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# Recovery Education Program's Summer 2018 Course Catalog

## IMPORTANT DATES

<b>Course Registration:</b>	April 10 <sup>th</sup> -20 <sup>th</sup>
<b>Course Confirmation Letters Sent Out:</b>	April 30 <sup>th</sup>
<b>2-Day New Student Orientation: Time:</b>	Tuesday, May 1 & Thursday, May 3 1:00- 3:00
<b>First Day of Classes:</b>	May 8 <sup>th</sup>
<b>Last Day of Classes:</b>	August 10 <sup>th</sup>
<b>Summer Break:</b>	July 2 <sup>nd</sup> -8 <sup>th</sup>
<b>Center Closed:</b>	Memorial Day, May, 28 <sup>th</sup> Independence Day, July 4 <sup>th</sup>

## 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](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

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# COURSE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Nurturing Ourselves With Music, YOGA, &amp; Meditation (LCR)</b>		<b>Peer Provider Skills (LCR)</b>	<b>Making Strides &amp; Counting Steps</b>
	10:30 - 12:00 Marjorie & Deb		10:00 - 11:30 Donna & Lenny	10:00 - 12:00 Lenny, Steph & Abby
	<b>Book Club (RCC)</b>		<b>Recovery Theater: Building Community through Playback Theater (RCC)</b>	<b>Music &amp; Community (RCC)</b>
	10:00 - 11:30 Wendy & Marijane		10:00 - 12:00 Derek, Estie & Ali	10:30 - 12:00 Derek & Quinton
	<b>Making Strides &amp; Counting Steps</b>		<b>Career Peer Support (SCR)</b>	<b>Musicians' Performance &amp; Support (RCC)</b>
	10:00 - 12:00 Lenny, Quinton, Steph & Abby		11:00 - 12:00 Deb	1:00 - 2:30 Derek & Quinton
	<b>Recovery Support (RCC)</b>		<b>Staff Meeting/ Training (LCR)</b>	
	12:30 - 1:30 Lenny & Viesia		12:00 - 1:00	
<b>Career Coaching: Opening Doors (CC &amp; RCC)</b>	<b>Finding Inspiration from Nature for Writing &amp; Recovery (LCR)</b>	<b>Career Coaching: Opening Doors (CC &amp; RCC)</b>	<b>Finding Inspiration from Nature for Writing &amp; Recovery (LCR)</b>	<b>Photovoice: Bridging Community Gaps (LCR)</b>
1:00 - 2:30 Opening Doors Team *Research Project*	1:30 - 3:00 Marjorie & Deb	1:00 - 2:30 Opening Doors Team *Research Project*	1:30 - 3:00 Marjorie & Estie	1:30 - 3:30 Photovoice Team *Research Project*
<b>Opening Doors Career Lab (CC)</b>	<b>Intro to Microsoft Office (CC)</b>			
2:30 - 3:30 Opening Doors Team *Research Project*	1:00 - 2:30 Eric & Derek			
	<b>Creating a Trauma Informed Narrative (RCC)</b>	<b>Advanced Painting Studio(RCC)</b>	<b>Office Administrative &amp; Social Media (CC)</b>	
	1:45 - 3:15 Gloria, Kathy & Quinton	2:30 - 4:00 Derek & Estie	1:30 - 3:00 Eric & Donna	
	<b>Spirituality and Mindfulness for Creative Living (RCC)</b>		<b>Happiness: East &amp; West (LCR)</b>	
	3:30 - 4:45 Diana & Quinton		3:30 - 4:45 Diana & Donna	
	<b>Dragon &amp; Tiger Qigong 1 &amp; 2 (LCR)</b>		<b>Making and Understanding Art as a Wellness Tool (RCC)</b>	
	3:00 - 4:00 (level 1) 4:00 - 5:00 (level 2) Derek		3:30 - 5:00 Estie & Derek	

