

Recovery College

How to navigate our courses:

We recommend that every new student begins their journey with us by attending two intro level courses that will provide a foundation of knowledge for all our courses, no matter what your area of interest is. These are:

- **Introduction to Recovery**
- **Five Ways to Wellbeing**
- **Taking Back Control 1 – Building Resilience**

Once you have completed these, depending on your needs, our courses are split into three categories:

Introductory	Designed for new students to build their awareness and understanding of recovery and get comfortable with the way the College courses work. Recommended for all new students and anyone early in their recovery journey.
Intermediate	These courses have a level of complexity or sensitivity, so we recommend you attend a handful of introductory courses first or you are well into your recovery journey. Courses are more focused on self management skills.
Advanced	Recommended for students who have attended a range of the self management courses as they will have a further level of complexity and sensitivity.



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Foundation Courses	
Courses	What we will do in the sessions:
Foundation Courses	<p>Introduction to Recovery</p> <ul style="list-style-type: none"> • Talk about different experiences of mental health difficulties • Learn how recovery is different for everyone • Explore the themes of hope, control and opportunity
	<p>Five Ways to Wellbeing</p> <ul style="list-style-type: none"> • Discuss the five elements of wellbeing (NEF Definition): Connecting / Learning / Active / Take Notice / Giving • Explore the benefits of wellbeing and the evidence base • Share ideas on improving your wellbeing
	<p>Mindfulness 1 - Foundation</p> <ul style="list-style-type: none"> • Increase awareness by paying attention to thoughts, feelings and bodily sensations • Explore techniques that focus the mind in the moment instead of ruminating on the past or future
	<p>Taking Back Control (1) – Building Resilience</p> <ul style="list-style-type: none"> • Developing your resilience for recovery • Understanding your identity • Developing tools and strategies in your ‘toolbox’ to help you cope better in difficult times • Building routines into your life
Introductory Courses	
Courses	What we will do in the session:
Introductory Courses	<p>Introduction to Meditation</p> <ul style="list-style-type: none"> • Understand the importance of maintaining a relaxed yet alert mind • Understand the benefits of different forms of meditations and ways to overcome obstacles • Practice grounding, centering, and alertness meditation techniques to aid recovery
	<p>Toolkits & Routines <i>(refresher session – included in Taking Back Control (1) – Building Resilience)</i></p> <ul style="list-style-type: none"> • Explore what you can do to keep you well and what to fall back on when you are becoming unwell (toolkits / strategies) • Discuss how to create regular routines / structure - start to plan first steps
	<p>Understanding Anxiety</p> <ul style="list-style-type: none"> • Understand the definition and experience of anxiety, its causes, and effects • Identify techniques to better manage your condition • Learn about other available resources and treatments

Introductory Courses

Introductory Courses

Courses

What we will do in the sessions:

Understanding Bipolar Disorder

- Learn about the speed and intensity of mood swings
- Understand how mood swings affect your mind and body
- Explore self-management of symptoms

Understanding Depression

- Identify the impact depression can have on your day-to-day life
- Identify and develop different ways to help manage your depression (e.g., relaxation, psychological therapies, community support available)

Understanding Emotions

- Increase your understanding of what emotions are – their purpose and how you manage them
- Recognise how you manage your emotions currently and discover new ways of doing so
- Identify opportunities to experience positive emotions

Understanding Hoarding

- Understand what hoarding is
- Discuss how it impacts on you and what you can do to try to reduce the impact
- Explore what support you might be able to get to help you

Understanding Medications and Your Rights

- Learn how medication works
- Learn about the benefits, potential side effects and how some side effects can be reduced
- Understanding your rights to decide which medication is right for you

Understanding Personality Disorder

- Explore what Personality Disorder is and what it means to you
- Explore the role of therapy & medications
- Discuss support networks & self-help strategies

Understanding Psychosis

- Discuss the impact psychosis can have on an individual
- Explore the experiences people face, triggers, treatments and self-help

Understanding Self Harm

- Understand what self-harm is
- Explore why people self-harm and how it makes them feel
- Learn possible strategies that prevent self-harm

Intermediate Courses

Intermediate Courses

Courses	What we will do in the sessions:
<p>Building Meaningful Connections</p>	<ul style="list-style-type: none"> • Explore what meaningful connections are and why they are important in your life • Consider existing connections and what impact they have on you • Explore the benefits and difficulties of staying connected • Discuss developing your connection network
<p>Developing Self Awareness</p>	<ul style="list-style-type: none"> • Discuss the meaning of self-awareness in mental health recovery • Develop individual self-awareness • Identify the benefits of self-awareness for a person's recovery journey
<p>Developing Self Compassion</p>	<ul style="list-style-type: none"> • In this course students will be able to explore the concept and what Self Compassion is to them. They will learn: <ul style="list-style-type: none"> ➤ how to recognise when they are less kind to themselves ➤ ways in which to be more compassionate towards themselves ➤ how this can give a new sense of meaning, hope and peace of mind
<p>Discovering Spirituality</p>	<ul style="list-style-type: none"> • Understand what spirituality means and how you can develop this for yourself to support your recovery
<p>Journaling for Self Development</p>	<ul style="list-style-type: none"> • Explore journaling as a coping strategy, covering: <ul style="list-style-type: none"> ➤ Reflections on the past ➤ Enhancing creativity ➤ Hopes and plans for the future
<p>Living Beyond Depression & Low Mood * (*students recommended to complete Understanding Depression first)</p>	<ul style="list-style-type: none"> • Identify where you are and where you would like to be • Explore how emotional and physiological feelings make you feel stuck • Understand the value of making time to take care of yourself • Learn to improve your mood in the moment

