# Recovery Education Program’s 2015 Course Catalog

## Important Dates

<table>
<thead>
<tr>
<th>Event</th>
<th>Date(s)</th>
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</thead>
<tbody>
<tr>
<td>Course Registration</td>
<td>Tuesday, April 14 - Friday, April 24, 2015</td>
</tr>
<tr>
<td>Course Confirmation Letters</td>
<td>(will be sent out) Friday, May 1, 2015</td>
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<tr>
<td><strong>Course listings will be posted in the Recovery Center Kitchen on Tuesday, May 5, 2015</strong></td>
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<tr>
<td>New Student Orientation (2 Day Event)</td>
<td>Tuesday, May 5, 2015 &amp; Thursday, May 7, 2015</td>
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<tr>
<td>First Day of Classes</td>
<td>Tuesday, May 12, 2015</td>
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<tr>
<td>Last Day of Classes</td>
<td>Friday, August 14, 2015</td>
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<tr>
<td>Summer Break</td>
<td>June 29 - July 3, 2015</td>
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<tr>
<td>Center Closed</td>
<td>Friday, July 3, 2015</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 to 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.
Q:  What are the requirements to participate in the Recovery Education Program?
A:  Interested individuals must apply to the program, provide documentation of a psychiatric disability, 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 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, because students who make a commitment to their 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. However, students will be asked to meet with staff to reconsider their commitment and only register for 1 course the following trimester if excessive absences occur.
FREQUENTLY ASKED QUESTIONS

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.
## WORK EDUCATION COURSES:

- Computer Seminar ................................................................. Page 7

## WELLNESS COURSES:

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## PERSONAL DEVELOPMENT COURSES:

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| COURSE SCHEDULE |
|-----------------|-----------------|-----------------|-----------------|-----------------|
| MONDAY          | TUESDAY         | WEDNESDAY       | THURSDAY        | FRIDAY          |
| Open Computer Lab 9:00AM - 10:30AM | Open Computer Lab 9:00AM - 10:30AM | Open Computer Lab 9:00AM - 10:30AM | Computer Clinic (CC) 10:00 AM - 11:30 AM |
| Qigong (LCR) 9:30AM - 10:30AM (Level 1) 11:30AM - 12:30PM (Level 2) | Embracing Loss (LCR) 9:30AM - 11:00AM | Derick, Deb & Sophia | Gaming Club (CC) 10:30AM - 12:00PM |
| Book Club (RCC) 10:00AM - 11:30AM | Practicing Mindfulness for Recovery (LCR) 11:00AM - 12:00PM | Marjorie & Sophia | Eric & Sophia |
| Taking Strides 12:00PM - 1:30PM | Opening Doors Project (CC) 10:30AM - 12:30PM | Computer Lab Closed | Overcoming Trauma & PTSD (LCR) 10:30AM - 12:00PM |
| Discovering the Poet within 1:30PM - 3:00PM | YOGA (RCC) 1:30PM - 3:00PM | Nika & Sophia | Computer Lab Closed |
| BERG Project (CC) 12:30PM - 2:30PM | Foundation for Meaningful Life (LCR) 1:30PM - 3:00PM | Zach & Sophia | Courageous Conversations (RCC) 1:00PM - 2:30PM |
| Painting as a Wellness Tool (RCC) 2:30PM - 4:30PM | Computer Seminar (CC) 3:00PM - 4:30PM | 3:00PM - 5:00PM | Zach & Sophia |
|                      |                 |                 |                 |                 |
|                      |                 |                 |                 |                 |
WORK EDUCATION COURSE DESCRIPTIONS

**Computer Seminar**
This class will allow 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 in order to learn the skills taught.  
**Thursday 3:00PM- 4:30PM (CC) with Eric & Bill**

WELLNESS COURSE DESCRIPTIONS

**Brown Paper Bag Peer Support (Drop-in Class)**
The Recovery Center is delighted to offer all students the opportunity to come together as peers in recovery each week to offer each other support. This group is facilitated by people in recovery for people in recovery. We will provide support by articulating our goals for recovery, learning and practicing new skills, assisting each other in our health and wellness, modeling effective coping techniques and self-help strategies based on each other's own recovery experiences. Please join us and bring your lunch!  
**Thursday 12:30PM- 1:30PM (RCC) with Lenny, tracy & Sharon**

