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Recovery Education Program's Fall 2019 Course Catalog

IMPORTANT DATES

Course Registration:	July 30 – August 9
Course Confirmation Letters Sent Out:	August 19
2-Day New Student Orientation: Time:	September 10 & September 12 1:00 – 3:00
First Week of Classes:	September 16 - 20
Last Week of Classes:	December 9 - 13
Thanksgiving Break:	November 27, 28 & 29
Center Closed:	Columbus Day, October 14 Veteran's Day, November 11 Thanksgiving Day, November 28 & 29

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

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COURSE SCHEDULE

Tuesday	Wednesday	Thursday	Friday
Coffee & Conversation (1st FLR KIT) 9:30 – 10:00 Alex & Bob		Coffee & Conversation (1st FLR KIT) 9:30 – 10:00 Alex & Bob	Coffee & Conversation (1st FLR KIT) 9:30 – 10:00 Alex & Bob
Book Club (RCC) 10:00 – 11:30 Marijane & Wendy		Team Sports (FC) 10:00 – 11:00 & 11:00 -12:00 Lenny, Bob, Alex & Abby	Making Strides 10:00 – 11:30 Lenny, Bob & Alex
Thinking Skills (CC) 10:00 – 11:30 Derek & Garrett		Whole Body Awareness (RCC) 9:30 – 10:30 Derek & Garrett	
Physical Fitness (FC) 10:00 – 11:00 & 11:00 – 12:00 Lenny, Bob, Alex & Abby		Tools for Wellness & Self-Care (RCC) 10:45 – 11:45 Cynthia, Deb & Garrett	
One Bite at a Time (LCR) 11:30 – 1:00 Marjorie & Deb		Understanding & Mastering PowerPoint (CC) 10:00 – 11:30 Eric & Intern	Intermediate Computer Skills (CC) 12:30 – 2:00 Eric & Bob
Recovery Support (1st FLR KIT) 12:15 – 1:15 Lenny, Viesia, Alex & Bob		Staff Meeting & Training (LCR) 12:00 – 1:00	Numbers In Our Daily Lives (RCC) 12:30 – 2:00 Garrett & Lenny
Qigong 1 (RCC) 1:00 – 2:00 Derek & Garrett		Career Peer Support (SCR) 1:15 – 2:15 Louise & Sara	
Qigong 2 (RCC) 2:00 – 3:00 Derek & Garrett		A Reiki Practicum Course (RCC) 1:15 – 2:45 Cynthia & Deb	
Office Admin Skills (CC) 1:30 – 3:00 Eric & Bob		Working Our Way From Anger to Forgiveness (LCR) 1:30 – 3:00 Marjorie & Alex	Music & Community (RCC) 2:30 – 4:00 Alex, Derek & David
Working Our Way From Anger to Forgiveness (LCR) 1:30 – 3:00 Marjorie & Deb	Open Art Studio (RCC) 3:30– 5:00 Derek & Alex	Open Mic (RCC) 3:30 – 5:00 Derek, David & Alex	

WORK, EDUCATION & COMMUNITY COURSE DESCRIPTIONS

Career Peer Support **Thursday (SRC) 1:15 – 2:15**

Louise & Sara

In this class, peers in recovery will choose and discuss different topics and steps which lead to professional jobs. Topics may include: career exploration, cover letter and resume writing as well as interviewing skills. This will be a goal-oriented group with each member choosing one step on which to focus during the upcoming week. This group is geared towards people ready to actively participate in getting professional jobs.

Intermediate Computer Skills

Friday (CC) 12:30 – 2:00

Eric & Bob

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. This course will run the gamut from how to select one's own computer for purchase, computer maintenance, increased proficiency in Microsoft Office Suite, and web applications (including social media) to privacy concerns and user customizations.

