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Recovery Education Program's Fall 2018 Course Catalog

IMPORTANT DATES

Course Registration:	August 7 -17
Course Confirmation Letters Sent Out:	August 29
2-Day New Student Orientation: Time:	September 5 & 6 1:00- 3:00
First Day of Classes:	September 11
Last Day of Classes:	December 14
Thanksgiving Break:	November 21-23
Center Closed:	Columbus Day, 10/8 Veteran's Day 11/12 Thanksgiving, 11/22

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

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING			Coffee & Conversation (1st floor Kitchen) 9:00 - 10:00 Lenny & Intern		Coffee & Conversation (1st floor Kitchen) 9:00 - 10:00 Lenny & Intern	Coffee & Conversation (1st floor Kitchen) 9:00 - 10:00 Lenny & Intern
			Dragon Tiger Qigong 1 & 2 (RCC) 9:30 -10:30 (Level 2) 10:30 - 11:30 (Level 1) Derek & Intern		Book Club (RCC) 10:00 - 11:30 Marijane & Wendy	Walking for Wellness 10:30 -1 2:00 Lenny & Interns
			Basic Computer Skills (CC) 10:00 - 11:30 Eric & Donna		Career Exploration (CC) 10:00 - 11:30 Donna & Intern	
			Physical Fitness (FC) 10:00 - 12:00 Lenny & Intern		Team Sports (FC) 10:00 - 12:00 Lenny & Interns	
			Buddhist Psychology's Path of Recovery (LCR) 11:30 -12:30 Marjorie & Intern *This is an optional practice class*		Recovery Theater: Building Community through Playback Theater (LCR) 10:00 - 12:00 Derek & Interns	
			Recovery Support (RCC) 12:30 - 1:30 Viesia & Lenny	Making and Understanding Art as a Wellness Tool (RCC) 1:00 - 2:30 Derek & Intern	Staff Meeting/ Training (LCR) 12:00 - 1:00	Music & Community (RCC) 12:30 - 2:00 Derek & Interns
			Empowering Ourselves Through Song (LCR) 1:30 -3:00 Marjorie & Intern	Open Painting Studio (RCC) 2:30 -4:00 Derek & Intern	Buddhist Psychology's Path of Recovery (LCR) 1:30 - 3:00 Marjorie & Interns	Photovoice: Bridging Community Gaps (LCR) 1:30 - 3:30 Photovoice Team *Research Project*
			Enhancing Your Thinking Skills (CC) 2:00 - 3:30 Derek & Intern	Kundalini Yoga (LCR) 3:15 -4:45 Rainer & Intern	Wellnes Reovery Action Plan (RCC) 1:30 - 3:00 Lenny & Donna	Musicians' Performance & Support (RCC) 2:15 -3:45 Derek & Interns
					Reiki Masters (RCC) 3:30 -5:00 Cynthia	
	AFTERNOON					

WORK, EDUCATION & COMMUNITY COURSE DESCRIPTIONS

Basic Computer Skills
Tuesday (CC) 10: 00 – 11:30
Eric & Donna

This class will assist students to learn computer skills that will help them utilize the World Wide Web and improve their knowledge of applications including word, excel and PowerPoint. Students will share in a highly supportive environment and receive plenty of individualized interaction. STUDENTS NEED NO PRIOR COMPUTER EXPERIENCE TO TAKE THIS CLASS. It will use a "practice-based approach" and students will be given individual practice time class in order to learn the skills taught.

Career Exploration
Thursday (CC) 10:00 – 11:30
Donna & Interns

Are you thinking about work or school as part of your next step in your recovery? This class will help you explore your vocational values, interests and skills as well as the different pathways to plan and achieve your educational and vocational goals. Financial resources such as the ticket to work and the PASS program will be reviewed.

Developing Microsoft Office Skills
Thursday (CC) 1:30 – 3:00
Eric & Interns

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.

Music & Community
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.

Open Painting Studio
Wednesday (RCC) 2:30 – 4:00
Derek & Intern

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 expand our ideas of how to develop our own style the class is for students who have already attended the Painting and Community classes.