**Embracing Loss**
This course is designed to support you in developing your skills when working with loss. The focus will be on your strengths and resiliency and how you use them to construct and reconstruct the narrative of your life. You will be encouraged to identify your own grieving styles; understand the various models of grief and loss; learn strategies to transcend and embrace your experience of loss; understand how to create space and find meaning through loss. We experience loss in different ways that result from a variety of changes throughout our lives. Areas of topic include types of loss, new perspectives on grief and loss, positive aspects of loss, using rituals as a way to cope, and finding your meaning of death and dying.  
**Thursday 9:30AM- 11:00AM (LCR) with Derek, Sharon & Sophia**
Foundations for Meaningful Life

“Recovery does not refer to an end product or result. It does not mean that one is "cured" nor does it mean that one is simply stabilized or maintained in the community. Recovery often involves a transformation of the self, wherein one both accepts ones limitation and discovers a new world of possibility.” Patricia E. Deegan, Ph.D.

In this class we are going to explore our avenues for self-fulfillment. We might think that having meaning in our lives is about finding a great job or soul mate or going to a good school. But we may also find meaning in hobbies or life-long passions. We may find meaning in playing music or studying history, being a photographer or a gardener, painting portraits or doing mathematical puzzles. In this class we shall investigate the possibilities that lie within each of us, our readiness to take risks and make changes, and strategies to develop a meaningful life.

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

Painting as a Wellness Tool

Art is 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, Nika & Sophia
WELLNESS COURSE DESCRIPTIONS

Practicing Mindfulness for Recovery
Mindfulness practice is a way to train our mind to reside more in the present with acceptance, inner-peace, and clarity “to see things as they really are.” It enables us to befriend our mind and nurture discipline, hope, and mental health. Since the late 1980’s, research has found that mindfulness practice reduces stress, depression, anxiety; increases awareness; improves concentration and memory; develops our compassion; and promotes health recovery. During each Practicing Mindfulness for Recovery class, we will practice a mindfulness activity, address challenges, and provide support in order to develop our inner strengths, resources, or personal medicine. We will also work on cultivating connectedness, courage, and commitment to practice mindfulness on a daily basis. Together we will be following the mindfulness path of recovery and supporting each other on this journey.

Thursday 11:00AM – 12:30PM (LCR) with Marjorie & Sophia

Qigong: Levels 1 & 2
IMPORTANT NOTE: This course has two levels of experience, levels 1 & 2, which meet at different times on Tuesday mornings. Please read the course description carefully, and signup for the level that suits you.
Qigong is an easy to learn whole body exercise that uses both static postures and continuous movement. When practiced properly it can help improve the functioning of our entire body, particularly circulation, muscle tone and breathing. Qigong fosters physical, mental and emotional relaxation and is therefore a highly effective tool for people in recovery. This class will focus on specific breathing, relaxation, static and movement techniques.

Level 1: Specifically for students who have not attended Qigong classes with us before (please note that returning Qigong students may also attend this class for further instruction on the foundation material)

Level 2: Specifically for students who already completed the most recent Qigong class with us and wish to deepen their understanding and practice of the material. You are asked not to sign up for this class if you have not completed the previous Qigong class. If you are in any doubt, please speak with Derek.

Level 1: Tuesday 9:30AM – 10:30AM (LCR) with Derek, Deb & Sophia
Level 2: Tuesday 11:30AM– 12:30PM (LCR) with Derek, Deb & Sophia

Taking Strides
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, want to hang out with others, and/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 so that by the end of the semester we are walking to and from some great destinations. We will walk rain or shine. Both conversation and silence are encouraged and all levels of fitness are welcomed. We will progress together!

