



Stephanie Ewing, Administrative Manager
Recovery Services Division
940 Commonwealth Avenue West
Boston, Massachusetts 02215
T: 617-353-1124 F: 617-353-7700
cpr.bu.edu

Recovery Education Program's Spring 2021 Semester

IMPORTANT DATES

Course Registration:	Monday, December 7 - 18
Student Schedules Letters Sent Out:	Wednesday, December 23
First Week of Virtual Classes/Activities:	January 25 - 29
Last Week of Virtual Classes/Activities	May 3 - 7
Center Closed:	Presidents' Day: February 15 Patriots' Day: April 19

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
Important Information	Page 3
Class & Activity List	Page 4
Class & Activity Schedule	Page 5
Class & Activity Descriptions	Page 6-12

Important Information

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, e-mail, mail or fax the packet to Stephanie Ewing at stephc13@bu.edu or 617-353-7700 or 940 Commonwealth Ave. Boston, MA 02215. After receipt of all forms, you will be contacted to arrange a short meeting and tour of the Center. The application is available [here](#) on our website.

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.

Q: What is the difference between virtual classes, virtual drop-in activities?

A: Virtual Class: is a recovery Education class offered virtually through zoom. You will need to register for these classes, by registering for a class you are making the commitment to be in that class weekly.

Virtual Drop-in Activity: is a virtual activity offered virtually through zoom. You can drop into these activities at any point during the semester. You do not need to register for these activities

Q: How do I register for classes or activities?

A: You must be enrolled in the Recovery Education Program to register for classes and activities. After you have enrolled, you will need to complete a registration form available on the last page of this catalog. Please, send this registration form to Stephanie Ewing by email, text or call to register.

Email: stephc13@bu.edu

Work Cell: 857-337-5303

Q: Will there be a class limit for virtual classes, activities or workshops this semester?

A: There is no limit to how many virtual classes or activities you can take this semester.

Q: What do I do if I am unable to attend my class?

A: Please text Stephanie at (857) 337- 5303 or call the Student Absentee Line at (617) 358-1413 or reach out directly to your instructors.

Virtual Class & Virtual Drop-in Activity List

Virtual Classes

Advanced Reiki 2	Page 6
Buddhist Psychology: Mantra Singing & Meditation	Page 6
Buddhist Psychology: Mindfulness Path to Recovery	Page 6
Buddhist Psychology: Support Group to Promote Hopeful Thoughts & Speech	Page 6
Brain Fitness	Page 6
Career Support	Page 7
Decision Making	Page 7
Exploring Short Fiction & Poetry Writing	Page 7
Gentle Yoga	Page 7
Goal Setting	Page 7
Healthy Relationships, Personality & Conflict Resolution	Page 8
Lucid Dreams	Page 8
Morning Movement	Page 8
Morning Sweat	Page 9
Peer Skills	Page 9
PowerPoint, Presentation & Public Speaking	Page 9
Qigong for Energy	Page 9
Reiki 2	Page 9
Smartphones & Tablets 101	Page 10
Story Telling	Page 10
World Music History, Race & You	Page 10
Yoga Nidra	Page 10

Virtual Drop-in Activities

Breathing for Freedom from Anxiety	Page 11
Chess for Beginners	Page 11
Coffee & Conversation	Page 11
Cook & Taste	Page 11
Laughter Yoga	Page 12
Open Mic	Page 12
Open Studio	Page 12
Recovery Support	Page 12

