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# Recovery Education Program's Summer 2017 Course Catalog

## IMPORTANT DATES

<b>Course Registration:</b>	Tuesday, April 11 - Friday, April 21
<b>Course Confirmation Letters Sent Out:</b>	Monday, May 1
<b>2-Day New Student Orientation: Time:</b>	Tuesday, May 9 & Thursday, May 11 1:00-3:00PM
<b>First Day of Classes:</b>	Tuesday, May 16
<b>Last Day of Classes:</b>	Friday, August 11
<b>Summer Break:</b>	Monday, July 3- Friday, July 7
<b>Center Closed:</b>	Memorial Day, May 29 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.

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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, Wednesday, 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 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](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've enrolled, you will need to complete a course registration form available on page 14 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:

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# COURSE SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING</b>		<b>Painting &amp; Community (RCC)</b> 10:00AM-12:00PM Estie and Derek		<b>Powerpoint Presentation Skills (CC)</b> 10:00AM-11:30AM Eric & Donna	<b>Making Strides (Offsite)</b> 10:00AM- 11:30AM Stephanie, Lenny, Grace, Abby & Eric
		<b>Book Club (LCR)</b> 10:00AM-11:30AM Marijane & Wendy	<b>Making Strides (Offsite)</b> 10:00AM- 11:30AM Stephanie, Lenny, Abby & Eric	<b>Reiki (RCC)</b> 10:00AM-11:30AM Cynthia & Deb	<b>Music and Community (RCC)</b> 10:00AM-11:30AM Derek and Intern
			<b>Walking Meditation &amp; Writing (LCR)</b> 10:30AM-12:00PM Marjorie & Interns	<b>YOGA (LCR) *will start in July*</b> 10:00AM-11:30AM Hands to Heart Yoga Instructor's	
		<b>BERG Project (CC)</b> 12:00PM-1:30PM Computer Lab Closed	<b>Intermediate Computer Skills (CC)</b> 12:30PM-2:00PM Eric & Derek	<b>BERG Project (CC)</b> 12:00PM-1:30PM Computer Lab Closed	<b>Staff Meeting/ Training (LCR)</b> 12:00PM - 1:00PM
<b>NOON</b>	<b>Career Coaching: Opening Doors (CC)</b> 1:45PM-3:15PM Computer Lab Closed	<b>WHAM (RCC)</b> 12:30PM-2:00PM Lenny, Estie and Grace	<b>Career Coaching: Opening Doors (CC)</b> 1:45PM-3:15PM Computer Lab Closed	<b>Whole Body Breathing (RCC)</b> 1:30PM-3:00PM Derek & Donna	<b>Recovery Support (LCR)</b> 12:30PM-2:00PM Lenny & Viesia
	<b>Opening Doors Career Lab (CC)</b> 3:30PM-4:30PM Computer Lab Closed	<b>Anger to Forgiveness (LCR)</b> 1:30PM-3:00PM Marjorie & Interns		<b>Anger to Forgiveness (LCR)</b> 1:30PM-3:00PM Marjorie & Interns	<b>Ba Gua Chang for Health (RCC)</b> 1:00PM-2:30PM Derek & Intern
<b>AFTERNOON</b>	<b>Opening Doors Career Lab (RCC)</b> 3:30PM-4:30PM				<b>Supporting Recovery Through Increased Social Comfort (CC)</b> 2:00PM-3:30PM Dan & Intern
		<b>Mindfulness Skills for Daily Living (RCC)</b> 3:30PM-4:45PM Diana & Grace		<b>Spiritual Insights for Creative Living (RCC)</b> 3:30PM-4:45PM Diana & Donna	<b>*Research Project*</b> <b>*Starting Late May*</b>

## Intermediate Computer Skills

**Tuesdays (CC) 12:30PM-2:00PM with Eric and Derek**

*\*Beginning Computer Skills or instructor permission requested .Please see Eric or Derek\**

In this class students will continue to develop their familiarity, proficiency, and efficiency with computers. Prospective students should have a good foundation with basic computer skills (such as those practiced and taught in our basic computer skills course) as well as working proficiency with touch-typing and an e-mail address. Among the topics addressed will be:

- selecting one's own computer and parts for purchase
- physical and virtual computer maintenance
- improving efficiency through shortcut keys and shortcuts
- multitasking
- user customizations (shortcuts, bookmarks, history, etc.)
- privacy concerns
- common software applications such as the Microsoft office suite
- common web applications like Facebook

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## Career Coaching: Opening Doors

**Mondays & Wednesdays (CC) 1:45PM-3:15PM**

*\*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)*

## **Painting & Community**

**Tuesdays (RCC) 10:00AM-12:00PM with Estie and Derek**

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, prejudice, 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.