Tuesday, Thursday & Friday 12:00PM – 1:30PM with Zach & Abby
WELLNESS COURSE DESCRIPTIONS

Overcoming Trauma & PTSD
Traumatic experiences such as physical or sexual abuse or assault, witnessing violence, or the sudden and unexpected death of a loved one can have a major effect on people’s lives, including their well-being and functioning. And yet it is possible to recovery from the effects of trauma, and to live a happy and productive life. Posttraumatic stress disorder (PTSD) is one of the most common consequences of trauma, and includes symptoms such as intrusive memories of upsetting events, persistent over-arousal, and avoidance of things that remind the person of traumatic events. This course will provide you with the information and skills you need to overcome the effects of trauma and PTSD, and to reclaim your life, using evidence-based cognitive-behavioral therapy techniques. Specifically, in this course you will learn: a) what PTSD is and how to recognize PTSD symptoms; b) a breathing exercise that can reduce your arousal level, and along with PTSD symptoms; and c) cognitive restructuring, a skill for dealing with negative feelings that involves identifying and carefully examining thoughts and beliefs that underlie those feelings. Home assignments will be collaboratively agreed upon the practice the skills taught in each session. Let’s learn and recover from trauma together, supporting one-another along the way.

Friday 10:30AM – 12:00PM (LCR) with Kim Mueser, Derek & Donna

Yoga
Do you want to experience the mind and body benefits of yoga? This introductory 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 own body!

Thursday 1:30PM – 3:00PM (LCR) with Nika & Sophia
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 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, and bring a snack!

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

Computer & Technology Clinic (*Drop-in Class*)
Is your computer, cell phone, or MP3 acting up? Are you having trouble emailing an attachment, formatting a Word document, or any other computer or technology issue? Then this clinic is for you! Join this class to get individualized help with all your computer or technology problems.

**Friday 10:00 AM – 12:00 PM (CC) with Eric & Sophia**

Courageous Conversations
Christopher Robin told Pooh, "You're braver than you believe, stronger than you seem, and smarter than you think." To engage in difficult conversations about your recovery is to be brave. This class will teach you how to engage in uncomfortable situations, acquire and/or sustain friendships, and empower you to communicate effectively when it is most challenging. We will build a community to create a safe space to be our true selves, an opportunity to meet local services/community members to share knowledge and resources, and practical skill building through drama and/or theatre processes [storytelling and purposeful improvisation through acting]. It's about friendship. Friendship is a sweet responsibility that takes courage. Let's be courageous together.

**Friday 1:00PM- 2:30PM (RCC) with Rainer & Sophia**
Discovering the Poet within for Health and Recovery
Each of us is a poet “in the making” with creative potential. If you like to write and have an interest in expressing your feelings and thoughts and developing positive, hopeful thinking, sign up for Discovering the Poet Within for Health & Recovery. In each class, we will read poems and write our own. This class focuses on writing poetry as a mindfulness practice to develop our artistic talents, reduce stress, and increase self-esteem and self-awareness. Structured activities will be provided to stimulate the imagination from which poems blossom. We will have the opportunity to share our precious works of art and receive feedback.

**Tuesday 1:30PM – 3:00PM (LCR) with Marjorie and Sophia**

Gaming Club (*Drop-in Class*)
this weekly drop in group offers students the chance to play computer games as a leisure and social activity. Choose from games such as from Pac-Man, Text Twist and Warcraft 3. All games are played over the local area network allowing up to 8 people play at once for brain fitness, friendly competition & team building.

**Friday 10:30AM – 12:00PM (CC) with Eric & Sophia**

Summer Social (*Drop-in Class*)
Its summer! And the living is easy...Summer Social is an opportunity to come enjoy some wonderful adventures ranging from movies both at the center and out, walks around the neighborhood and parks (possibly including going out for lunch/ frozen yogurt), bowling, museums including the MFA, etc. Have a fun time with being with others and enjoying our city! We will brainstorm our activities the first class and then spend the remaining classes exploring all that Boston and the summer have to offer to our wellness.

**Friday 3:00PM – 5:00PM (CC) with Zach & Sophia**
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?
Reiki Meditation Summer 2015 Clinics


Time: 11:30AM – 12:30PM

Where: Recovery Center Classroom
Recovery Education Program’s
2015 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>1st Choice</td>
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<tr>
<td>2nd Choice</td>
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<tr>
<td>3rd Choice</td>
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<tr>
<td>Drop-in Classes</td>
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<tr>
<td>DROP IN Class*</td>
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<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.