# WORK, EDUCATION & COMMUNITY COURSE DESCRIPTIONS

## Career Coaching: Opening Doors

**Mondays & Wednesdays (CC & RCC) 1:00 - 2:30**

*Opening Doors Team*

*\*This class is a research study\**

This 12-week program is designed to help you develop a career path for yourself. You will be assisting in exploring your work options, learning about the world of work, developing a career plan, and preparing materials to help you apply for school or jobs that you are of interest to you. This class meets twice a week for 8 weeks and then once a week for the last 4 weeks. Each student will also meet with an instructor for 4-8 individual sessions that begin in the middle of the intervention and extend beyond the 12-week period. This course can assist you to achieve individual

***Special Note:** This class is offered as part of a research study. If you agree to enroll in the study, there is a 50/50 chance of being selected to participate in the Opening Doors program. If you are not selected to participate in the Opening Doors intervention, you will be placed on a waitlist. You will still have the option of participating in Opening Doors after 12 months. During those 12 months, you will be invited to participate in 5 research interviews. Please contact Stephanie here at the Center to register, or Uma Millner, to learn more about the study. Uma can be contacted at 617-353-3549 or by email [umillner@bu.edu](mailto:umillner@bu.edu)*

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## Career Peer Support

**Thursday (SCR) 11:00 – 12:00**

Are you a person in recovery who has an advanced degree (MA, JD, MD) and is seeking career peer support? This collaborative and mutual peer support group will meet each week for one hour in the small conference room on the 2<sup>nd</sup> floor. Come to listen, support and network with one another.

# WORK, EDUCATION & COMMUNITY COURSE DESCRIPTIONS

## **Intro to Microsoft Office**

**Tuesday (CC) 1:00 -2:30**

*Eric & Derek*

The various component programs of the Microsoft (MS) Office Suite, particularly MS Word, PowerPoint (for presentations) and Excel (for spreadsheets), are vital most people's computer experience. Additionally, many jobs and academics classes require a working knowledge of some aspects of these programs. Even for one's personal use, you can increase the number of things you can do with a computer by learning how to use aspects of the MS Office Suite. This class aims to develop the student's skills with MS Office Suite programs. We will do so by learning aspects of the programs in a safe and supportive environment as well as by practicing what we have learned through lots of in class exercises. Prior knowledge of the MS Office programs is not necessary for taking this course but is certainly helpful. Beginner level knowledge of computers (such as how to launch a program or open a file) is required. If you are unsure about whether you meet these requirements, speak with an instructor.

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## **Music & Community**

**Friday (RCC) 10:30 – 12:00**

*Derek & Quinton*

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.

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## **Office Administrator Computer Skills & Social Media**

**Thursdays (CC) 1:30 -3:00**

*Eric & Donna*

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 excel and online tools such as Dropbox, Google Docs.

## Peer Support Skills

Thursday (LCR) 10:00 – 11:30

*Donna & Lenny*

Are you interested in delivering peer support? This class will introduce you to the peer movement, its history, values and principles. Key skills of listening and responding with empathy, acknowledging negative realities and inspiring hope will be taught. In addition, WRAP (Wellness Recovery Action Plan) which is a self-designed preventive process will be taught as a strategy for staying well while helping others. This class will help inspire you to apply to take a Certified Peer Support Specialist course.

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## PhotoVoice: Bridging Community Gaps

Fridays (LCR) 1:30 – 3:30

*PhotoVoice Team*

*\*This is a research study\**

Please join us for a course where we will seek to enhance our ties to the communities we live in. This peer-led curriculum will help us define the multiple communities we all live in, help us become more aware of what our communities have to offer, and help us learn to access the resources in our community that can make our lives fuller and more joyful. We will also examine the barriers that prevent us from being full members of our communities, such as prejudice and discrimination around people with mental illness, and the stigma and self-stigma that often is associated with these. The course will also offer individualized peer support, meeting on a weekly basis and facilitated by the class leaders, where students will meet to work on their goals for community integration. No background in PhotoVoice is required; please note that this course will provide cameras and camera instruction for the students to complete photographic work assignments.

