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# Recovery Education Program's Course Catalog Example

## IMPORTANT DATES

<b>Course Registration:</b>	Last two weeks of current semester
<b>Course Confirmation Letters Sent Out:</b>	Two weeks prior to start of new semester
<b>2-Day New Student Orientation:</b>	This is 1 week prior to the start of semester
<b>First Week of Classes:</b>	Mid-January, Mid-May or Mid-September
<b>Last Week of Classes:</b>	Mid-April, Mid-August or Mid- December
<b>Thanksgiving, Spring or Fourth of July Break:</b>	November, March or July
<b>Center Closed:</b>	Any holidays that Boston University Observes

## 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, 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 Ewing 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 Ewing or fax it to Stephanie Ewing at 617-353-7700 After receipt of ALL forms, you will be contacted 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 all fitness classes.

**Q: How do I register for courses?**

**A:** You must be enrolled in the Recovery Education Program to register for courses. After you have enrolled, you will need to complete a course registration form available on the last page of this catalog. Please send the course registration form to Stephanie Ewing 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.

# SAMPLE COURSE LIST\*

\*Our class offerings vary each semester, the following classes are what are typically offered.

## Work & Education Courses:

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## COURSE SCHEDULE

Tuesday	Wednesday	Thursday	Friday
<b>Coffee &amp; Conversation (1<sup>st</sup> FLR KIT)</b> 9:30 – 10:00 Garrett, Alex & Bob		<b>Coffee &amp; Conversation (1<sup>st</sup> FLR KIT)</b> 9:30 – 10:00 Garrett, Alex & Bob	<b>Coffee &amp; Conversation (1<sup>st</sup> FLR KIT)</b> 9:30 – 10:00 Garrett & Alex
<b>Book Club (SCR)</b> 10:00 – 11:30 Marijane & Wendy		<b>Athletic Metaphors &amp; Team Sports (FC)</b> 10:00 – 11:30 Alex, Garrett, Lenny & Bob	<b>Numbers in Our Daily Lives (RCC)</b> 10:00 – 11:30 Garrett & Lenny
<b>Supported Fitness (FC)</b> Class 1: 10:00 – 11:00 Class 2: 11:00 – 12:00 Alex V, Lenny & Bob		<b>Reframing Trauma (LCR)</b> 10:00 – 11:30 Melissa & Hannah	
<b>Beginner Computer Seminar (CC)</b> 10:00 – 11:30 Eric & Intern		<b>H.O.P.E.S (RCC)</b> 10:00 – 11:30 OT Interns	
<b>Winter Escapes Inspiring Recovery (LCR)</b> 10:30 – 12:00 Marjorie, Deb & Garrett		<b>Staff Meeting &amp; Training (LCR)</b> 12:00 – 1:00	<b>Kundalini Yoga (RCC)</b> 12:30 – 1:30 Rainer & Lenny
<b>Dragon Tiger Qigong II (RCC)</b> 10:30 – 11:30 Derek & Intern		<b>Career Peer Support (SCR)</b> 1:30 – 3:00 Louise & Sara	
<b>Recovery Support (RCC)</b> 12:15 – 1:15 Viesia, Lenny & Bob		<b>Thriving in Relationships through the Power of Communication (RCC)</b> 1:30 – 3:00 Derek & Garrett	<b>Supporting Recovery through Increased Social Comforts (CC)</b> <b>*Research Project*</b> 1:00 – 2:30 Jasmine & SAR Staff
<b>Embracing Loss (RCC)</b> 1:30 – 3:00 Derek & Garrett		<b>Developing Stress Resilience (LCR)</b> 1:30 – 3:00 Marjorie, Deb & Lenny	
<b>Intro to Smart Phones &amp; Social Media (CC)</b> 1:30 – 3:00 Eric & Bob		<b>The Art of Blogging (CC)</b> 1:30 – 3:00 Eric & Bob	<b>Community Singing (RCC)</b> 2:30 – 4:00 Derek, Alex & David
<b>Developing Stress Resilience (LCR)</b> 1:30 – 3:00 Marjorie, Deb & Lenny	<b>Open Art Studio (RCC)</b> 3:30 – 5:00 Derek & Intern	<b>Reiki I (LCR)</b> 3:30 – 5:00 Deb & Bob	
<b>Wu Style Tai Chi (RCC)</b> 3:30 – 4:30 Derek & Intern		<b>Music Expression (RCC)</b> 3:30 – 5:00 Alex & Intern	

# WORK & EDUCATION COURSE DESCRIPTIONS

**Beginner Computer Skills**  
**Tuesday (CC) 10:00 – 11:30**  
Eric & Intern

What can you expect to learn in this class? In this class you will have the opportunity to learn the basic concepts and physical skills needed to effectively use a personal computer. Ample time will be allowed to practice these skills during class so that they can begin to be mastered while the instructors and interns are still present to answer questions. The pace of this class is unhurried, and the primary goal is to feel fully confident in the newly gained skills at the end of each class session. You do not need ANY prior computer experience to take this class.

