

Stephanie Cummings, Administrative Manager
Recovery Services Division
940 Commonwealth Avenue West
Boston, Massachusetts 02215
T: 617-353-1124 F: 617-353-7700
cpr.bu.edu

Recovery Education Program's Spring 2019 Course Catalog

IMPORTANT DATES

Course Registration:	November 27- December 7
Course Confirmation Letters Sent Out:	December 19
2-Day New Student Orientation:	January 15 &17
Time:	1:00- 3:00
First Day of Classes:	January 22
Last Day of Classes:	April 26
Spring Break:	March 9-17
Center Closed:	Martin Luther King Day 1/21 Presidents' Day 2/18 Patriots' Day 4/15

ABOUT US

The Recovery Education Program at the Center for Psychiatric Rehabilitation is an adult education program that offers students the opportunity to choose a range of wellness courses support their rehabilitation and recovery efforts. This program is designed to strengthen and broaden the student's knowledge of the physical, intellectual, emotional, spiritual practices that will enhance their readiness for personal change and role recovery.

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FREQUENTLY ASKED QUESTIONS

Q: What are the requirements to participate in the Recovery Education Program?

A: Interested individuals must apply to the program, provide documentation of a mental health condition, be willing to use an educational environment to foster their recovery, submit medical records, receive physician approval to participate in any of our Physical Fitness Classes, be willing to consider participation in program evaluation research.

Q: Can you tell me more about the Recovery Education Program?

A: Although we do everything in our ability to accept all interested individuals, enrollment is limited due to our space considerations. Classes are held on Tuesdays, Thursdays and Fridays. Courses are offered on a trimester schedule: September – December (fall), January – April (spring), May – August (summer) for more information, please contact Stephanie Cummings at (617) 353-3549 or stephc13@bu.edu

Q: How do I apply to the Recovery Education Program?

A: You will need to complete a Student Application Packet which includes a Medical & Psychiatric Information Form, mail the packet to Stephanie Cummings or fax it to Stephanie Cummings at 617-353-7700 After receipt of ALL forms, you will be contacted before the start of Course Registration to arrange a short interview and tour of the Center. The packet is available on our webpage at cpr.bu.edu.

Q: How much does the Recovery Education Program cost?

A: The courses offered at the Center are free to all of our students.

Q: Do I need written medical permission to participate in any of the courses?

A: Yes. You will need to provide written medical permission for the following course: Supported Physical Activity

Q: How do I register for courses?

A: You must be enrolled in the Recovery Education Program to register for courses. After you have enrolled, you will need to complete a course registration form available on the last page of this catalog. Please send the course registration form to Stephanie Cummings via fax at (617) 353-7700 or via email at stephc13@bu.edu. *We strongly encourage our students, current and new, to come to the Center to register in person, staff members are available to assist you in the process. Everything you will need to register for classes will be here.*

Q: How many classes can I take this trimester?

A: The Center is offering students a maximum of 3 courses, and registration is required for *ALL* of the courses offered. Please note that although every attempt will be made to place you in your first choice course, there is no guarantee.

Q: Can I add and/or drop a course?

A: Due to space limitations, there is no capacity for students to add a course to their schedule once the trimester starts. However, you may drop a course during the first 3 weeks of the trimester.

Q: What do I do if I am unable to attend my class?

A: Please call the Student Absentee Line at (617) 358-1413. We expect students to notify us if you are unable to come to your class that day.

COURSE LIST

WORK, EDUCATION & COMMUNITY COURSES:

