

# Recovery College Courses

Courses	• What we will do in the sessions:
<b>Open Day</b>	<ul style="list-style-type: none"> <li>• Meet the course trainers and find out more about the courses</li> <li>• Register &amp; book onto courses</li> </ul>
<b>Introduction to Recovery</b>	<ul style="list-style-type: none"> <li>• Talk about different experiences of mental health difficulties</li> <li>• Learn how recovery is different for everyone</li> <li>• Explore the themes of hope, control and opportunity</li> </ul>
<b>Five Ways to Wellbeing</b>	<ul style="list-style-type: none"> <li>• Discuss the five elements of wellbeing (NEF Definition): Connecting / Learning / Active / Take Notice / Giving</li> <li>• Explore the benefits of wellbeing and the evidence base</li> <li>• Share ideas on improving your wellbeing</li> </ul>
<b>Taking Back Control</b>	<ul style="list-style-type: none"> <li>• Learn tools and techniques to keep well</li> <li>• Learn ways to better manage mental distress</li> <li>• Develop tools and strategies in a 'toolbox' to help you cope better in difficult times</li> </ul>
<b>Being a Parent in Recovery</b>	<ul style="list-style-type: none"> <li>• Discuss finding a balance between looking after yourself and being a parent</li> <li>• Look at ways to increase your confidence as a parent</li> <li>• Reflect on how to balance your own and children's needs</li> <li>• Learn new tools to support yourself and your children</li> </ul>
<b>Beyond discharge- from fears to hope</b>	<ul style="list-style-type: none"> <li>• Explore feelings around being discharge</li> <li>• Understanding what your fears are and look at solutions to feel more positive</li> </ul>
<b>Building Meaningful Connections</b>	<ul style="list-style-type: none"> <li>• Explore what meaningful connections are and why they are important in your life</li> <li>• Consider existing connections and what impact they have on you</li> <li>• Explore the benefits and difficulties of staying connected</li> <li>• Discuss developing your connection network</li> </ul>
<b>Dealing with Setbacks &amp; Crisis</b>	<ul style="list-style-type: none"> <li>• Explore how to cope with stressful situations and unexpected events</li> <li>• Understand how to plan for them to lessen their effect</li> <li>• Start developing a crisis plan</li> </ul>



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<b>Developing your Confidence &amp; Potential</b>	<ul style="list-style-type: none"> <li>• Explore and think about your dreams and ambitions</li> <li>• Explore strategies to create confidence &amp; motivation to help pursue your dreams and ambitions</li> <li>• Become aware of your skills and strengths to be positive about your future</li> <li>• Planning for setbacks</li> <li>• Practice first steps to make your goals a reality</li> </ul>
<b>Discovering Spirituality</b>	<ul style="list-style-type: none"> <li>• Understand what spirituality means to you and how you can develop your experiences to improve your recovery</li> </ul>
<b>Effective Communication through Assertiveness</b>	<ul style="list-style-type: none"> <li>• Understand what assertiveness is and isn't</li> <li>• Learn when to be assertive and practice assertive skills</li> <li>• Explore your blocks to being assertive and how to overcome them</li> <li>• Practice looking at situations from other people's point of view</li> <li>• Use body language to support assertiveness</li> </ul>
<b>Introduction to Mindfulness</b>	<ul style="list-style-type: none"> <li>• Increase awareness by paying attention to thoughts, feelings and bodily sensations</li> <li>• Explore techniques that focus the mind in the moment instead of ruminating on the past or future</li> </ul>
<b>Introduction to Relaxation &amp; Meditation</b>	<ul style="list-style-type: none"> <li>• Learn about the importance of breathing properly</li> <li>• Understand the impact of tension and stress</li> <li>• Understand the benefits of different forms of meditations</li> <li>• Practice relaxation and meditation techniques</li> </ul>
<b>Journaling for Self Development</b>	<ul style="list-style-type: none"> <li>• Explore journaling as a coping strategy, covering:                             <ul style="list-style-type: none"> <li>➢ Reflections on the past</li> <li>➢ Enhancing creativity</li> <li>➢ Hopes and plans for the future</li> </ul> </li> </ul>
<b>Living Beyond Depression &amp; Low Mood *</b> (*students recommended to complete Understanding Depression first)	<ul style="list-style-type: none"> <li>• Identify where you are and where you would like to be</li> <li>• Explore how emotional and physiological feelings make you feel stuck</li> <li>• Understand the value of making time to take care of yourself</li> <li>• Learn to improve your mood in the moment</li> </ul>



