

Stephanie Cummings, Administrative Manager
Recovery Services Division
940 Commonwealth Avenue West
Boston, Massachusetts 02215
T: 617-353-3549 F: 617-353-7700
cpr.bu.edu

Recovery Education Program's Spring 2017 Course Catalog

IMPORTANT DATES

Course Registration: Tuesday, November 29, 2016- Friday, December 9, 2016

Course Confirmation Letters: (will be sent out) Wednesday, December 21, 2016

2-Day New Student Orientation: Tuesday, January 10 & Thursday, January 12

Time: 1:00-3:00PM

First Day of Classes: Tuesday, January 17

Last Day of Classes: Friday, April 21

Spring Break: March 3, 2017- March 10

Center Closed: Presidents' Day- February 20th & Patriots' Day- April 17th

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.

CONTENTS

Important Dates	Page 1
About Us	Page 1
Frequently Asked Questions	Page 3
Course List	Page 4
Course Schedule	Page 5
Course Descriptions	Page 6-11
Center Announcement: Student Absentee Line	Page 12
Course Registration Form	Page 13

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, 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.

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 15 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: 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:

Beginner Computer Seminar	Page 6
Community Service	Page 6
Painting & Community	Page 7
Preparing for College	Page 7

WELLNESS COURSES:

Developing Spirituality for Stress Hardiness.....	Page 8
Mindful, Dance, Music & Meditation	Page 8
Qigong 1	Page 9
Qigong 2	Page 9
Recovery Support	Page 9
Reiki 2	Page 10
Supported Physical Activity	Page 10
Supporting Recovery Through Increased Social Comfort	Page 10

PERSONAL DEVELOPMENT COURSES:

Book Club	Page 11
Music	Page 11
Thriving in Relationships Through the Power of Communication.....	Page 11

COURSE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
N I T E O P R O G R A M	Preparing for College (CC)	N I T E O P R O G R A M	Community Service (RCC)	NITEO (CC)
	10:30AM-12:00PM		10:00AM-11:30AM	9:30AM-10:00AM
	Derek & Interns		Hannah & Fiona	Courtney & Paul
				NITEO (CC)
	Book Club (RCC)		Computer Seminar (CC)	10:00AM -12:00PM
	10:00AM-11:30AM		10:00AM-11:30AM	Courtney & Paul
	Marijane & Wendy		Erick & Derek	Qigong 1 (LCR)
				9:30AM-10:30AM
	Supported Physical Activity (FC)		Wellness Recovery Action Plan (LCR)	Derek & Intern
	10:00AM- 11:00AM (Group A)		10:00AM-11:30AM	Qigong 2 (LCR)
	11:00AM- 12:00PM (Group B)	Lenny, Donna & Hannah	10:30AM-11:30AM	
	Lenny & Interns		Derek & Intern	
		Staff Meeting/ Training (LCR) 12:00PM - 1:00PM		Supported Physical Activity (FC)
	Recovery Support (RCC)	BERG Project (CC) 12:00PM-2:00PM Computer Lab Closed	Reiki 2 (RCC)	10:00AM- 11:00AM (Group A)
	12:30PM-2:00PM		1:15PM-2:30PM	11:00AM- 12:00PM (Group B)
	Lenny & Viesia		Cynthia & Deb	Lenny, Interns and Abby M
		N I T E O P R O G R A M		
	Thriving in Relationships Through The Power of Communication (LCR)		Developing Spirituality for Stress Hardiness (LCR)	NITEO (LCR)
	12:30PM-2:00PM		1:30PM-3:00PM	12:00PM- 1:00PM
	Hannah & Staff		Marjorie & Intern	Courtney, Sarah H. & Rhea
			Painting & Community (RCC)	
Mindful, Dance, Music & Meditation(LCR)	Music (RCC)		1:00PM-3:00PM	
2:30PM- 4:00PM	3:00PM-4:30PM		Derek & Intern	
Marjorie & Intern	Derek & Interns		PhotoVoice: Bridging Community Gaps (LCR) 1:30PM-3:30PM	
			BERG Project (CC) 12:30PM-2:00PM Computer Lab Closed	
Opening Doors Project (CC) 2:00PM-3:30PM Computer Lab Closed	Supporting Recovery Through Increased Social Comfort (CC)		Opening Doors Project (CC) 2:00PM-3:30PM Computer Lab Closed	
	2:30PM-4:00PM			
	Dan & Intern			
	Research Project			

Beginner 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.

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

Community Service

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.

Thursdays (RCC) 10:00AM-11:30AM Hannah G. & Fiona

WORK, EDUCATION & COMMUNITY COURSE DESCRIPTIONS

Painting & Community

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, 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.