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COURSE SCHEDULE

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	Coffee & Conversation (1st floor Kitchen)		Coffee & Conversation (1st floor Kitchen)	Coffee & Conversation (1st floor Kitchen)
	9:00 - 10:00 Lenny & Kathryn		9:00 - 10:00 Lenny & Kathryn	9:00 - 10:00 Lenny & Kathryn
	Dragon Tiger Qigong		H.O.P.E.S (RCC)	Winter Walk & Wellness
	9:30 - 10:30 (Level 2) 10:30 - 11:30 (Level 1) Derek		10:00 - 11:30 Hannah, Kathryn & OT Interns	10:30 - 12:00 Lenny & Steph
	Book Club (RCC)		Team Sports Practice Clinic (FC)	
	10:00 - 11:30 Marijane & Wendy		10:00 - 11:00 Annie & Lenny	
AFTERNOON	Physical Fitness (FC)		Team Sports (FC)	
	10:00 - 12:00 Lenny		11:00 - 12:00 Lenny & Annie	
	Internet for Productivity (CC)	Develop Your Drawing Skills (RCC)	Recovery Theater: Building Community through Playback Theater (LCR)	Open Mic (RCC)
	10:00 - 11:30 Eric & Bob	12:30 - 2:00 Derek	10:00 - 12:00 Derek	12:30 - 2:00 Derek & Interns
	Eat, Drink & Be Merry The Mindful Way (LCR)	Kundalini Yoga (RCC)	Staff Meeting/ Training (LCR)	Recovery Support: Brown Bag Lucnh (1st FLR kitchen)
	12:00 - 1:30 Marjorie	2:30 - 4:00 Rainer	12:00 - 1:00	12:30 - 1:30 Viesia & Lenny
	Embracing Loss (RCC)		Eat, Drink & Be Merry The Mindful Way (LCR)	
	1:30 - 3:00 Derek		1:30 - 3:00 Marjorie	
	Mindfulness: The Practice of Buddhist Psychology (LCR)		Intermediate Computer Skills (CC)	
	2:00 - 3:30 Marjorie & Lenny		1:30 - 3:00 Eric & Intern	
		Thriving in Relationships Through the Power of Communication (RCC)		
		1:30 - 3:00 Hannah, Shannon & Lenny		

Intermediate Computer Skills

Thursday (CC) 1:30 – 3:00

Eric & Interns

In this class students will continue to develop their familiarity, proficiency, and efficiency with computers. Prospective students should have a good foundation with basic computer skills (such as those practiced and taught in our basic computer skills course) as well as working proficiency with touch typing and an e-mail address.

Among the topics addressed will be:

- ✓ selecting one's own computer and parts for purchase
- ✓ physical and virtual computer maintenance
- ✓ improving efficiency through shortcut keys and shortcuts
- ✓ multitasking
- ✓ user customizations (shortcuts, bookmarks, history, etc.)
- ✓ privacy concerns
- ✓ common software applications such as the Microsoft office suite
- ✓ common web applications like Facebook

Internet for Productivity

Tuesdays (CC) 10:00 - 11:30

Eric & Bob

While many of us have found the internet to be an endless repository of entertainment as well as an endless time sink, we can also use the internet to get stuff done and to save time! In this class we will learn how to use some of Google's Web Apps, such as Google Drive, Documents, and Calendar as well as other useful websites and apps. We will also explore other capabilities of Web Browsers such as using Private Browsing to keep more of our information secret, using Browser Extensions to enhance our browser's functionality, and using developer tools to look at and manipulate the coding behind webpages. Finally, we will look at making and customizing our own webpages through services such as WordPress or Google Sites as well as customizing web pages through basic coding.

Open Mic Class
Friday (RCC) 12:30 – 2:00
Derek & Interns

Music and Song can be a powerful tool of communication and human beings have sung songs, played drums, wind and stringed instruments for 1,000s of years. Come join us on Friday afternoons to make some music. If you are an aspiring musician, singer, songwriter or someone who wants to try those things, we want you to bring your ideas, to share and play. Bring your own and other peoples' songs, poems, music, raps and performance pieces. We shall be "conducting" various "jam" sessions for students to join in with using drums, percussion, guitars, piano and any instruments that you have. There will also be opportunities to perform individually or with the accompaniment of other students and facilitators.

WELLNESS COURSE DESCRIPTIONS

Dragon and Tiger Qigong

Level 2: Tuesday (LCR) 9:30 – 10:30

Level 1: Tuesday (LCR) 10:30 – 11:30

Derek & Intern

Level 1: Dragon and Tiger Medical Qigong is a 1,500-year-old self-healing movement system based on acupuncture. It helps free you of energetic (chi or qi) blockages by balancing the energetic flow that runs through the meridians or energy channels of your body. This class will teach you 7 circular and graceful movements that are renowned for accomplishing major positive changes in the body including energy, balance, body awareness and relaxation. Everyone is welcome!

