Recovery Education Program’s 2016 Course Catalog

IMPORTANT DATES

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<tr>
<td>Course Registration:</td>
<td>December 8, 2015 - December 18, 2015</td>
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<td>Course Confirmation Letters:</td>
<td>December 23, 2015</td>
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<tr>
<td>Time:</td>
<td>1:30pm-3:00pm</td>
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<tr>
<td>First Day of Classes:</td>
<td>January 19, 2016</td>
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<td>Last Day of Classes:</td>
<td>April 22, 2016</td>
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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 treatment, 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 challenge or substance addiction, be willing to use an educational environment to foster their wellness and recovery, submit a medical record, 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 she has received your forms, she will contact you 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. Students who make a commitment to their wellness and recovery and make every effort to attend their courses will receive a scholarship which covers the costs of classes.
- There is no application process for the scholarship. All interested individuals who make the commitments to attend will be supported.
- Students will be asked to reconsider their commitment and if excessive absences occur.
Q: How do I register for courses?
A: You must be enrolled in the Recovery Education Program to register for courses. After you’ve enrolled, you will need to complete a course registration form available on page 14 of this catalog. This form is also available on our webpage at cpr.bu.edu. Please send the course registration form to Stephanie Cummings via fax at (617) 358-3066 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’ll 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. Therefore, ONLY register for the courses you are most interested in. 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: 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: What do I do if I am unable to attend my class?
A: Please call the Student Absentee Line at (617) 358-1413. We expect students to notify us if you are unable to come to your class that day.
## COURSE LIST

### WORK, EDUCATION & COMMUNITY COURSES:

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<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tbody>
<tr>
<td><strong>Computer Seminar (CC)</strong></td>
<td><strong>Open Computer Lab</strong></td>
<td><strong>Open Computer Lab</strong></td>
<td><strong>Open Computer Lab</strong></td>
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<tr>
<td>10:00AM - 11:30AM</td>
<td>9:00AM - 11:50AM</td>
<td>9:00AM-10:00AM</td>
<td><strong>NITEO Program (CC)</strong></td>
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<tr>
<td>Mike, Eric &amp; Derek</td>
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<td>10:30AM-12:00PM</td>
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<tr>
<td><strong>Community Service (RCC)</strong></td>
<td><strong>Work Without Limits (LCR)</strong></td>
<td><strong>PhotoVoice: Bridging Community Gaps (RCC)</strong></td>
<td><strong>Supported Physical Activity (FC)</strong></td>
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<td>10:00AM -11:30AM</td>
<td>9:30AM - 11:00AM</td>
<td>9:30AM -11:55AM</td>
<td>12:00PM - 1:00PM</td>
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<tr>
<td>Marijane &amp; Wendy</td>
<td>OT Interns &amp; Zach</td>
<td>Lenny, Zach</td>
<td>1:00PM- 2:00PM (Group B)</td>
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<tr>
<td><strong>Returning Home: Meditation &amp; Writing (LCR)</strong></td>
<td><strong>Reiki II (LCR)</strong></td>
<td><strong>Mindful, Dance, Music &amp; Meditation (LCR)</strong></td>
<td><strong>Computer Lab Closed</strong></td>
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<tr>
<td>10:30AM - 12:00PM</td>
<td>11:00AM-11:55AM</td>
<td>1:30PM - 3:00PM</td>
<td><strong>BERG Project (CC)</strong></td>
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<tr>
<td>Marjorie, Amanda &amp; Sara</td>
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<td>Marjorie &amp; Amanda</td>
<td>12:00PM -2:30PM</td>
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<tr>
<td><strong>Book Club (RCC)</strong></td>
<td><strong>NITEO Program (CC)</strong></td>
<td><strong>It’s a Big World (RCC)</strong></td>
<td><strong>Computer Lab Closed</strong></td>
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<td>10:00AM -11:30AM</td>
<td><strong>Community Service (RCC)</strong></td>
<td>1:30PM - 3:00PM</td>
<td><strong>Movie Club (CC)</strong></td>
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<td><strong>Supported Physical Activity (FC)</strong></td>
<td><strong>Supported Physical Activity (FC)</strong></td>
<td><strong>Opening Doors Project (CC)</strong></td>
<td>2:30PM - 4:00PM</td>
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<tr>
<td>12:00PM - 1:00PM (Group A)</td>
<td>12:00PM - 1:00PM (Group A)</td>
<td>2:00PM - 3:30PM</td>
<td>2:30PM - 4:00PM</td>
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<tr>
<td>Lenny, Zach &amp; Sara</td>
<td>1:00PM- 2:00PM (Group B)</td>
<td>Derek &amp; Amanda</td>
<td>Zach &amp; Amanda</td>
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<tr>
<td><strong>Visual Thinking Strategies (RCC)</strong></td>
<td><strong>Opening Doors Project (CC)</strong></td>
<td><strong>Derek &amp; Amanda</strong></td>
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<td>1:00PM - 2:30PM</td>
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<tr>
<td>Amanda &amp; Derek</td>
<td><strong>Opening Doors Project (CC)</strong></td>
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<tr>
<td><strong>Painting &amp; Community (RCC)</strong></td>
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<td>2:30PM - 4:00PM</td>
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<tr>
<td>Derek &amp; Amanda</td>
<td><strong>Opening Doors Project (CC)</strong></td>
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**MORNING**