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## **PowerPoint Presentation Skills**

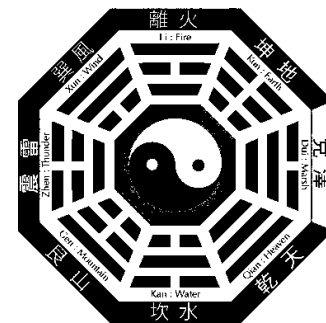
**Thursdays (CC) 10:00AM-11:30AM with Eric and Derek**

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

## WELLNESS COURSE DESCRIPTIONS

### **Ba Gua Chang for Health** **Friday (RCC) 1:00PM- 2:30PM with Derek and Interns**

Ba Gua Chang, known as the Older Sister to Tai Chi Chuan, has its main root in Taoist Circle Walking Meditation. Ba Gua Chang is known to promote longevity and lifelong youthfulness. This class consist of walking for extended periods. Students will be introduced to three methods of stepping and two methods of changing direction, up to thirteen hand postures. Please note that you will be required to remove your shoes for the exercises. Homework will be given so you can practice.



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### **Recovery Support** **Fridays 12:30PM- 2:00PM (LCR) with 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. 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.

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### **Reiki Practice for the Advanced** **Thursdays (RCC) 10:00AM-11:30AM with Cynthia & Deb**

*\*Students must have had taken Reiki I.\**

This course will enable students who are trained in at least Reiki I to expand their Reiki expertise through weekly practice in both self-Reiki and group treatment experiences both in class and clinic settings. In addition, students will learn the principles and gain practice in doing Japanese meditation, which is another element practiced by Reiki clinicians in Japan.



## WELLNESS COURSE DESCRIPTIONS

### **Supporting Recovery through Increased Social Comfort** **Thursdays (CC) 2:30PM-4:00PM with Dan Fulford & Interns**

*\*this class is a research study \**

*Do you often feel unsafe in social situations? Do you have difficulty trusting others? Have you felt that others are out to hurt you? We invite you to join us for a 7-week course focused on enhancing social relationships through improving thinking skills. This computer-based curriculum will provide you with a series of tutorials designed to help you identify ways to cope with distressing thoughts and feelings that get in the way of social connection. The seven lessons will be completed as a class, but each student will be able to spend the time they need on skills that fit them best. The course will also offer weekly support facilitated by class leaders, where students will meet to discuss progress on the lessons and their social goals.*

**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 here at the Center to register, or Kara Dillaway at Boston University's Sargent College, to learn more about the study. Kara can be contacted at 617-353-2889.*

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### **Taking Strides**

**Wednesday & Fridays (offsite) 10:00AM-11:30AM w/ Steph, Lenny & Grace.**  
**Eric & Abby (Student Mentors)**

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!

## WELLNESS COURSE DESCRIPTIONS

### **Walking Meditation & Writing: *Companions on the Road of Recovery* - Wednesday (LCR) 10:30AM-12:00PM with Marjorie & Interns**

We will be practicing outdoor walking meditation and writing each class, and as Charles Dickens wrote, *walk and be happy; walk and be healthy*" and *walk steadily and with a purpose*. Our purpose is to bring our mind back to the present in order to find peace, awareness, and hope, the building blocks of recovery and wellbeing. The rhythm of walking unleashes creativity which we will express through writing (in any style we choose) the positive and meaningful steps we have taken on our journey.

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### **Whole Health Action Management (WHAM) Tuesdays (RCC) 12:30PM-2:00PM Lenny, Estie and Grace**

WHAM stands for Whole Health Action Management and was designed by peers, for peers. In this class we will explore setting a whole health goal, learn skills for whole health management and create new health habits. We are going to learn what person-centered planning is and how it is used in planning a whole health goal and reaching that goal with the intent on increasing self-management and independence. The topics that we will cover are the science of stress, improving health, the power of connections, attitudes, health risks and keys to success.