WORK, EDUCATION & COMMUNITY COURSE DESCRIPTIONS

Music & Community **Friday (RCC) 2:30 – 5:00** *Alex, Derek & David*

Music connects us to ourselves and to the world around us. Through making music we discover new parts of ourselves, and through studying music we learn new languages with which to communicate.

In this class we will learn about important concepts in music, such as tone, pitch, dynamics and structure, as well as essential aspects of music history to give an overview of different genres and ways to discuss it. Each class will include a short lecture, then an opportunity to listen music related to the content of the presentation. There will also be group visits to local shows that are in relation to the genre, to help us practice the core concepts, experience music in person and in the community.

No experience or prior knowledge expected or required!

Office Administrator Computer Skills **Tuesday (CC) 1:30 – 3:00** *Eric & Bob*

Oh how times, and people, have changed in the world over the last few years. Whether you are returning to the workforce after a number of years away or you are new to the administrative side of the business world, this class is for you. We will cover key skills that are essential to working in any office, including word, excel and online tools such as Dropbox and Google Drive.

Thinking Skills **Tuesday (CC) 10:00 – 11:30** *Derek & Garrett*

Enhance your wellness and have some fun! Recovery and wellness involve attending to the mind, body and spirit. Often, mental health conditions, treatment and/or medications can impact how we think, remember, pay attention and learn. This class will teach skills and strategies that assist us to improve the functioning of our minds and support our overall wellness. We will use activities for memory improvement through games, crosswords, Sudoku, learning languages, reading, brain games and brain teasers. We also will use a computer based Cognitive Remediation tools to enhance memory and attention skills. To help us function more successfully at home, school and work.

WORK, EDUCATION & COMMUNITY COURSE DESCRIPTIONS

Understanding & Mastering PowerPoint

Thursdays (CC) 10:00 – 11:30

Eric & Intern

This class aims to improve student's comfort and ability to give presentations and speak to an audience through giving PowerPoint Presentations. We will learn various aspects of the Microsoft PowerPoint application such as adding pictures, animations, and using templates. We will then use these skills and others to create PowerPoint Presentations in class. After making each PowerPoint presentation, each student will then have an opportunity to give their presentation to the class in a supportive environment so that they can gain experience and feedback.

WELLNESS COURSE DESCRIPTIONS

One Bite at a Time

Tuesday (RCC) 11:30 – 1:00

Marjorie & Deb

Please bring your own lunch.

Join us for lunch once a week to practice and experience the joy of mindful eating. Bite by bite, we will be growing community, support, and hope as well as sharing strategies to empower ourselves on the path of mental and physical health. One Bite at a Time is a course about compassionate, guilt-free eating, feeding our body and mind in a way that generates pleasure and acceptance and lets us address challenges such as emotional eating.

Making Strides

Friday 10:00 – 11:30

Lenny, Bob & Abby M.

The Making Strides Class seeks to help you 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 rain or shine. Both conversation and silence are welcome, and all levels of fitness are welcome! We will progress together!

WELLNESS COURSE DESCRIPTIONS

Physical Fitness

Tuesday (FC) 10:00 – 12:00

Lenny, Bob, Alex & Abby

**** 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.

Qigong: Level 1

Tuesday (RCC) 1:00 – 2:00

Derek & Garrett

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!

Qigong: Level 2

Tuesday (RCC) 2:00 – 3:00

Derek & Garrett

This course builds upon the material studied in 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 Level 1

WELLNESS COURSE DESCRIPTIONS

Team Sports Class

Thursday (FC) 10:00 – 12:00

Lenny, Bob, Alex & Abby

**** 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.

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 leisure 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.

Tools for Wellness & Self-Care

Thursday (RCC) 10:45 – 11:45

Cynthia, Deb & Garrett

Are you interested in learning a variety of helpful tools for supporting your well-being? Come explore a sampler of four approaches to fostering mind/body relaxation and connection. In this class, you will learn how to provide your body with the comforting touch of self-massage and reflexology as well as support your mind with exercises in visualization and self-compassion.