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**Career Peer Support**  
**Thursday (SRC) 1:30 – 3:00**  
Louise & Sara

In this class, peers in recovery will choose and discuss different topics and steps which lead to professional jobs. Topics may include: career exploration, cover letter and resume writing as well as interviewing skills. This will be a goal-oriented group with each member choosing one step on which to focus during the upcoming week. This group is geared towards people ready to actively participate in getting professional jobs.

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**Intro to Smart Phones & Social Media**  
**Tuesday (CC) 1:30 – 3:00**  
Eric & Bob

Ever since the iPhone was released, smartphones have become more and more a part of our everyday lives. The devices have numerous potential uses and capabilities as well as thousands of apps to choose from -- so many options and possibilities that the devices can seem overwhelming! In this course we will explore the devices and help you learn how to use your smartphone. We will cover both Google's Android Operating System, the most common Operating System (OS) on Smartphones, and Apple's iOS. In particular we will learn how to manage your phone's settings, how to choose, install, and run apps, how to use your phone's camera and other hardware, and how to share files and pictures. To fully participate in this class, students will need to bring their own smartphone. Prior experience with smartphones and computers is helpful, but not necessary.

# WORK & EDUCATION COURSE DESCRIPTIONS

## **Numbers in Our Daily Lives**

**Friday (RCC) 10:00 – 11:30**

Garrett & Lenny

Numbers are important in every language. Think about how universal things like two fingers are. In this class we will use numbers in a variety of ways: from analyzing which stocks are on the rise, to what factors into the decision to live in certain parts of the country, as well as sports and statistics, such as when to go for it on 4th down. We will talk about a new topic each week. All math abilities are welcome!

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## **Art of Blogging**

**Thursday (CC) 1:30 – 3:00**

Eric & Bob

In this course we will learn and practice blogging, otherwise known as web logging. A log is recording of one's events and experience, as well as comments and thoughts about those events, similar to journal or diary (think Star Trek "Captain's Log"). The practice of journaling can be a means of self-expression which can help one to cope with the stress and events in his or her life. Logging can also provide a useful aid for retrospection and self-inspection when looking over old entries. By sharing certain some of our entries we can express ourselves and maybe find commiseration and company with others. Furthermore, the act of writing entries for a log provides an opportunity to practice and improve our typing and writing skills and the web components will allow us to work on our computer and social media skills. For this class, we will learn how to sign-up for and use a free blogging service, such as Wordpress or Blogger. We will go over some journaling practices for inspiration and/or structure. We will aim to write a blog post each week, though students may choose the length of their posts. No prior experience is necessary.

# WELLNESS COURSE DESCRIPTIONS

## **Athletic Metaphors & Team Sports**

**Thursday (FC) 10:00 – 11:30**

Alex, Garrett, Lenny, Bob & Abby

Americans love to use sports metaphors. Even though you might not even participate in a particular sport, you might still use phrases like “out of the ball park” or “hit a home run” or “you win some, you lose some”. These metaphors aren’t just reserved for sports talk but they are a part of everyday conversation. Classes will consist of a combination of group discussions, learning/mastering sports drills/skills and playing various team sports. Classroom topics will include sportsmanship, teamwork, confidence building and how sports can be beneficial in our daily lives. All are welcome, no sports experience needed!

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## **Developing Stress Resilience**

**Practice Class: Tuesday (LCR) 1:30 – 3:00**

**Main Class: Thursday (LCR) 1:30 – 3:00**

Marjorie, Deb & Lenny

Many visits to health care providers are stress-related. Stress is an unavoidable part of life and challenges our mental and physical health. This course will help you develop stress resilience by practicing mindfulness skills. Having stress resilience will enable you to (1) deal better with life’s daily stressors, (2) be more resilient to change, (3) become a more active participant in your recovery and (4) increase self-confidence and feelings of connectedness. **This class meets twice a week.** Please bring an open mind and discover what works for you to reduce your stress.