Intermediate Courses

Intermediate Courses

Courses	What we will do in the sessions:
<p>Managing Nicotine</p>	<ul style="list-style-type: none"> • Building a self-management plan to reduce or fully quit nicotine • Looking at past attempts to learn new ways of success • Developing strategies to deal with triggers to smoke • Being aware of community-based resources to help
<p>Managing Psychosis (previously Living with Psychosis & Schizophrenia)</p>	<ul style="list-style-type: none"> • Gain confidence and skill in addressing the difficulties caused by psychosis • Learn about the condition and different views there are of it • Discuss and practice strategies to manage difficulties and create a toolkit • Carers will also benefit from learning how they can help and what resources are available to help them do this
<p>Managing Sleep Problems</p>	<ul style="list-style-type: none"> • Improve your understanding of sleep, how much we need and what affects it • Discuss common causes of sleep problems and explore ways to deal with them
<p>Managing Stress</p>	<ul style="list-style-type: none"> • Understand the definition and impact of stress • Discuss how to recognise the signs of stress and learn techniques to remain relaxed • Find ways to continue with what you are doing while experiencing stress • Explore resources to help manage stress
<p>Managing Voices</p>	<ul style="list-style-type: none"> • Two sessions to improve your confidence in managing unhelpful voices • Learn to use a voice diary to make sense of and manage your voices • Identify community support groups that may be helpful
<p>Rebuilding Your Confidence</p>	<ul style="list-style-type: none"> • People build on their confidence by taking action and keeping to it. This course will enable the students to recognise opportunities to build on their potential by focusing on: <ul style="list-style-type: none"> ➤ their own skills and abilities ➤ what they have achieved so far, in any aspect of their lives ➤ being able to work towards future goals ➤ sharing their resourcefulness

Intermediate Courses

Intermediate Courses

Courses

What we will do in the sessions:

Taking Back Control (2) – Building Awareness

- Monitoring your progress – learning techniques
- Identifying your triggers and early warning signs
- Building a crisis plan
- Using your toolbox to support you

Tree Of Life

- A creative process, enhancing your ability to express your individuality
- Create your own tree, representing different aspects of your life (no drawing skills required)
- Develop ways to think and talk about yourself in ways that make you stronger
- Gain a greater awareness of your strengths, abilities, and support structures

Advanced Courses

Advanced Courses

Courses

What we will do in the sessions:

Effective Communication through Assertiveness

- Understand what assertiveness is and isn't
- Learn when to be assertive and practice assertive skills
- Explore your blocks to being assertive and how to overcome them
- Practice looking at situations from other people's point of view
- Use body language to support assertiveness

Mindfulness 2 - Expansion

- Deepening our understanding of mindfulness
- Exploring the nature of thoughts and the negativity bias
- Mindfulness and neural pathways

Reclaiming Your Life – a future without abuse *
(*Female Service Users only)

- Discuss and understand different aspects of domestic violence
- Explore the importance of identifying and validating the wide range of mixed feelings experienced during the ongoing process of recovery
- Understand the importance of finding time for self-care, particularly while healing from the impact of an abusive relationship

Family, Friends & Carers

Families, friends and carers of people living with mental health difficulties go through their own challenges. These five stand-alone sessions offer a safe space to explore and learn in a group about your needs and strengths and learn skills to make the best of life

Family, Friends & Carers Courses

Courses	What we will do in the sessions:
<p>Navigating Support Services</p>	<ul style="list-style-type: none"> • Understand the principles that guide how mental health services interact with you • Identify what you can expect from services • Learn the principles of confidentiality • Reflect how what you have learned can shape your interaction with mental health services
<p>Planning for Wellbeing</p>	<ul style="list-style-type: none"> • Understand and identify Early Warning Signs • Explore a range of ways of responding to early warning signs • Learn other key elements of self-management
<p>Responding to Extremes</p>	<ul style="list-style-type: none"> • Develop a range of ideas for responding to unusual and extreme situations and behaviours • Reflect how they may become your own triggers - awareness • Identify a range of ways to respond to triggers
<p>What is Recovery</p>	<ul style="list-style-type: none"> • Understand the meaning of recovery for people with a mental health diagnosis • Identify aspects of recovery that can support and inspire your wellbeing • Learn how you can back the recovery of the person you support • Learn different stages of caring
<p>Your Role in Recovery</p>	<ul style="list-style-type: none"> • Reflect on your and other people's shared experience • Identify areas of control in your life • Develop your coping toolbox