**NOON**

**AFTERNOON**
Computer Seminar

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.

Tuesday 10:00AM- 11:30AM (CC) with Mike, Eric and Derek

Community Service Class

Community service is about giving back to the community. By participating in community service, we not only help others, we help ourselves. Community service has shown to improve physical health; increase happiness, self-esteem, and life satisfaction; build confidence and promote recovery while learning skills, meeting new people and keeping active! In this class, we will be working on increasing our communication skills and developing our roles as an active member of our community by working on small and large projects, while partnering with a local community site to do service together.

Thursday 9:30AM- 11:00AM (RCC) with OT Interns & Zach

PhotoVoice: Bridging Community Gaps

Please join us for this 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.

Friday 11:00AM – 1:00PM (RCC) with Sharon, Tracy and Cynthia
Visual Thinking Strategies

Visual Thinking Strategies (VTS) is a method of facilitation that gives students the freedom to analyze and problem-solve together. Students will participate in open class discussions that will examine different pieces of art and explore their many possible interpretations while giving students a safe environment to practice their communication skills. We will learn more about the different stages of aesthetic development, how we view and think about art, and practice critical thinking skills through the process of VTS. The class will also encourage students to facilitate VTS discussions via the skills of paraphrasing, and opportunities to run an in-class discussion.

Tuesday 1:00PM- 2:30PM (RCC) with Amanda and Derek

Work without Limits

Are you considering returning or going to work as part of your recovery? Are you looking for employment? This class will assist you to explore your work values, skills and interests to find a meaningful career. Skills related to getting work, such as interviewing and completing computer applications will also be taught and practiced. In addition, you will learn about how Ticket To Work program can assist you to find work without losing your social security benefits. Students will make a career plan and have Individual benefits counseling to customize their search. Put your skills to Work!

Thursday 9:30AM- 11:00AM (LCR) with Kathy & Lenny
WELLNESS COURSE DESCRIPTIONS

Mindful, Dance, Music & Meditation

*This course has been designed* to help us develop mindfulness skills to increase our capacity to focus in the present moment, reduce distress, and feel happier. Research has demonstrated that our brains can heal from trauma and negative life experiences, so in every class we will seek to promote our health by listening to music & lyrics, dancing, and meditating. You are invited to commit to learning and practicing, by bringing a curious and open mind ready to sing, move, and sit or walk quietly in community with others. Come start on the path to transformation!

**Thursday 1:30PM- 3:00PM with Marjorie & Amanda**

Reiki II

Have you ever wanted to learn an easy and reliable tool for providing yourself and others with relaxation and well-being? Reiki is an effective way to help yourself and others. It is a Japanese mind/body method of healing that has roots in supporting the energy centers of the body and supports the recovery of people. It is also be used for ongoing health promotion. This class will teach students to be attuned (i.e. linked) to Reiki energy and gain extensive practice in giving Reiki to themselves and others. As part of the class experience, students will participate in several Reiki clinics at the Center.

**Friday 2:00PM -3:30PM (LCR) with Cynthia, Deb & Amanda**

Returning Home: Mediation & Writing

Meditation and writing are both powerful mindfulness practices that can bring our mind home to the present moment. When we practice them together with kindness and acceptance, we can befriend our mind and gain greater personal and environmental awareness. Our ability to focus, think clearly, and calm ourselves can improve. Meditation enables us see our wandering mind from the perspective of the observer without the need to react emotionally to the content of our thoughts or sensations in our body. Writing gets us in touch with our creativity and gives us the opportunity to explore and record what we learn about our mind when meditating. It illuminates our recovery when we express on paper all the positive ways we are changing and growing. By using language mindfully, we build hope. Please come to class with an open mind and willingness to support each other on this journey.

