Recovery Education Program’s
Fall 2015 Course Catalog

IMPORTANT DATES

Course Registration: Monday, August 10, 2015 – Friday, August 21, 2015
Course Confirmation Letters: (will be sent out) Wednesday, September 2, 2015
**Course listings will be posted in the Recovery Center Kitchen on Tuesday, September 8, 2015**
New Student Orientation (2 Day Event): Thursday Sept. 10, 2015 & Friday, Sept. 11, 2015
Time: 1:20PM – 3:00PM
First Day of Classes: Tuesday, September 15, 2015
Last Day of Classes: Friday, December 18, 2015
Thanksgiving Break: Wednesday, November 25, 2015 – Friday, November 27, 2015
Center Closed: Thursday, November 26, 2015 & Friday, November 28, 2015

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.
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 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.
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](http://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.
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**Acts of Kindness**
Do you wish to explore ways to create a lifestyle filled with everyday acts of kindness? Do you see to find more compassion in yourself and community? This class will help you gain an understanding of mental, emotional, physical, and spiritual benefits of performing and receiving kindness, as well as planning and creating a lifestyle and a community that is graced by kindness.

**Friday 9:30AM – 11:00AM (RCC) with Eva, Amanda and Stephanie**

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**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**

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**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 in order to learn the skills taught.

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

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PhotoVoice: Bridging Community Gaps

Please join us for a twelve-week 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**
WELLNESS COURSE DESCRIPTIONS

**Connectedness**
Do you want to build and strengthen the relationships in your life? This class will engage you in dialogue and exploration about the importance of feeling connected as humans. This class will look at four domains; connecting with others, our environment and connecting with a larger meaning or purpose in life. We will look at our strengths and abilities and work at building positive and meaningful connections to support health and wellness

**Thursday 1:30PM - 3:00PM (LCR) with Lenny, Donna & Intern**

**Developing Stress Resilience**
Stress negatively affects our health and well-being. Building our mindfulness skills, we will working on identifying when we are experiencing stress and learn ways to calm it. Developing Stress Resilience can help you (1) cope better with life’s daily stressors, (2) be more resilient to change, and (3) become a more active participant in your own recovery. Each class we will also practice a relaxation technique – from breath work, meditation, mindfulness practices, and positive self-talk to movement and music. Bring an open mind and discover what works for you to reduce your stress. Participation in class activities and at home activities are highly encouraged so that you can become more stress hardy.

**Tuesday 2:00PM- 3:30PM (LCR) with Marjorie & Intern**

**Eat Drink & Be Merry The Mindful Way**
Are you interested in eating with relaxation, pleasure, acceptance, and awareness? In Eat, Drink & Be Merry The Mindful Way, you will have an opportunity to experience the delight of eating and learn the basics of nutritious foods. In a non-judgmental environment, we will explore our eating habits and relationship with food as steps to make changes in why, what, when, where, and/or how we eat.

Everyone is encouraged to bring something to eat for lunch. The course provides an opportunity to be kind to ourselves and support our recovery by making choices towards healthy eating and having a balanced relationship with food.

**Tuesday 11:30AM – 1:00PM & Thursday 1:15PM- 2:45PM (LCR) with Marjorie, Amanda & Intern**
WELLNESS COURSE DESCRIPTIONS

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 & Amanda

Peer Support: Coffee & Conversation (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 in our community. 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.

Thursday 9:30AM – 10:30AM (RCC) with Lenny & Zach

Reiki I
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.

Thursday 10:30AM – 11:45AM (RCC) with Cynthia & Deb
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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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 a 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 2: Thursday 9:30AM – 10:45AM (LCR) with Derek & Amanda**

**Level 1: Thursday 11:45AM– 11:45AM (LCR) with Derek & Amanda**
Effective Approaches to Self Help
This class will expose students to a sample of approaches for mind and body techniques that empower you to be the person you want to be. Self-help is a powerful way of practicing self-care that is intentional, supportive and promotes wellness. (e.g., meditation, visualization, reflexology, self-massage, exercise) And assessing which ones are most appealing to you and your recovery.

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

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Recovery Theater
Recovery Theater is designed to 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 are too tongue-tied to contribute to the conversation. This class will build your confidence through theatre, to live your life fully, with intention and with greater contentment. We shall play with listening skills, our honesty and our fears. Through creative and teamwork, this class will be enjoyable paths to new ways of being.

**Friday 2:30PM – 4:00PM (RCC) with Derek & Chris**

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This is Your Life
The purpose of our “This is Your Life” class is to explore the idea of self-determination and the process of creating and achieving a goal which you identify as important in your life at this time or in the future. This class will assist you with the skills of setting and accomplishing those goals, with problem-solving skills and coping strategies. This class will empower you to your wellness and life goals. This class is about taking personal actions to make positive changes in your life.

**Tuesday 9:30AM- 11:00AM (LCR) with Derek & Intern**
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

Fall 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 to 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.

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Drop-in Classes

DROP IN Class*

DROP IN Class *

*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.