Level 2: This course builds upon the material studied in Dragon and Tiger Qigong Level 1. In Level 2 we shall be going deeper into body awareness, energy awareness and studying more of the Dragon Tiger movements.

Level 2 is only open to those students have completed Dragon and Tiger Qigong Level 1.

Eat, Drink & Be Merry the Mindful Way

Tuesday (LCR) 12:00 - 1:30

Thursday (LCR) 1:30 - 3:00

Marjorie & Interns

Eat, Drink, & Be Merry the Mindful Way is a course about compassionate or guilt-free eating, feeding our body and mind in a way that generates pleasure, self-acceptance, kindness, self-respect, hope, and gratitude. This course provides the opportunity to experience the delight of mindful eating, learn basic nutrition, increase self-awareness, and set food-related goals. In a non-judgmental setting, we will explore the connection between our gut and brain and work on developing a new relationship with food to make changes in why, what, how, where, when, and/or with whom we eat. We will uncover the powerful environmental influences that encourage overeating of processed, fast foods in order for us to make informed choices.

We will be eating together twice a week during class as a community practicing the joys of mindful eating, supporting each other in our health recovery. **Please bring your own lunch.**

WELLNESS COURSE DESCRIPTIONS

Kundalini Yoga

Wednesday (LCR) 3:15 – 4:45

Rainer & Interns

If you can breathe; you can practice Yoga. It is learning who you are as a human being. It is not enough to believe in yourself but to walk on your own path to success you need tools. The first tool is learning how to be in your body, the second is understanding how your mind works to clean out the junk that keeps piling up, and the third is a lamp to light the way which is your spirit. Kundalini yoga, as taught by Yogi Bhajan, teaches you techniques to stay healthy. You gain a strong immune system, vital glands, a strong nervous system, good circulation, and an awareness of the impact of your habits. This foundation gives you energy and lets you deal with all the facets of your life. It is your creative potential and you will experience it when the energy of the glandular system combines with the energy of the nervous system so the brain can receive the totality of who you are. Rainer Goldberg (Jaap Devi Kaur) is a KRI certified instructor of Kundalini Yoga as taught by Yogi Bhajan.

Mindfulness: The Practice of Buddhist Psychology

Tuesday (LCR) 2:00 -3:30

Marjorie & Interns

Buddhist psychology is devoted to the alleviation of human suffering, distress, and dissatisfaction using various mindfulness practices based on research and clinical practice. Mindfulness practice is a way to train our mind to befriend our mind and nurture discipline, hope, and mental health. Since the late 1980's, research has found that mindfulness practice promotes health recovery by reducing stress, depression, anxiety; improving concentration; and developing our compassion. During each class, we will review the basics of Buddhist Psychology, practice mindfulness, address challenges, and provide support to further our recovery journeys. We will also work on cultivating connectedness, commitment to practice mindfulness on a daily basis, and creating a new narrative, one of recovery, hope, and courage. Together we will be following the mindfulness path of recovery and supporting each other on this journey.

WELLNESS COURSE DESCRIPTIONS

Physical Fitness

Tuesday (FC) 10:00 – 12:00

Lenny & Interns

**** Students must wear workout clothes and sneakers****

IMPORTANT NOTE: Written medical permission is required by the first day of class. This class leaves from the Center 9:50 AM.

The goal of this class is to help you to increase your levels of physical activity. Physical activity is a critical strategy to improve your health as a resource for recovery. This course is an opportunity to improve your physical wellbeing through structured, supported and individualized exercise. Participants will develop a personalized wellness program that will include stretching, strength exercises and a cardiovascular routine at the Fitrec Gym at Boston University.

Team Sports Skills Clinic

Thursday (FC) 10:00 -11:00

Annie & Lenny

**** Students must wear workout clothes and sneakers****

Physical activities are an important part of healthy living and help people to develop satisfying relationships. This class will teach students the basics of team sports such as basketball, soccer, flag football and ultimate Frisbee -- **no experience necessary!** You will be given the opportunity to practice and develop new physical skills in a fun and supportive environment. Students will visit our BU facilities and have the opportunity be get comfortable in a gym setting.

