

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](http://cpr.bu.edu)

# Recovery Education Program's Summer 2019 Course Catalog

## IMPORTANT DATES

<b>Course Registration:</b>	April 16 - April 26
<b>Course Confirmation Letters Sent Out:</b>	May 10
<b>2-Day New Student Orientation: Time:</b>	May 14 & May 16 1:00- 3:00
<b>First Week of Classes:</b>	May 21 - 24
<b>Last Week of Classes:</b>	August 5 - 9
<b>Spring Break:</b>	June 30 - July 7
<b>Center Closed:</b>	Memorial Day, May 27 Independence Day, July 4

## 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.

## CONTENTS

<b>Important Dates .....</b>	<b>Page 1</b>
<b>About Us .....</b>	<b>Page 1</b>
<b>Frequently Asked Questions .....</b>	<b>Page 3</b>
<b>Course List .....</b>	<b>Page 4</b>
<b>Course Schedule .....</b>	<b>Page 5</b>
<b>Course Descriptions .....</b>	<b>Page 6-15</b>
<b>Coffee &amp; Conversation .....</b>	<b>Page 16</b>
<b>Course Registration Form .....</b>	<b>Page 17</b>

## 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](mailto: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](http://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](mailto: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:

Art, Museums & Community .....	Page 6
Beginner Computer Skills.....	Page 6
Music & Community .....	Page 7
Thinking Skills.....	Page 7
Writing & Typing .....	Page 8

### WELLNESS COURSES:

Body Politic: Radical Dance Lab .....	Page 9
Discovering the Poet within for Health & Recovery .....	Page 9
Dragon & Tiger Qigong Level 1 .....	Page 10
Dragon & Tiger Qigong Level 2 .....	Page 10
Making Strides .....	Page 11
Mindfulness through Music .....	Page 11
Physical Fitness .....	Page 12
Reiki II .....	Page 12
Wellness Recovery Action Plan .....	Page 12
Whole Body Awareness .....	Page 13

### PERSONAL DEVELOPMENT COURSES:

Book Club .....	Page 14
Brown Bag Lunch Recovery Support .....	Page 14
Games & Leisure .....	Page 14
Ideas Worth Discussing .....	Page 15
Open Mic .....	Page 15
Self-Expression through Collage .....	Page 15

## COURSE SCHEDULE

		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
MORNING		Coffee & Conversation (1st floor Kitchen) 9:00 - 9:30 Alex & Estie		Coffee & Conversation (1st floor Kitchen) 9:00 - 9:30 Alex & Estie	Coffee & Conversation (1st floor Kitchen) 9:00 - 10:00 Estie	
		Book Club (RCC) 9:30 -11:00 Marijane & Wendy		Qigong: Level 2 (RCC) 9:30 - 10:30 Derek & Alex	Self-Expression through Collage (RCC) 9:30 - 11:00 Elizabeth & Estie	
		Thinking Skills (CC) 9:30 -10:45 Derek & Estie		Writing and Typing (CC) 9:30 - 10:45 Eric & Bob		
		Physical Fitness (FC) 9:30 - 10:30 (Group A) & 10:30 -11:30 (Group B) Lenny, Stephanie, Alex, Bob & Abby		Making Strides 10:00 - 11:30 Lenny & Abby		
		Discovering the Poet within for Health & Recovery (RCC) 11:00 -12:30 Marjorie & Deb		Whole Body Awareness (RCC) 10:30 - 11:30 Derek & Alex		
		Beginner Computer Skills (CC) 11:00 -12:30 Eric & Bob		Discovering the Poet within for Health & Recovery (CC) 11:00 -12:00 Marjoire & Deb *optional editing class*		
		Brown Bag Lunch Recovery Support (1st floor Kitchen) 12:30 - 1:30 Lenny, Viesa & Alex		Staff Meeting/ Training (LCR) 12:00 - 1:00		Music & Community (RCC) 1:30 - 3:00 Derek & Alex
		Ideas Worth Discussing (CC) 1:30 - 3:00 Eric & Alex		Mindfulness Through Music (RCC) 1:00 - 2:30 Marjorie,& Elizabeth		
		Reiki II (RCC) 1:00 - 2:30 Cythina & Deb		Open Computer Lab Clinic 1:00 - 2:30 Eric & Alex		
		Qigong: Level 1 (RCC) 2:45 - 3:45 Derek		Games & Leisure (RCC) 3:30 -4:45 Estie & Diana	Open Mic (RCC) 3:00 - 4:00 Derek & Alex	
	Wellness Recovery Action Plan (RCC) 3:45 - 5:00 Estie & Diana					
		*Optional Bi-Monthly Trips to MFA with Estie after 5pm*				