WELLNESS COURSE DESCRIPTIONS

Whole Body Awareness **Thursday (RCC) 9:30 – 10:30** *Derek & Garrett*

When we are present our bodies and minds are grounded and clear. This Whole Body Awareness class includes practical exercises for being grounded in the world and centered in yourself. We may be readers, writers, talkers and listeners, students, teachers, artists and musicians, lawyers and clowns, but whatever we do our skills are improved by being grounded, centered and inwardly quiet. These are a skills that ground us in the Earth, and centers us in our physical bodies that promote clarity of mind and bring a sense of deep peace. This class will involve learning simple physical movements, mediation exercises and relaxation strategies.

Working our Way from Anger to Forgiveness **Tuesday & Thursday (LCR) 1:30 – 3:00** *Marjorie & Alex*

Note: This course meets twice a week

Anger is a universal emotion that can fuel change. Short-term anger can be constructive, but long-term it harms our health and relationships with others. This course will take us on a mindfulness journey that begins with a “small” anger each person identifies to work on and leads to finding new understanding, compassion, and forgiveness for oneself and/or another. We will explore the negative effects of chronic anger, ways to calm our mind/body, and how to tell a new narrative that empowers us. In class we will pave the way to forgiveness by supporting each other to widen our perspectives and open our hearts. There will be short readings, music, singing, meditation, self-reflection exercises, and small and large group sharing.

PERSONAL DEVELOPMENT COURSE DESCRIPTIONS

A Reiki Practicum Course

Thursday (RCC) 1:15 – 2:45

Cynthia & Deb

Are you trained in Reiki I or Reiki 2 and want to get more hands-on practice doing Reiki on others?? This course is designed to provide extensive practice to Reiki-trained students in providing Reiki sessions to both other classmates and other students and staff at the BU Center for Psych Rehab. In addition, an effort will also be made to set up at least two clinics outside the Center.

Book Club

Tuesday (RCC) 10:00 – 11:30

Marijane & Wendy

This book club is an opportunity to come together as peers 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.

Numbers in our Daily Lives

Friday (RCC) 12:30 – 2:00

Garrett, Alex & Lenny

Numbers are important in every language and are universal. In this class we will use numbers in a variety of ways: from analyzing which stocks are the use of numbers the rise to what factors into the decision to live in certain parts of the country, as well as sports and statistics. We will talk about a new topic each week. No experience with mathematical constructs is necessary. All math abilities are welcome!

PERSONAL DEVELOPMENT COURSE DESCRIPTIONS

Open Art Studio

Wednesday (RCC) 3:30 – 5:00

Derek & Alex

This class is an opportunity to experience an Open Studio where artists work together, share ideas and feedback. You are not required to share your work, but it is highly encouraged. When we share our work with others and hear their positive feedback, it encourages us to look at our work from a different perspective. We also gain ideas from other people's work that may affect what choices we make for our next artwork. We will also look at works of art from history in order to expand our ideas of how to develop our own style. The class is for students who have already attended the Painting and Community classes.

Open Mic Class

Thursday (RCC) 3:30 – 5:00

Derek, Alex & David

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 people's 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.

Recovery Support

Tuesday (1st Floor Kitchen) 12:15 – 1:15

Lenny, Viesia, Alex & Bob

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.

JOIN US EACH MORNING FOR COFFEE AND CONVERSATION

Join Alex & Bob 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!



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Recovery Education Program Fall 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

Name:

[Last Name]

[First Name]

[Middle Initial]

Address:

[Street]

[Apartment/Suite Number]

[City]

[State]

[Zip Code]

Phone:

[Cell]

[Other]

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)	
1 st Choice	
2 nd Choice	
3 rd Choice	
<input type="checkbox"/>	Recovery Support*
<input type="checkbox"/>	Making Strides*
<input type="checkbox"/>	Career Peer Support*

*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.