

Preparing for Recovery

It is very common that consumers/service users, families and organisations lack a preparation and readiness to begin recovery. This includes accepting, delivering and practicing recovery focused ways of working and being. This course has been based on the experiences of Ron Coleman and Karen Taylor in their work in establishing recovery houses in Scotland, Italy and Western Australia, in order to prepare consumers/service users, families and organisations to prepare for recovery.

Based on their longer 'Three-Month Program' course, this shorter course strips back the underlying recovery concepts, enabling students to understand the theory behind the techniques, gain the ability and confidence to use these techniques and learn how develop new ways of working.

The course is structured round three seminars, by Ron and Karen, guiding the student to a place where they can prepare for recovery. The four seminars are, '*Preparing for Recovery*', '*You are not the Problem*', '*The Illness Trap*' and '*The Importance of Story*'.

Preparing for Recovery – In this first seminar Ron and Karen explore what we mean by recovery and the importance that Choice, Ownership, People and Self have in starting the journey.

You are not the Problem – The second seminar focuses on exploring why people often feel that somehow they are the problem and that they cannot recover.

The Illness Trap – In this seminar Ron and Karen focuses on the barriers that can often get in the way of a persons' recovery exploring ways they can be overcome.

The Importance of Story – In this seminar Karen and Ron guides you in considering how the story we create about ourselves can hinder or promote our own recovery.

Through an interactive learning environment, you will be able to learn from others taking the course. Drawing on these seminars, reading, exercises, developing a personal plan and writing a journal, the course will provide you all the materials require to prepare for recovery.

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 what are people's perceptions of 'recovery' since the term became mainstream 15 years ago.
- Consider the underlying origins of recovery, in order to strip back to the underlying values.
- Examine the importance of Choice, Ownership, People and Self within the recovery journey.
- 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 externalizing language, can assist in changing the stories we/others tell about ourselves.
- Develop an understanding of the barriers that stops recovery and explore the 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, develop confidence in working with/or personally to be ready to start the recovery process.

Outline of the Course

Lesson 1 – Preparing for Recovery

Lesson 2 – You are not the Problem

Lesson 3 – The Illness Trap

Lesson 4 – The Importance of Story

The course will take students up to **17 hours** to complete, please see below for breakdown of this time.

Course Description

Lesson	Description	Length
<p><u>Lesson 1</u> Preparing for Recovery</p>	<p>In Lesson 1, we will be looking at what do we mean by recovery. We will look at different definitions from different perspectives, which will includes you and others thinking about and discussing what recovery means to you. We will also 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 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.</p>	<p>5 hours of learning time</p>
<p><u>Lesson 2</u> You are not the Problem</p>	<p>In Lesson 2, 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 that you have been having and how you are working towards your Personal Development Plan. You will also be able to download the next sheets to write you daily journal.</p>	<p>4 ½ hours of learning time</p>
<p><u>Lesson 3</u> The Illness Trap</p>	<p>In Lesson 3, we will be looking at the Illness Trap. In this module we will be looking at why so many people get caught up in the trap that keep 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 continue to write your daily journal, which is at the heart of Recovery.</p>	<p>3 ½ hours of learning time</p>
<p><u>Lesson 4</u> The Importance of Story</p>	<p>In Lesson 4, we will be looking at the Importance of Story. Drawing your learning together you will be looking at how the story we tell ourselves is so important for the recovery process. You will be looking at Fiona's recovery story and exploring how her initial story limited her recovery, however by changing her story, she could then begin the recovery process. You will also be returning to look at C.O.P.S and how you can take your learning forward into your own recovery. Of course, there will the final seminar with Karen and Ron, writing your journal and looking at your Personal Development Plan.</p>	<p>4 hours of learning time</p>

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.

Sample of the Course Certificate