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<p><b>Managing Psychosis</b> (previously Living with Psychosis &amp; Schizophrenia)</p>	<ul style="list-style-type: none"> <li>• Gain confidence and skill in addressing the difficulties caused by psychosis</li> <li>• Learn about the condition and different views there are of it</li> <li>• Discuss and practice strategies to manage difficulties and create a toolkit</li> <li>• Carers will also benefit from learning how they can help and what resources are available to help them do this</li> </ul>
<p><b>Managing Sleep Problems</b></p>	<ul style="list-style-type: none"> <li>• Improve your understanding of sleep, how much we need and what affects it</li> <li>• Discuss common causes of sleep problems and explore ways to deal with them</li> </ul>
<p><b>Mindfulness Forum *</b> (*students must have completed Intro to Mindfulness)</p>	<ul style="list-style-type: none"> <li>• Meditate in a group and discuss issues around personal practice</li> <li>• Deepen your understanding of key mindfulness concepts</li> </ul>
<p><b>Reclaiming Your Life – a future without abuse *</b> (*Female Service Users only)</p>	<ul style="list-style-type: none"> <li>• Discuss and understand different aspects of domestic violence</li> <li>• Explore the importance of identifying and validating the wide range of mixed feelings experienced during the on-going process of recovery</li> <li>• Understand the importance of finding time for self-care, particularly while healing from the impact of an abusive relationship</li> </ul>
<p><b>Telling Your Story</b></p>	<ul style="list-style-type: none"> <li>• Learn how to express yourself using a variety of media</li> <li>• Use writing and other creative approaches to help you tell your story</li> <li>• Learn and practice writing in journals</li> </ul>
<p><b>Toolkits &amp; Routines</b></p>	<ul style="list-style-type: none"> <li>• Explore what you can do to keep you well and what to fall back on when you are becoming unwell (toolkits / strategies )</li> <li>• Discuss how to create regular routines / structure - start to plan first steps</li> </ul>
<p><b>Understanding Bipolar Disorder</b></p>	<ul style="list-style-type: none"> <li>• Learn about the speed and intensity of mood swings</li> <li>• Understand how mood swings affect your mind and body</li> <li>• Explore self-management of symptoms</li> </ul>



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<b>Understanding Depression</b>	<ul style="list-style-type: none"> <li>• Identify the impact depression can have on your day to day life</li> <li>• Identify and develop different ways to help manage your depression (e.g. relaxation, psychological therapies, community support available)</li> </ul>
<b>Understanding Hoarding</b>	<ul style="list-style-type: none"> <li>• Understand what hoarding is</li> <li>• Discuss how it impacts on you and what you can do to try to reduce the impact</li> <li>• Explore what support you might be able to get to help you</li> </ul>
<b>Understanding Medications and Your Rights</b>	<ul style="list-style-type: none"> <li>• Learn how medication works</li> <li>• Learn about the benefits, potential side effects and how some side effects can be reduced</li> <li>• Understanding your rights to decide which medication is right for you</li> </ul>
<b>Understanding Personality Disorder</b>	<ul style="list-style-type: none"> <li>• Explore what Personality Disorder is and what it means to you</li> <li>• Explore the role of therapy &amp; medications</li> <li>• Discuss support networks &amp; self-help strategies</li> </ul>
<b>Understanding Psychosis</b>	<ul style="list-style-type: none"> <li>• Discuss the impact psychosis can have on an individual</li> <li>• Explore the experiences people face, triggers, treatments and self-help</li> </ul>
<b>Understanding Self Harm</b>	<ul style="list-style-type: none"> <li>• Understand what self-harm is</li> <li>• Explore why people self-harm and how it makes them feel</li> <li>• Learn possible strategies that prevent self-harm</li> </ul>
<b>Understanding Stress &amp; Anxiety</b>	<ul style="list-style-type: none"> <li>• Understand the definition &amp; impact of stress</li> <li>• Discuss why you might get anxious and what it does to you</li> <li>• Understand how to recognise the signs of stress and anxiety</li> <li>• Find ways to continue with what you are doing while experiencing stress and anxiety</li> </ul>



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