Recovery Education Program’s

Spring 2015 Course Catalog

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<td>December 2, 2014-December 12, 2014</td>
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<td>New Student Orientation (2 Day Event)</td>
<td>Tuesday, January 6, 2015 &amp; Thursday, January 8, 2015 1:00 PM – 3:30 PM</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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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 our dedicated staff will do everything in their ability to accept all interested individuals, enrollment is limited. 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) 358-3066. 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.
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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 10:45 AM – 12:15 PM (CC) with Derek, Donna & Zach**

Vocational PhotoVoice
This class will assist you to learn more about your strengths as a potential worker and support your goal of employment. In the process of PhotoVoice, you will learn how to take photographs and write a brief narrative about your ideal job and ways to get support for your work goals. As a group, we will discuss different ways to empower ourselves to seek employment services and work successfully. No photography or computer skills are necessary, and all materials are provided.

**Thursday 10:45 AM – 12:15 PM (LCR) with Sharon & Tracy**
WELLNESS COURSE DESCRIPTIONS

Anger & Forgiveness

IMPORTANT NOTE: This class meets twice a week.

Anger is a universal emotion that can fuel change or be an obstacle in our recovery process. This course will explore the negative effects of chronic anger on our health and relationships, compassion practice, and forgiveness as a possibility. 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. It is a process involving changing our story of being the victim to being in control. 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, 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.

Tuesday & Thursday 12:45 PM – 2:45 PM (LCR) with Marjorie & Intern

Cooking for Health

IMPORTANT NOTE: This class leaves from the Center. So, please arrive 10 minutes early.

Learning to cook is an important skill that can promote healthy eating and our wellness! Learning to cook healthy foods on a tight budget will be a focus of this class. Each week, we will discuss simple recipes that can be prepared in a wide variety of settings, weather you only have access to a microwave or a full kitchen. Students will be asked to volunteer to take on different kitchen tasks (prepping, cooking, cleaning, etc.).

Tuesday 11:00 AM – 12:30 PM (FC) with Jess & Intern

Heartbeat Connection: If you have a pulse, you have a beat

Heartbeat Connection is a journey of tapping into your beat: if you have a pulse, you have beat. This is not your typical drum circle; though we will drum, we will also explore many expressive means to secure our identity and purpose, without an emphasis on verbalizing but by letting go with laughter, by being present through the five senses, and by having fun. In throughout the semester you will get a taste of possibility through various cultures and rituals, engage in the community through local artists, musicians, programs for support, and the absolute greatest part: we will create our own community that will foster energy and healing to be our best selves. I hope you will join us for this amazing adventure!

Friday 1:30 PM – 2:30 PM (RCC) with Rainer & Donna
WELLNESS COURSE DESCRIPTIONS

Painting as a Wellness Tool

IMPORTANT NOTE: There is a $20 fee for materials associated with this course which will be incurred by the student.

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.

Friday: 3:00 PM - 5:00pm (RCC) with Derek & Sophia

Session 1: Friday 1/15, 1/22, 1/29, 2/5, 2/12, 2/19 (last day of Session 1)
Session 2: Friday 2/26, 3/5, (3/12th Spring Break No Class), 3/19, 3/26, 4/2, 4/9
Art show Friday April 17th

Peer Support

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!

Friday 12:15 PM – 2:30 PM (RCC) with Lenny & Zach
WELLNESS COURSE DESCRIPTIONS

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 sign up 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 3:00 PM – 4:00 PM (RCC) with Derek & Intern
Level 2: Tuesday 4:00 PM – 5:00 PM (RCC) with Derek & Intern

Reiki II

Important Note: Students must have completed Reiki I to enroll in this class

Reiki is a hands-on energy healing modality used for self-care and care for others. It is used both for supporting wellness and initiating the relaxation response as well as supporting healing for acute and chronic health concerns.

Students will learn the empowerment, mental/emotional and distance healing symbols of Reiki and have extensive opportunities to apply them to working individually, with partners and in groups. Students will also organize clinics to share their skills with both the Center community and beyond.

Thursday 12:30 PM – 2:00 PM (RCC) with Cynthia & Deborah
WELLNESS COURSE DESCRIPTIONS

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 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.

**Tuesday & Friday 10:00 AM – 12:00 PM (FC) with Derek, Zach, Donna & Intern**

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Wellness Management and Recovery

Do you want to learn wellness strategies to strengthen your mental health as a tool in your recovery journey? Do you want and need information about coping strategies for mental health challenges? This class will provide you with both honest and practical information about mental health challenges, how common they are, and how you can live well. This class focuses on helping you develop a range of coping skills and strategies, so you can achieve your goals. **This class meets twice a week and attendance at both classes is required!**

**Tuesday & Thursday 3:00 PM – 4:30 PM (LCR) with Kathy & Jess (Tuesdays)**

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W.R.A.P

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!

**Tuesday 11:30 AM – 1:00 PM (LCR) with Meg & Donna**
PERSONAL DEVELOPMENT COURSE DESCRIPTIONS

Community Service Group
Welcome to the Spring 2015 Community Service Group!
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 10:45 AM – 12:15 PM (RCC) with Interns**

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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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Films That Inspire You
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!

**Thursday 2:45 PM – 5:00 PM (CC) with Zach & 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.

Who should I call if I’m too sick to go to class?

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

What if I have a doctor’s appointment?

Just call the student absentee line!
Recovery Education Program’s

2014 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.

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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.