Friday 10:00AM- 12:00PM (RCC) with Derek & Intern

Preparing for College

Did you aspire to start or finish a college degree? Do you enjoy being intellectually stimulated? This workshop style class is for anyone who wish to sharpen their academic skills in preparation for going back to school. Topics will include learning styles, study strategies, test-preparation and test-taking, note-taking, and delivering presentations. Students will apply and practice these skills by enrolling in free on-line academic course of their choice. This class will be taken on a computer, so some skill with computers is required.

Tuesdays 10:00AM-11:30AM (CC) with Derek & Intern

WELLNESS COURSE DESCRIPTIONS

Developing Spirituality for Stress Hardiness

In Developing Spirituality for Stress Resilience, we will be exploring how connecting with others and embracing positive thoughts, emotions, and actions can make us resilient to the negative effects of stress. We will draw upon our inner spiritual resources for recovery, health, and happiness: our faith, gratitude, hope, kindness, and love. In each class we will have short readings, discussions, and opportunities to connect with each other and practice skills like mindfulness, meditation, acceptance, compassion, and optimism. We will be opening our hearts and minds to each other.

Thursdays (LCR) 1:30PM-3:00PM with Marjorie & Intern

Mindful, Dance, Music & Meditation

Mindful Music, Dance, & Meditation for Recovery is a course about connecting to others through Latin and Caribbean dance and music. We will be developing our mindfulness skills to live more in the present moment, learn new movements and songs, reduce stress, and feel happy and energetic. In every class we will listen to music & lyrics, dance, and meditate. Come to class with a curious and open mind ready to sing, move, and sit or walk quietly in community with others on the path of transformation. *Life may not be the party we hope for, but while we're here, we should dance* (Anonymous).

Tuesdays (LCR) 2:30PM- 4:00PM with Marjorie & Intern

WELLNESS COURSE DESCRIPTIONS

Qigong: Level 1 & 2

Qigong is a whole body exercise that uses both static postures and continuous movement. When practiced properly it can help improve the functioning of the entire body, particularly blood and lymph 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 beginner 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 advanced students who already completed recent Qigong classes with us and wish to deepen their understanding and practice of the material. If you are in any doubt, please speak with Derek.

IMPORTANT NOTE: This course has two levels of experience, levels 1 & 2, which meet at different times. Please read the course description carefully, and signup for the level that suits you. If you do not know which level to choose, please contact Derek (617) 353-4834.

Beginner Level 1: Fridays (LCR) 9:30AM- 10:30AM with Derek & Interns

Advanced Level 2: Fridays (LCR) 10:30AM- 11:30AM with Derek & Interns

Recovery Support

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.

Tuesday 12:30PM- 2:00PM (LCR) with Lenny & Staff

WELLNESS COURSE DESCRIPTIONS

Reiki 2

In Reiki II, we will review the hand positions from Reiki I, and students will be initiated into Reiki II energy and learn the three Reiki symbols for empowerment, mental-emotional energy and distant Reiki. Students will also learn how to apply these symbols for themselves and others and will practice using them in class and clinic settings. To enroll in this class, students must have successfully completed Reiki I and be comfortable giving Reiki treatments to themselves and others.

Thursday 1:30PM-3:00PM (RCC) with Cynthia & Deb

Supported Physical Activity (Group A & B)

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. **** 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 10:00AM – 12:00PM (FC) with Lenny, Abby M. & Interns

Supporting Recovery Through Increased Social Comfort ****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?

If so, 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 in a group setting, 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.*

Wednesdays (CC) 2:30PM-4:00PM with Dan Fulford & Interns

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. 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, and bring a snack!

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

Music & Community

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.

Thursdays (RCC) 3:00PM-4:30PM with Derek & Intern

Thriving in Relationships Through the Power of Communication

Interpersonal skills, such as starting a conversation, actively listening, expressing feelings, and resolving conflict, are essential to building and maintaining satisfying relationships. Impressing an employer, making a new friend, and getting along with a roommate are all relational goals that require such skills. This interactive class is an opportunity for students to practice their "people skills" through role play in a fun and supportive environment.

Tuesdays 12:30PM-2:00PM (LCR) with Hannah and 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.





Stephanie Cummings, Administrative Manager
Recovery Services Division
940 Commonwealth Avenue West
Boston, Massachusetts 02215
T: 617-353-3549 F: 617-353-7700
cpr.bu.edu

Recovery Education Program's SPRING 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.

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

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.

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.

COURSE NAME (list in order of preference)

1 st Choice	
2 nd Choice	
3 rd 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.