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## **Dragon Tiger Qigong II**

**Tuesday (RCC) 10:30 – 11:30**

Derek & Intern

Qigong is a 1,500-year-old self-healing movement system based on acupuncture. It helps free you of energetic (chi or qi) blockages by balancing the energetic flow that runs through the meridians or energy channels of your body. This class will teach you 7 circular and graceful movements that are renowned for accomplishing major positive changes in the body including energy, balance, body awareness and relaxation. This course builds upon the material studied in Qigong Level 1. In Level 2 we shall be going deeper into body awareness, energy awareness and studying more of the Dragon Tiger movements. **\*Level 2 is only open to those students have completed Level 1\***

## WELLNESS COURSE DESCRIPTIONS

### **Embracing Loss**

**Tuesday (RCC) 1:30 – 3:00**

Derek & Garrett

This course is designed to support you in developing your skills when living 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. Topic areas include types of loss, new perspectives on grief and loss, positive aspects of loss, using rituals as a way to cope, and finding meaning in loss.

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### **Kundalini Yoga**

**Friday (RCC) 12:30 – 1:30**

Rainer & Lenny

If you can breathe; you can practice Yoga. It is learning who you are as a human being. It is not enough to believe in yourself but to walk on your own path to success you need tools. The first tool is learning how to be in your body, the second is understanding how your mind works to clean out the junk that keeps piling up, and the third is a lamp to light the way which is your spirit. Kundalini yoga, as taught by Yogi Bhajan, teaches you techniques to stay healthy. You gain a strong immune system, vital glands, a strong nervous system, good circulation, and an awareness of the impact of your habits. This foundation gives you energy and lets you deal with all the facets of your life. It is your creative potential and you will experience it when the energy of the glandular system combines with the energy of the nervous system so the brain can receive the totality of who you are. Rainer Goldberg (Jaap Devi Kaur) is a KRI certified instructor of Kundalini Yoga taught by Yogi Bhajan

# WELLNESS COURSE DESCRIPTIONS

## Reiki I

**Thursday (RCC) 3:30 – 5:00**

Instructor TBA with Deb & Bob

Have you ever wanted to learn an easy and reliable tool for providing yourself and others with relaxation and well-being? Reiki is a fun and 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 is being increasingly used in hospitals and other health care setting to support the recovery of people from surgery and/or injuries. It can also be used for ongoing health promotion. This class will focus on instructing students in Reiki. Students will 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.

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## Supported Fitness

**Class 1: Tuesday (FC) 10:00 – 11:00**

**Class 2: Tuesday (FC) 11:00 – 12:00**

Instructor TBA with Lenny, Bob & Intern

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 at the Fitrec Gym at Boston University. **IMPORTANT NOTE: Written medical permission is required by the first day of class. Students must wear workout clothes and sneakers.**

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## Wu Style Tai Chi

**Tuesday (RCC) 3:30 – 4:30**

Derek & Intern

Learn these slow, graceful, choreographed movements of Wu Style Tai Chi, coupled with some of the deep internal work, that enables you to improve your health, reduce stress, and gain greater resilience. Tai Chi Chuan is one of the Internal Arts of China, where it has been practiced by millions of people for its health benefits, over the centuries. The goals of this course are to enable you to develop the skills of relaxation, calming the body and mind; balancing your emotions, thinking and your physical body and enliven your spirit. With practice between classes, anybody can benefit from “one of the great ancient gifts to the modern world.” This course is open to everybody!

# PERSONAL DEVELOPMENT & COMMUNITY COURSE DESCRIPTIONS

## **Book Club**

**Tuesday (SRC) 10:00 – 11:30**

*Marijane & Wendy*

This book club is an opportunity to come together as peers 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.

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## **Community Singing**

**Friday (RCC) 2:00 – 3:15**

Derek, Alex & David

Music and Song can be a powerful tool of communication and human beings have sung songs, played drums, wind and stringed instruments for 1,000s of years. Come join us on Friday afternoons to make some music. If you are an aspiring musician, singer, songwriter or someone who wants to try those things, we want you to bring your ideas, to share and play. Bring your own and other peoples' songs, poems, music, raps 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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## **Helping Older People Experience Success (H.O.P.E.S)**

**Thursday (RCC) 10:00 -11:30**

**OT Interns**

This skills training class focuses on a range of skills and experiences especially important to adults ages 40 and older. In this class students will learn how to communicate their needs better, make and keep more relationships, and incorporate health living practices into their lifestyle. This class will provide a fun and safe opportunity to practice these skills. We will meet weekly to practice with the possibility of going on a field trip to practice a skill in the community. As a class we will decide what skills are most important to us as a group and work together to learn and grow. The goal of this class is to help you to continue aging with grace!