# WORK, EDUCATION & COMMUNITY COURSE DESCRIPTIONS

## **Art, Museums & Community**

**Wednesday (RCC) 3:30 – 5:00**

*Estie & Alex*

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

In this class we will learn about important concepts in art, such as color, texture, and shape, as well as essential aspects of art history to give an overview of visual art and ways to discuss it. Each class will include a short lecture and then a project related to the content of the presentation. There will also be (free) group visits to the Museum of Fine Arts every other week to help us practice our visual analysis skills and experience the paintings in person. No experience or prior knowledge expected or required!

---

## **Beginner Computer Skills**

**Tuesdays (CC) 11:00 – 12:30**

*Eric & Alex*

What can you expect to learn in this class? In this class you will have the opportunity to learn the basic concepts and physical skills needed to effectively use a personal computer. Ample time will be allowed to practice these skills during class so that they can begin to be mastered while the instructors and interns are still present to answer questions. The pace of this class is unhurried, and the primary goal is to feel fully confident in the newly gained skills at the end of each class session. You do not need ANY prior computer experience to take this class.

## WORK, EDUCATION & COMMUNITY COURSE DESCRIPTIONS

### **Music & Community** **Friday (RCC) 1:30 – 3:00** *Derek & Alex*

Music and Song can be a powerful tool of communication and human beings have sung songs, played drums, played wind and stringed instruments for 1,000s of years. They have done this sitting round the camp fire, standing around the piano, at school at home and here at BU! Come join us on Fridays because we are going to be making some music. Bring your ideas, to share, sing and play. Bring your own and other peoples' songs, poems and music. We shall be running the sessions for students to join in with their voices but also sometimes using drums, percussion, guitars, piano and other instruments.

---

### **Thinking Skills** **Tuesday (CC) 9:30 – 11:00** *Derek, Estie & Alex*

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

### **Writing & Typing** **Thursday (CC) 9:30 – 10:45** *Eric & Bob*

A key skill for careers (and even personal life) is your ability to communicate through writing. For example, most jobs require you to submit a resume and people frequently send emails or texts to their family, friends, and co-workers. In this class we will both learn writing skills and spend time practicing our writing and typing. Each class will consist of a short writing exercise (such as writing a tiny, few sentence story around a given sentence), typing practice, a writing lesson (such as how to write a complaint), and then a writing exercise putting the lesson into practice. Participants are encouraged to share their writing with the class if they want, but they do not need to.

**\*Any level of skill at touch typing is acceptable, as we will be improving that skill in class.\***



## WELLNESS COURSE DESCRIPTIONS

### **Body Politic: Radical Dance Lab**

**Wednesday (RCC) 12:15 – 1:15**

*Rainer*

How do we reconcile the persistent anxieties of our time, limiting belief systems, the strain and spread of mass media? WE MUST MOVE through it. The body is the stage - through this movement laboratory we will spend each week generating new ways of being from intuitive movement focusing on imagination, feelings, and senses. It's letting our hidden fears unmask themselves through free-flowing movements, a practice of dynamic meditations utilizing music to resonate with the vibrations of our 7 major chakras. The greatest revolution is to love yourself, transform your pain into power. There is a whole Universe inside of you that needs to wake up.