**Special Note:** *This class will be offered as part of a research study. Students who wish to be in this class must also agree to be part of the research study. The research study will consist of class attendance and participation in three interviews conducted by study staff over a period of six months. Please contact Stephanie or Sara Catanese, to learn more or register for the study. Sara can be reached at 617-353-3549*



## WELLNESS COURSE DESCRIPTIONS

### **Dragon and Tiger Qigong**

**Level 1: Tuesday (LCR) 3:00 -4:00**

**Level 2: Tuesday (LCR) 4:00 -5:00**

*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 we 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.

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### **Happiness: East and West**

**Thursday (LCR) 3:30 -4:45**

*Diana & Donna*

We all want to be happy; each of us has an innate drive to create a balanced, healthy, and fulfilling life. We are also aware that it is not always easy to maintain a sense of well-being, even from hour to hour! In this interactive course, we will explore what philosophers, psychologists, spiritual teachers, and sacred texts can teach us about happiness, with all its joys and challenges. We will each aim to cultivate our own practice of the art of happiness.

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### **Making and Understanding Art as a Wellness Tool**

**Thursday (RCC) 3:30 -5:00**

*Estie & Derek*

Art helps us feel more connected to our community and ourselves. This class is designed to give an introduction to making and looking at art as a way to better express themselves and to connect with the larger world of art around them. Each week will focus on skills, concepts, and techniques that will provide students with tools to create unique and interesting artwork, and to be able to analyze and find value in any piece of art. This class will be supplemented with trips to local museums, in which students can practice their visual thinking skills, and will culminate in a final art show. No experience or previous knowledge required!

# WELLNESS COURSE DESCRIPTIONS

## **Taking Strides & Counting Steps**

**Tuesday & Friday 10:00 -12:00**

*Lenny, Quinton & Steph*

*Student mentors: Abby & Eric*

Tired of all that snow? Who isn't! Join the Taking 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!

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## **Nurturing Ourselves with Music, Yoga & Meditation**

**Tuesday (LCR) 10:30 -12:00**

*Marjorie & Deb*

Music, yoga, and meditation can reduce stress and improve health. In *Nurturing Ourselves With Music, YOGA, & Meditation*, we will be practicing mindfulness skills of our body and mind to gain greater concentration, awareness, relaxation, and joy. Each class will be structured in 3 parts: **music-inspired movement** to awaken our body-mind, **yoga poses** to ground and strengthen ourselves, and **meditation** to find calm and clarity. We will begin with 10 minutes of warm up exercises to raise our heart rate and then perform standing and floor exercises using yoga mats. We will end with meditation. *Participants will be asked to observe periods of silence, wear comfortable clothing, and be prepared to exercise either bare foot or in sneakers.*

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## **Recovery Support**

**Tuesdays (RCC) 12:30PM- 1:30PM**

*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.

# PERSONAL DEVELOPMENT COURSE DESCRIPTIONS

## **Advanced Painting Studio** **Wednesdays (RCC) 2:30 – 4:00**

*Derek & Estie*

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.

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## **Book Club** **Tuesday 10:00 AM – 11:30 AM (RCC)**

*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.

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## **Creating Trauma Informed Narrative** **Tuesday (RCC) 1:15 – 2:45**

*Gloria, Kathy & Quinton*

*\*this class will only meet for 8 weeks\**

The goal of this class is to develop our understanding & promote awareness about how trauma influences our sense of self, our identity, & the process of our recovery. In this class, we will explore & identify how we can, effectively use the personal narrative of whom we are, to make meaning in our lives & build our capacity to be resilient. In addition, we will explore our self-narratives to increase our understanding of our personal growth & our capacity for change. We will use this knowledge to re-author our narratives and learn to be effective Recovery Allies in our recovery journey. We will work together to support each other in the creation of a unique narrative of resilience & recovery identifying actions that help build resilience and well-being.