WELLNESS COURSE DESCRIPTIONS

Team Sports Class

Thursday (FC) 11:00 -12:00

Annie & Lenny

**** Students must wear workout clothes and sneakers****

Physical activities are an important part of healthy living and help people to develop satisfying relationships. This class will expose students to the fun of activity through a variety of team sports as well as discussions about important communication skills. Students will visit our BU facilities and have the opportunity to play sports such as basketball, soccer, flag football and ultimate Frisbee. Conversations will include topics of sportsmanship, teamwork, confidence building, and the process of leadership as they relate to your recovery and life.

Winter Walking & Wellness

Friday 10:30 – 12:00

Lenny & Stephanie

Join the Walking for Wellness to improve your fitness and explore your local community like never before! Want some exercise, enjoy nature, and want to hang out with others, or explore different walking routes? Then this class is for you! This class will teach you how to walk for fitness so that you become stronger and leaner. Each week we will set goals for distance, destination and speed. We plan to walk to and from some great destinations! We will walk hot or cold, rain or shine. Both conversation and silence are welcome, and all levels of fitness are welcome! We will progress together!

PERSONAL DEVELOPMENT COURSE DESCRIPTIONS

Book Club

Tuesday (RCC) 10:00 – 11:30

Marijane & Wendy

This club is an opportunity to come together to explore several different books and short stories in a variety of genres. We will begin the semester as a group, deciding on several books selections. This book club invites everyone to participate in discussions and space is made so everyone can share. Each student can gain access to the Minuteman Library Network, a Boston-wide library system where you can gain access to books from 35 libraries. Any student who loves to read, no matter what your pace or interest, is encouraged to join.

Developing your Drawing Skills

Wednesday (RCC) 12:30 – 2:00

Derek & Intern

Please join this class if you have always wanted to learn how to draw as a form of expression!!! In this class, students will learn about the various tools used for drawing, such as pencils, charcoal, and ink. You will develop your observational skills for contour, proportion, and perspective, shading and general mark-making, for Still-Life, Landscape, Portrait and Figure drawing. These techniques present a number of challenges and creative opportunities which will be explored by establishing the fundamentals of line drawing, and then you will learn different approaches to depict the same subject matter. Students will complete numerous personal projects in order to develop proficiency with various drawing techniques. The whole class will work together, share ideas and give each other constructive and supportive feedback. Artists such as Leonardo, Durer, Ingres, Schiele, Picasso, Hockney and others will be shared as examples of excellence and for inspiration. Whether you love to scribble, doodle or draw, this class is open to all!

PERSONAL DEVELOPMENT COURSE DESCRIPTIONS

Embracing Loss

Tuesday (CC) 1:30 – 3:00

Derek & Interns

This course is designed to support you in developing your skills when living with loss. The focus will be on your strengths and resiliency and how you use them to construct and reconstruct the narrative of your life. You will be encouraged to identify your own grieving styles; understand the various models of grief and loss; learn strategies to transcend and embrace your experience of loss; understand how to create space and find meaning through loss. We experience loss in different ways that result from a variety of changes throughout our lives. Topic areas include types of loss, new perspectives on grief and loss, positive aspects of loss, using rituals as a way to cope, and finding meaning in loss.

H.O.P.E.S

Helping Older People Experience Success

Thursday (RCC) 10:00 -11:30

Hannah, Kathryn & OT Interns

This skills training class focuses on a range of skills and experiences especially important to adults ages 40 and older. In this class students will learn how to communicate their needs better, make and keep more relationships, and incorporate health living practices into their lifestyle. This class will provide a fun and safe opportunity to practice these skills. We will meet weekly to practice with the possibility of going on a field trip to practice a skill in the community. As a class we will decide what skills are most important to us as a group and work together to learn and grow. The goal of this class is to help you to continue aging with grace!