**\*\*This class requires no dance experience and can be done from a chair\*\***

---

### **Discovering the Poet within for Health & Recovery**

**Tuesday (RCC) 11:00 – 12:30**

**\*Optional Editing Class\* Thursday (CC) 11:00 -12:00**

*Marjorie & Deb*

Each of us is a poet “in the making” with creative potential. If you like to write and have an interest in training your mind to express feelings and thoughts in positive, hopeful ways that promote recovery, *Discovering the Poet Within for Health & Recovery* is the class for you. In each class, we will read and discuss poems, practice walking meditation, and then write without worrying about grammar, spelling, and rhyming. This class focuses on writing poetry as a mindfulness practice to develop our artistic talents, reduce stress, and increase self-awareness. By writing our poems of transformation, we release negative emotions and experience the joy of creativity and new insights. We will have the opportunity to edit, share, receive feedback and publish on Thursdays in an optional class in the Computer Classroom.

## WELLNESS COURSE DESCRIPTIONS

### **Dragon & Tiger Qigong Level 1**

**Tuesday (RCC) 2:30 – 3:30**

*Derek*

Dragon and Tiger Medical Qigong is a 1,500-year-old self-healing movement system based on Traditional Chinese Medicine and Shaolin Buddhist exercises. It helps free you of energetic blockages by balancing the energetic flow that runs through your energy channels. These movements trace the energy lines of your body moving and dispersing stagnant energy. It is relatively easy to learn yet challenging enough to keep us engaged. Dragon Tiger is known for accomplishing positive changes in the body, including: releasing stagnant energy; increasing the speed, strength and evenness of energy, blood and other fluid circulation; raising the energy levels of the body boosting its natural healing capacities; benefiting the joints; improving physical balance, coordination and flexibility; increasing body awareness, waking up the nervous system and becoming more relaxed. Everyone is welcome!

***In Dragon and Tiger Qigong Level 1 we shall be studying the first movement only.***

---

### **Dragon & Tiger Qigong Level 2**

**Thursday (RCC) 9:30 – 10:30**

*Derek & Alex*

This course builds upon the material we studied in Dragon and Tiger Qigong Level 1 and is therefore only open to those students who have taken Dragon and Tiger Qigong Level 1. In Level 2 we shall be going deeper into body awareness, energy awareness and studying the rest of the Dragon Tiger movements. Dragon Tiger is known for accomplishing positive changes in the body, including: releasing stagnant energy; increasing the speed, strength and evenness of energy, blood and other fluid circulation; raising the energy levels of the body boosting its natural healing capacities; benefiting the joints; improving physical balance, coordination and flexibility; increasing body awareness, waking up the nervous system and becoming more relaxed.

***Attendees must have attended the Dragon Tiger Qigong 1 course.***

## WELLNESS COURSE DESCRIPTIONS

### **Making Strides**

**Thursday 10:00 – 11:30**

*Lenny & Abby M.*

Tired of all that snow and chilly days? Who isn't! Join the Making Strides Class 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 rain or shine. Both conversation and silence are welcome, and all levels of fitness are welcome! We will progress together!

---

### **Mindfulness through Music**

**Thursday (RCC) 1:00 – 2:30**

*Marjorie & Elizabeth*

We are born with the ability to make rhythmic sounds and melodies, but many of us have lost touch with the healing power of our voice. According to research studies, singing can improve concentration, memory, and mood as well as promote social connection. In *Mindfulness through Music*, we will be furthering our recovery by training our mind and voice with mindful listening and singing practices. Students will be encouraged to (1) select songs with hopeful, positive lyrics, and (2) using mindfulness, learn the songs well enough to lead others in song and joy. This course encourages at home practice to develop one's mindfulness skills.

## WELLNESS COURSE DESCRIPTIONS

### Physical Fitness

**Tuesday (FC) 9:30 – 11:30**

*Lenny, Steph, Alex, Bob & Abby M*

**IMPORTANT NOTE:** Written medical permission is required by the first day of class. This class leaves from the Center 9:15 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. Students must wear workout clothes and sneakers.