## PERSONAL DEVELOPMENT COURSE DESCRIPTIONS

### **Finding Inspiration from Nature for Writing & Recovery**

**Tuesday & Thursday (LCR) 1:30-3:00**

*Marjorie, Estie & Deb*

Nature has been described as “a pathway to human health and happiness,” improving our wellbeing. In *Finding Inspiration from Nature for Writing & Recovery*, we will immerse ourselves in nature through poems, videos, and outdoor walking meditation. Nature-related activities can bring our mind back to the present where we can find peace, awareness, and hope, the building blocks of recovery. The rhythm of walking unleashes our creativity which we will express by writing poems or short narratives, moving us forward on the recovery path. Sign up for this class if you like to write and experience a refreshing breeze, grass under feet, fragrant flowers, and gracious trees. On Tuesdays there will be an additional class offered for those who would like to revise, edit, and share their writing.

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### **Musicians' Performance & Support**

**Fridays (RCC) 1:00 -2:30**

*Derek & Quinton*

This class is specifically designed for students who are musicians and singers and who wish to improve their skills in practice, performance and technique whether solo or in a group. These are people who want feedback and who are willing to give feedback. Come and grow as musicians in a safe place with very cool people. All styles of music and song are welcome. There will be time allotted for solo performances and time allotted for accompaniment and some jamming. Bring your instruments; bring your ideas and bring your enthusiasm. Above all bring your authentic musician self.

As Frank Zappa said, “Information is not knowledge. Knowledge is not wisdom. Wisdom is not truth. Truth is not beauty. Beauty is not love. Love is not music. Music is THE BEST.”

## PERSONAL DEVELOPMENT COURSE DESCRIPTIONS

### **Recovery Theater: Building Community through Playback Theater**

**Thursday (RCC) 10:00- 12:00**

*Derek & Estie*

The other week, a group of us discussed this class in the kitchen and our first thought was that we should have some fun. So that is number one on the agenda; this class will be brimming with joy. We will also be doing some or all of the following: Improv, which can help liberate us from our old stuck habitual responses. We get nervous before an interview and don't know what to say? We meet someone for the first time and were too tongue-tied to contribute to the conversation? Improv will build our confidence to live our lives fully, with intention and with greater contentment. We shall play with listening skills, voice work and acting skills for which we will use TV, Movie, Theater scripts. We may write our own scripts and make our own videos. We may even venture into musical theater. Through creative teamwork, this class will be an enjoyable journey

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### **Spirituality and Mindfulness for Creative Living**

**Tuesday (RCC) 3:30 -4:45**

*Diana & Quinton*

Spirituality is one of the eight domains of wellness. This class invites you to explore and enrich this domain of your personhood. The world's spiritual traditions offer insights and tools that can help us shape lives of personal meaning, connection, and joy. We will study spiritual texts and teachings, sample various styles of mindfulness meditation, and explore cognitive techniques that can inspire and empower us in our quest for wholeness and connection.



# **The Center for Psychiatric Rehabilitation's Student Absentee Line (617) 358-1413**

If you are going to absent, please call the Student Absentee Line and leave a message with your name, your teacher's name and the name of your class.





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## Recovery Education Program Summer 2018 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

Date: \_\_\_\_\_

Name:

[Last Name]

[First Name]

[Middle Initial]

Address:

[Street]

[Apartment/Suite Number]

[City]

[State]

[Zip Code]

Phone:

[Home]

[Cell]

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.

- Please check this box if you are interested in **Career Coaching: Opening Doors**, a research project, which will **NOT** count towards your 3-course-limit.
- Please check this box if you are interested in **PhotoVoice: Bridging Community Gaps**, a research project, which will **NOT** count towards your 3-course-limit.

### 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"/>	Recovery Support*
<input type="checkbox"/>	Career 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.