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### **Whole Body Breathing Thursdays (RCC) 1:30PM- 3:00PM with Derek & Interns**

Learning to breathe properly is most important for health, relaxation, rejuvenating sleep, graceful aging and meditation. Whole Body Breathing is foundational for most energy development and longevity practices, such as Yoga, Qigong, Tai Chi, Hsing I, Ba Gua, and Meditation. The class will be introduced to a variety of breathing Whole Body Breathing helps increase oxygen capacity; rejuvenates and supercharges the lungs, and the internal organs. It improves circulation, increases performance and reduces stress Breathing also is strategy for challenging emotions, such as fear and anger. We will spend extended periods seated and standing while doing the exercises. In addition, homework to practice these breathing practices will be given.

## WELLNESS COURSE DESCRIPTIONS

### Yoga

**Thursdays (LCR) 10:00AM-11:30AM with Hands to Heart Yoga Instructors**

*\*This class will start on July 13<sup>th</sup>\**

Do you want to experience the mind and body benefits of yoga? This introductory, 8-week class will teach you fundamental yoga postures. We will focus on breathing in connection with your movement. You will stretch and strengthen your muscles, leading to improved fitness, mindfulness, and relaxation. The class will be taught at a gentle pace with support from the teachers. All fitness levels welcome – we will find modifications for any poses that are challenging. Wear stretchy or loose clothing. We have yoga mats, but feel free to bring your own if you prefer. This is a great opportunity to develop a new awareness and appreciation of your mind-body-spirit connection.

## PERSONAL DEVELOPMENT COURSE DESCRIPTIONS

### Anger to Forgiveness

**Tuesdays & Fridays (LCR) 1:30PM-3:00PM with Marjorie & Interns**

Anger is a universal emotion that can fuel change. This course will explore (1) the negative effects of chronic anger on our health and relationships, (2) compassion practice, and (2) forgiveness as a possibility. Forgiveness has the power to heal and free us from past hurts. At the beginning of the semester, students will be asked to identify a “small anger” from a recent experience to practice gently moving through anger to forgiveness. In class, we will learn and practice ways to transform the anger and widen our perspective. There will be music, readings, discussions, self-reflection exercises, singing, and meditation. We will have the opportunity to share our experiences in the large group, small groups, and pairs in order to build support and ultimately pave the way to forgiveness. Note: This course meets twice a week.

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### Book Club

**Tuesday 10:00 AM – 11:30 AM (LCR) with 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.

# PERSONAL DEVELOPMENT COURSE DESCRIPTIONS

## **Mindfulness Skills for Daily Living**

**Tuesdays (RCC) 3:30PM-4:45PM with Diana & Grace**

Following the work of Marsha Linehan and others, we will learn and practice cognitive and behavioral skills for distress tolerance, emotional balance, resilience, and interpersonal effectiveness. In each class, we will learn new skills that we will then practice over the course of the week. Each class will begin with a mindfulness meditation and turn to a review of what worked for us over the course of the week and what skills need further development. We will thus strengthen our toolkit for creating lives of personal efficacy, adaptability, joy, and vital engagement.

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## **Music & Community**

**Fridays (RCC) 10:00AM-11:30PM with Derek & Intern**

Come join us on Thursday afternoons because we are going to be making some noise! If you are an aspiring musician, singer, songwriter or someone who wants to try those things, please sign up and join in! We really want you to bring your own ideas, your own and other peoples' songs, poems, music 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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## **Spiritual Insights for Creative Living**

**Thursdays (RCC) 3:30PM-4:45PM with Diana & Interns**

Spirituality is one of the 8 domains of Wellness. This class invites you to explore and enrich this domain of you personhood. The world's spiritual traditions offer insights and tools that can help us shape lives of personal meaning, efficacy, connection, and joy. We will study a variety of spiritual texts and teachings, sample various styles of meditation, and explore cognitive techniques that can inspire and empower us in our quest for wholeness and wellbeing.



# **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's SUMMER 2017 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 taking ***Supporting Recovery through Increased Social Comfort***, a research course, which does *NOT* count towards your 3-course-limit.

Please check this box if you are interested in ***Career Coaching: Opening Doors*** a research project, which does *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*

\*Please, check if you may participate in Recovery Support 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.