PERSONAL DEVELOPMENT COURSE DESCRIPTIONS

Recovery Support: Brown Bag Lunch

Friday (1st Floor Kitchen) 12:00- 1:30

Lenny & Viesia

The Recovery Center is delighted to offer all students & staff the opportunity to come together, inclusively as humans who have experienced any loss, trauma or life difficulty. Those who have journeyed through their own healing process and are able to provide a healing space, to facilitate this group. We will articulate our goals for healing and wellness as well as share our story for coping, healing and growing with one another.

Recovery Theater: Building Community through Playback Theater

Thursday (LCR) 10:00- 12:00

Derek & Interns

Recovery Theater is a class that is just fun! Did you know that fun in itself is beneficial? Having to think quickly and make things up on the spot, is great for your problem-solving and communication skills and is very rewarding. In this class we do exercises as a group, in pairs and individually to challenge us in different ways. Come experience how this class builds your confidence in the classroom and in your life!!! In this class, We will play with awareness, attention, quick thinking, speaking and listening skills. Through creative teamwork, this class will be an enjoyable journey.

Thriving in Relationships through the Power of Communication Skills

Thursday (RCC) 1:30 -3:00

Shannon, Hannah & Lenny

Interpersonal skills, such as starting a conversation, actively listening, expressing feelings, and resolving conflict, are essential to building and maintaining satisfying relationships. Impressing an employer, making a new friend, and getting along with a roommate are all relational goals that require such skills. This interactive class is an opportunity for students to practice their "people skills" through role play in a fun and supportive environment.

JOIN US EACH MORNING FOR COFFEE AND CONVERSATION

Join Lenny & Kathryn on Tuesdays, Thursdays and Fridays at 9am for **Coffee and Conversation** in the Recovery Center Kitchen before you start your classes! This is an informal gathering where you can arrive early, chat, connect and enjoy each other before starting your classes. We will have coffee and tea makings and look forward to seeing you!



Come Join Us for Winter Break Activities

December 2018

- ❖ 12/13- Recovery Center Holiday Party @ 12pm in the LCR
- ❖ 12/14- Last Day of Recovery Center Classes



January 2019

Tuesday 1/15

- ❖ Welcome to the New Year Coffee and Celebration @ 10:30AM with Lenny & Derek!
- ❖ Movie Afternoon @ 1pm in the CC with Derek
- ❖ New Student Orientation @ 1pm in the LCR with Marjorie & Lenny

Wednesday 1/16

- ❖ Painting Open Studio @ 1pm in the RCC with Derek
- ❖ Winter Walk & wellness @ 10:30AM with Lenny & Derek

Thursday 1/17

- ❖ Open mic @ 1:30pm in the RCC with Derek
- ❖ New Student Orientation @ 1pm in the LCR with Marjorie & Lenny

Friday 1/18

- ❖ Coffee & Conversation @ 10:30am in the RCC with Lenny & Derek

Monday 1/21

- ❖ Martin Luther King Day- Center Closed

Tuesday 1/22

- ❖ First Day of Spring Classes- Welcome Back!



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Recovery Education Program Spring 2019 Course Registration Form

Basic Instructions: PLEASE WRITE LEGIBLY, and send your completed course registration form to Stephanie Cummings via fax at (617) 353-7700 or via email at stephc13@bu.edu.

STUDENT INFORMATION

Date: _____

Name: _____

[Last Name]	[First Name]	[Middle Initial]
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Address: _____

[Street]	[Apartment/Suite Number]	
[City]	[State]	[Zip Code]

Phone: _____

[Home]	[Cell]
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Date of Birth: (xx/xx/xxxx) _____ Email: _____

REGISTRATION INFORMATION & COURSE SELECTION

Please, sign-up for the 3 courses you want to take this semester. If you only want, take 1 or 2 courses this semester, just sign-up for 1 or 2 courses. *Please remember* that although **every attempt** will be made to place you in the courses you select, there are no guarantees! So, please list your courses in order of preference below.

COURSE NAME (list in order of preference)	
1st Choice	
2nd Choice	
3rd Choice	
<input type="checkbox"/>	Recovery Support*
<input type="checkbox"/>	Walking for Wellness*

*Please, check if you may attend a drop-in class during the semester, we ask for contact information for a drop-in class, in the event that the class is canceled and we would need to reach you. Thank you.