'.
- Explore the importance of stories within recovery.
- Consider what is meant by the term recovery in order to begin understanding how recovery practices can be developed.
- Examine, in depth, the Maintenance Model and its impact on people using services, people working in services and yourself.
- Develop an understanding of the Recovery Process and consider how this understanding can be turned into practice.
- Begin to explore how your learning from the course can be used in your own life.
- Examine the challenges of embedding recovery into services and our lives and begin the process of developing a plan to take your learning forward.

## Outline of the Course

**Module 1** – Putting Recovery into Context

**Module 2** – Understanding Recovery

**Module 3** – Understanding the Maintenance Model

**Module 4** – The Recovery Process

**Module 5** – Turning Theory into Practice

**Module 6** – Taking your Learning Forward

The course will take students up to **34 ½ hours** to complete, please see below for breakdown of this time.

## Course Description

Module	Description	Length
<p><b><u>Module 1</u></b>  <b>Putting Recovery into Context</b></p>	<p>In Module 1, we will be looking at the history of mental health practices, recovery and people's experiences of mental health services. By putting recovery into context in our current world, we can begin to lay a foundation on which we can build upon to change practices. Stories are a key part of recovery and you will begin to think about people's stories and share, your stories around recovery, placing your own experiences in context and into your own life.</p>	<p><b>5 hours of learning time</b></p>
<p><b><u>Module 2</u></b>  <b>Understanding Recovery</b></p>	<p>In this module, we begin to explore what is meant by recovery. Building on learning from the previous module, you will begin to understand what is meant by recovery. Looking at different definitions and types of recovery will allow you to begin to understand how recovery practices can be developed. The learning and knowledge gained from this module can then be taken forward into Module 3.</p>	<p><b>7 hours of learning time</b></p>
<p><b><u>Module 3</u></b>  <b>Understanding the Maintenance Model</b></p>	<p>In Module 3, we begin to explore the crutch of the problem, the Maintenance Model. Karen guides us through understanding what is meant by this way of working and how it impacts on people's lives. By exploring what that means to us all, you will begin to gain a deeper knowledge and understanding on how the Maintenance Model affects people using services, people working in services and yourself. And most importantly, why recovery is the answer.</p>	<p><b>5 hours of learning time</b></p>
<p><b><u>Module 4</u></b>  <b>The Recovery Process</b></p>	<p>In Module 4, we introduce the Recovery Process. Karen talks us through the Recovery Process, drawing on examples on how this can impact people's lives. Drawing on your own experiences, reactions and thoughts, the module allows you to explore the theory around the Recovery Process and begin to think about how this can be turned into practice.</p>	<p><b>5 hours of learning time</b></p>
<p><b><u>Module 5</u></b>  <b>Turning Theory into Practice</b></p>	<p>As the title suggests, in Module 5 you will be guided through the process of turning your learning into practice, using dialogue. Learning from Karen's chosen area of the Recovery Process, you will develop your own ideas and plan on how you will take your understanding of recovery and turn it into practice. At the end of this module you will form a concrete plan, which will allow you to make recovery practices a reality.</p>	<p><b>4 ½ hours of learning time</b></p>
<p><b><u>Module 6</u></b>  <b>Taking your Learning Forward</b></p>	<p>As you come to the end of the course, you will watch videos of Karen and Ron talking about the challenge of developing recovery practices. We will help you to draw together all your learning and reflect on what you have learnt. We will also guide you through developing an Action Plan for taking your learning forward, so that you can turn recovery from theory into practice.</p>	<p><b>5 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 'Certificate of Course Completion' or 'Continual Professional Development Certificate') you will need to complete the course test and relevant student documentation.</p>	<p><b>3 hours to complete</b></p>

## Course Leaders

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

**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.

**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*.

## 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 **34 ½ 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-\(1\)/understanding-recovery,-theory-into-practice.aspx](http://www.workingtorecovery.co.uk/recovery-college/join-us-membership-(1)/understanding-recovery,-theory-into-practice.aspx)

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