---

### Reiki II

**Tuesday (RCC) 1:00 – 2:30**

*Cynthia & Deb*

In Reiki II, we will review the hand positions from Reiki I, and students will be initiated into Reiki II energy and learn the three Reiki symbols for empowerment, mental-emotional energy and distant Reiki. Students will also learn how to apply these symbols for themselves and others and will practice using them in class and clinic settings. To enroll in this class, students must have successfully completed Reiki I and be comfortable giving Reiki treatments to themselves and others.

**\* Must have taken Reiki 1\***

---

### Wellness Recovery Action Plan (W.R.A.P)

**Tuesday (RCC) 3:45 – 5:00**

*Estie & Dianna*

The Wellness Recovery Action Plan is a structured process that teaches us how to monitor uncomfortable and distressing symptoms and, through planned responses, reduce, modify, or eliminate those symptoms so as to support our recovery. This class will assist you to identify your own relevant wellness tools, your triggers that deplete your wellness and help you to develop a plan of wellness. It is a highly interactive class with enormous amount of peer support. Come join us!

## WELLNESS COURSE DESCRIPTIONS

**Whole Body Awareness**  
**Thursday (RCC) 10:30 – 11:30**  
*Derek & Alex*

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.

## PERSONAL DEVELOPMENT COURSE DESCRIPTIONS

### **Book Club**

**Tuesday (RCC) 9:30 – 11:00**

*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.

---

### **Brown Bag Lunch Recovery Support**

**Tuesday (1<sup>st</sup> FLR Kitchen)**

*Lenny, Alex & Viesa*

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.

---

### **Games & Leisure**

**Thursday (RCC) 3:45 – 5:00**

*Estie & Diana*

Relaxation, fun, and enjoyment are important dimensions of recovery. In this class we will connect and laugh together in a non-competitive and safe environment, playing a variety of games and enjoyable activities that will develop your thinking and friendship skills.

## PERSONAL DEVELOPMENT COURSE DESCRIPTIONS

### **Ideas worth Discussing**

**Tuesday (CC) 1:30 – 3:00**

*Eric & Alex*

Our world is filled with interesting ideas, from history, science, literature, religion and all aspects of life. In each of our classes, someone will present an idea worth discussing, then lead a discussion with the class on the topic presented. In addition to discovering a broad range of fascinating ideas, we aim for students to use this class to be able to work on their communication skills as part of the discussion. As you give presentations you will also be able work on public speaking skills, and through the subsequent discussion groups, you will be able practice your leadership skills.

---

### **Open Mic**

**Friday (RCC) 3:00 – 4:00**

*Derek & Alex*

This is our own Open Mic session. Anyone who wishes to perform, a song, a poem, a Rap or a piece of music can come along, sign in and join the session. This is for students who wish to try performing in front of a supportive audience. You may want feedback and are willing to give feedback. Maybe you just want to join in. Come and grow as a musician, singer and performer in a safe place with very cool people. All styles of music and song are welcome. Most of the time will be allotted for solo performances but there may be time for accompaniment and some jamming. Bring your instruments; bring your ideas and bring your enthusiasm.

---

### **Self-Expression through Collage**

**Friday (RCC) 9:30 – 11:00**

*Elizabeth & Estie*

Collage is a visual arts technique that combines various graphics to create personal works of art. In our class, we will use a variety of collage projects to explore our inner and outer world through curiosity and creativity. There will be opportunities to connect, to collaborate and build community through collage. No experience necessary!

# JOIN US EACH MORNING FOR COFFEE AND CONVERSATION

Join Estie, Bob & Alex 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!





Center for Psychiatric Rehabilitation  
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](http://cpr.bu.edu)

## Recovery Education Program Summer 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](mailto: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 <sup>st</sup> Choice	
2 <sup>nd</sup> Choice	
3 <sup>rd</sup> Choice	
<input type="checkbox"/>	Optional Editing Class - <b>Discovering the Poet within for Health &amp; Recovery</b>
<input type="checkbox"/>	Recovery Support*
<input type="checkbox"/>	Making Strides*

\*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.