PhotoVoice: Bridging Community Gaps

Friday (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 five interviews conducted by study staff over a period of twelve months. Please contact Stephanie or [Hannah Mason](#), to learn more or register for the study. Hannah can be reached at 617-358-3067*

WELLNESS COURSE DESCRIPTIONS

Buddhist Psychology's Path of Recovery

Main Class: Thursday (LCR) 1:30 – 3:00

Optional Practice Class: Tuesday (LCR) 11:30 – 12:30

Marjorie & Interns

Buddhist psychology, a growing field in the Western world, is devoted to the alleviation of human suffering, distress, and dissatisfaction using various mindfulness practices based on research and clinical practice. Since the late 1980's, its studies have shown that mindfulness practices can decrease stress, pain, anxiety, depression relapse rates, and OCD symptoms.

Buddhist Psychology's Path of Recovery will explore the core teachings of Buddhist psychology to promote mental health recovery. We will learn a variety of mindfulness practices to train our mind to reside more in the present with attitudes of curiosity, acceptance, and compassion. We will also explore the ways our stories of "illness" contribute to our suffering and work on creating a new narrative, one of recovery, hope, connectedness, and courage. During each class, we will practice a mindfulness activity. **On Tuesdays, we will have an additional, optional class for mindfulness practice and discussion.** Together we will be following the mindfulness path of recovery, supporting and encouraging each other on this journey.

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.

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.

Making and Understanding Art as a Wellness Tool
Wednesday (RCC) 1:00 -2:30
Derek & Interns

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

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.

Recovery Support

Tuesday (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.

Team Sports

Thursday (FC) 10:00 – 12:00

Lenny & Interns

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

IMPORTANT NOTE: 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 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 & life.

WELLNESS COURSE DESCRIPTIONS

Walking for Wellness

Friday 10:30 – 12:00

Lenny & Interns

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!

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

Thursday (RCC) 1:30 – 3:00

Lenny & Donna

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!

PERSONAL DEVELOPMENT COURSE DESCRIPTIONS

Book Club

Thursday (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.

Enhancing your Thinking Skills

Tuesday (CC) 2:00 – 3:30

Derek & Interns

Come enhance your cognitive wellness and have some fun! Recovery and wellness involve attending to our mind, body and spirit. Often, a psychiatric illness, substance abuse history, or treatment medications can affect how we think, how we remember, how we pay attention and how we learn. This class will teach skills and strategies that assist us to improve these functions of our mind and support our overall wellness. Activities such as crosswords, Sudoku, languages, reading, memory improvement techniques, brain games and brainteasers, will be used to enhance our cognitive skills. We also will utilize computer-based programs such as COGPACK and Lumosity as tools to enhance memory.

Empowering Ourselves through Song

Tuesday (LCR) 1:30 – 3:00

Marjorie & Interns

We are born with the ability to make sounds and sing. In Empowering Ourselves through Song, we will express our voices by making music together with our bodies, minds, and hearts, and supporting each other in the process. “Let us sing with our own voice, even if it is hoarse...” (Andre De Quadros). This is a course for recovery and transformation. You don’t have to believe that you can sing to participate but have the willingness to take the risk of singing aloud, joining hands with others, and smiling. We will be warming up our voices and bodies, practicing together rhythm percussion, singing, chanting, and meditating. We will be building our mindfulness skills and community. In the words of Cuban singer Celia Cruz, “Your pains will go away by singing. It’s more beautiful to live singing...” Join us in song, and let your spirit ring!

PERSONAL DEVELOPMENT COURSE DESCRIPTIONS

Musicians' Performance & Support

Friday (RCC) 2:15 - 3:45

Derek & Intern

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."

Recovery Theater: Building Community through Playback Theater

Thursday (LCR) 10:00- 12:00

Derek & Interns

this class is a class that is brimming with joy. We will also be learning Improv Theater which can help liberate us from our old stuck habitual responses and 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. 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

COFFEE AND CONVERSATION

Join Lenny on Tuesdays, Thursdays and Fridays for **Coffee and Conversation** in the Recovery Center Kitchen before you start your classes! This is an informal community offering to 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 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.

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 **PhotoVoice: Bridging Community Gaps**, a research project, which will **NOT** count towards your 3-course-limit.

COURSE NAME (list in order of preference)	
1 st Choice	
2 nd Choice	
3 rd 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.