# PERSONAL DEVELOPMENT & COMMUNITY COURSE DESCRIPTIONS

## **Music Expression**

**Thursday (RCC) 3:30 – 5:00**

Alex & Intern

Do you have a love of music and desire to express yourself through this beautiful medium?

“Expression through Music” will be a space that will help guide you in finding your expressive musical voice, whether that be through learning an instrument, writing songs, or exploring other avenues. From folks who are just getting started on their musical journey to those of you with years of experience writing and recording music, this will be a fit for all ability levels.

No prior musical knowledge or training necessary!

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## **Open Art Studio**

**Wednesday (RCC) 3:30 – 5:00**

Derek & Intern

This class is an opportunity to experience an Open Studio where artists work together, share ideas and feedback. You are not required to share your work, but it is highly encouraged. When we share our work with others and hear their positive feedback, it encourages us to look at our work from a different perspective. We also gain ideas from other people’s work that may affect what choices we make for our next artwork. We will also look at works of art from history in order expand our ideas of how to develop our own style the class is for students who have already attended the Painting and Community classes.

## **Reframing Trauma**

**Thursday (LCR) 10:00 – 11:30**

Melissa & Hannah

The goal of this class is to develop our understanding and promote awareness about how trauma influences our sense of self, our identity, and the process of our recovery. It is not a trauma therapy group, but a recovery class to build new skills to write our narratives in a way that promote wellbeing. In this class, we will explore and identify how we can, effectively use the personal narrative of who we are, to make meaning in our lives and build our capacity to be resilient. In addition, we will explore our self-narratives to increase our understanding of our personal growth and our capacity for change. We will use this knowledge to re-author our narratives and learn to be effective Recovery Allies in our recovery journey. We will work together to support each other in the creation of a unique narrative of resilience and recovery identifying actions that help build resilience and well-being.

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## **Recovery Support**

**Tuesday (RCC) 12:15 – 1:15**

Viesia, Lenny & Bob

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. Those who have journeyed through their own healing process and are able to provide a healing space, to facilitate this group. We will articulate our goals for healing and wellness as well as share our story for coping, healing and growing with one another.

## Supporting Recovery through Increased Social Comforts

Friday (CC) 1:00 – 2:30

Jasmine & SAR Staff

**\*Research Project\***

- ✓ 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 Jasmine Mote at Boston University's Sargent College, to learn more about the study. Jasmine can be contacted at 617-353-2889.

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## Thriving in Relationships through the Power of Communication Skills

Thursday (RCC) 1:30 -3:00

Derek & Garrett

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.

## **Winter Escapes Inspiring Recovery**

**Tuesday (RCC) 10:30 – 12:00**

Marjorie, Deb & Garrett

If you get down in the dark days of winter or just feel like you need a break from the snow and cold weather, join us each week in Winter Escapes Inspiring Recovery. We will use videos, music, and our own imaginations to spend time in magnificent and peaceful places of nature. We will learn to create our own sanctuary where we can retreat to find safety, security, and a clear, calm mind that builds stress resilience. We will be developing our mindfulness skills using walking and seated meditation, writing, and/or drawing.

# Join us each morning for Coffee and Conversation

Join us on Tuesdays, Thursdays and Fridays at 9:30 am for **Coffee and Conversation** in the Recovery Center Kitchen before you start your classes! This is an informal gathering where you can arrive early, chat, connect and enjoy each other before starting your classes. We will have coffee and tea makings and look forward to seeing you!





Center for Psychiatric Rehabilitation  
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## Recovery Education Program Sample Course Registration Form

**Basic Instructions:** PLEASE WRITE LEGIBLY, and send your completed course registration form to Stephanie Ewing via fax at (617) 353-7700 or via email at [stephc13@bu.edu](mailto:stephc13@bu.edu).

### STUDENT INFORMATION

Name:

[Last Name]	[First Name]	[Middle Initial]
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Address:

[Street]	[Apartment/Suite Number]
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[City]	[State]	[Zip Code]
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Phone:

[Cell]	[Other]
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Date of Birth: (xx/xx/xxxx)	Email:
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### 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.

COURSE NAME (list in order of preference)	
<b>1<sup>st</sup> Choice</b>	
<b>2<sup>nd</sup> Choice</b>	
<b>3<sup>rd</sup> Choice</b>	
<input type="checkbox"/>	Recovery Support*
<input type="checkbox"/>	Career Peer Support*

\*Please, check if you may attend a drop-in class 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.