**Tuesday 10:30AM -12:00PM with Marjorie, Amanda & Sara**
Supported Physical Activity

**IMPORTANT NOTE:** This course meets twice a week, and written medical permission is required by the first day of class. This class leaves from the Center **11:50 AM.** Students must wear workout clothes and sneakers

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.

**Tuesday & Friday 12:00PM – 2:00PM (FC) with Lenny, Zach, Abby & Interns**

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Whole Body Awareness

Whole Body Awareness is a way of practicing one of the skills within the subject of “presence”. When we are present our bodies and minds are grounded and clear. Whole Body Awareness is a practical exercise for being in the world, as it is. We are all readers, writers, talkers and listeners, students, teachers, artists and musicians and our skills are improved by being grounded, centered and inwardly quiet. This is a skill that grounds you in the Earth, centers you in your physical body and promotes clarity of mind. It is an exercise that promotes presence and is designed to bring a sense of deep peace. This class will involve learning simple physical movements, mediation exercises and relaxation strategies. Come explore new ways of Living Well!

**Thursday 3:00PM – 4:30PM (RCC) with Derek & Amanda**
PERSONAL DEVELOPMENT COURSE DESCRIPTIONS

Book Club

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. For this class to be successful, everyone’s input is very important. Each student will have access to the Minuteman Library Network, a Boston-wide library system where you can gain access to books. Any student who loves to read, no matter what your pace or interest, is encouraged to join, and bring a snack!

Tuesday 10:00 AM – 11:30 AM (RCC) with Marijane & Wendy

It’s a Big World

This class invites you to ask the question, what does it mean to be a part of this world? Sometimes when we step back and realize how big the world around us is, we don’t always see how important we can be. In this class we look at how spirituality, thinking globally and volunteering will aid our recovery and help others in the process. We all have a place in the world. Come discover your path and share in many ways to live a full life.

Thursday 1:30PM – 3:00PM (RCC) with Brandon & Lenny

Movie Club

This course will use inspiring films to depict how hopes and dreams can help us overcome challenges and adversity in our lives. After each film, the class will explore the inspiration portrayed and what lessons the film offers to our lives, our wellness and our recovery. If you love movies, this class is a great class to take. Come meet new friends, enjoys the films and leave inspired!

Friday 2:30PM – 4:00PM (CC) with Zach & Amanda
Painting and Community

Art is a powerful tool of communication. As artists, we communicate our innermost values and ideas. As viewers, we communicate with the work itself, examining how it resonates with our personal experience. In this course, you will learn the fundamental elements of painting by examining the work of famous artists throughout history. We will discuss themes of mental health, stigma, and wellness in relation to famous artists' works, paying particular attention to how these themes resonate with your recovery journey. Students will have the opportunity to visit local museums and to practice the artistic process through class projects such as sketching, painting, and collage.

Tuesday 2:30PM – 4:30PM (RCC) with Derek & Amanda

Recovery Support (Drop-in Class)

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. This group is facilitated by people who have journeyed through their own healing process and are able to provide a healing space. We will articulate our goals for healing and wellness as well as share our story for coping, healing and growing with one another.

Thursday 11:00 – 11:55 (LCR) with Lenny & Zach
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.

Just call the student absentee line!

What if I have a doctor’s appointment?

What if the weather is bad, and I don’t feel safe traveling?

Who should I call if I’m too sick to go to class?
Recovery Education Program’s

Spring 2016 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)

REGISTRATION INFORMATION & COURSE SELECTION

It’s easy as 1, 2, 3! Just 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.

<table>
<thead>
<tr>
<th>COURSE NAME (list in order of preference)</th>
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<tbody>
<tr>
<td><strong>1st Choice</strong></td>
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<td><strong>2nd Choice</strong></td>
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<td><strong>3rd Choice</strong></td>
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<tr>
<td><strong>Drop-in Classes</strong></td>
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<tr>
<td>DROP IN Class*</td>
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*Please, list which drop-in classes you may participate in 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.