Virtual Class & Virtual Drop-in Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Coffee & Convo 9:15 – 10:00 Steph & Lenny	Morning Movement 10:00 – 10:45 Alex V, Lenny & Bob	Breathing for Freedom from Anxiety 10:00 – 10:45 Derek		Breathing for Freedom from Anxiety 10:00 – 10:45 Derek
Breathing for Freedom from Anxiety 10:00 – 10:45 Derek	Smartphones & Tablets 101 10:00 – 10:45 Eric	Recovery Support 11:00 – 11:45 Lenny, Bob & Viesia & Mike	Exploring Short Fiction & Poetry Writing 11:00 – 11:45 Mike, Petra	Goal Setting 10:00 -11:00 Louise
Goal Setting 10:00 -11:00 Louise	Brain Fitness 11:00 – 11:45 Derek	Cook & Taste 12:00 – 12:45 Steph	Weekly Services Staff Check-in 12:00 – 12:45 ZOOM	Morning Sweat 10:00 -10:45 Alex V, Lenny, Bob
Tech Support 12:00 – 12:45 Eric	PowerPoint, Presentation & Public Speaking 12:00 – 12:45 Eric & Bob	Lucid Dreams 1:00 – 1:45 Gary, Ellie, Bob & Mike	Reiki 2 1:00 – 2:30 Gary, Deb & Bob	Gentle Yoga 12:00 – 12:45 Rainer & Lenny
Peer Skills 12:30 – 1:15 Garrett, Lenny & Bob	Today's Podcast is... 1:00 – 1:45 Steph	Buddhist Psychology: Mantra Singing & Meditation 2:00 – 3:00 Marjorie, Garrett & Deb	Career Support 1:00 – 1:45 Louise & Lenny	Decision Making 12:30 – 1:15 Garrett & Petra
Yoga Nidra 1:00 – 1:45 Rainer	Career Support 1:00 – 1:45 Louise & Lenny	World Music History, Race & You 3:30 – 4:15 Derek	Buddhist Psychology: Support Group to Promote Hopeful Thoughts & Speech 2:00 – 3:00 Marjorie, Deb	Laughter Yoga 1:30 – 2:15 Deb
Chess for Beginners 2:00 – 2:45 Gary, Mike & Petra	Buddhist Psychology: Mindfulness Path to Recovery 2:00 – 3:00 Marjorie, Garrett & Deb		Advanced Reiki 2 3:30 – 5:00 Gary, Bob & Deb	Story Telling 2:00 – 2:45 Gary, Eric & Bob
Qigong for Energy 4:00 – 4:45 Derek	Healthy Relationships, Personality & Conflict Resolution 3:30 – 4:30 Ellie & Gary		Open Studio 4:00 – 4:45 Derek	Open Mic 3:30 – 4:30 Derek
Virtual Classes are in Blue: You will need to register for these classes, by registering you are making the commitment to be in that class or classes for the entire semester. Virtual Drop-In Activities are in Pink: You are welcome to join these activities at any point during the semester.				

Virtual Classes

Advanced Reiki 2

Thursday 3:30 – 5:00

Gary, Deb & Bob

Will be a continuation of your reiki practice by building off Reiki 2, further exploring reiki elements such as chakras and practical applications and comparing reiki to other energy healing modalities.

Buddhist Psychology: Mantra Singing & Meditation

Wednesday 2:00 – 3:00

Marjorie, Deb & Garrett

“Now is the winter of our discontent.” (William Shakespeare, from *Richard the III*). Three interconnected courses on Buddhist Psychology will be offered to ease isolation and transform our suffering during COVID-19. You can sign up for 1, 2, or all 3 classes that will help you build community, knowledge, and skills to further your recovery journeys. In **Mantra Singing & Meditation**, we will practice body/vocal warm-ups, singing, and mantra meditation to calm our body/mind, improve mood, and widen our perspective.

Buddhist Psychology: Mindfulness Path of Recovery

Tuesday 2:00 – 3:00

Marjorie, Deb & Garrett

“Now is the winter of our discontent.” (William Shakespeare, from *Richard the III*). Three interconnected courses on Buddhist Psychology will be offered to ease isolation and transform our suffering during COVID-19. You can sign up for 1, 2, or all 3 classes that will help you build community, knowledge, and skills to further your recovery journeys. **The Mindfulness Path of Recovery**, we will explore the basic, universal causes of suffering and the path to mental health recovery.

Buddhist Psychology: Support Group to Promote Hopeful Thoughts & Speech

Thursday 2:00 – 3:00

Marjorie & Deb

“Now is the winter of our discontent.” (William Shakespeare, from *Richard the III*). Three interconnected courses on Buddhist Psychology will be offered to ease isolation and transform our suffering during COVID-19. You can sign up for 1, 2, or all 3 classes that will help you build community, knowledge, and skills to further your recovery journeys. **Buddhist Psychology: Support Group to Promote Hopeful Thoughts & Speech**, Together and in breakout groups we will work on developing mindful listening skills to identify our distressed thinking habits and challenge ourselves to use mindful speech or words that offer hope and possibilities.

Brain Fitness

Tuesday 11:00 – 11:45

Derek

Brain Fitness, sometimes called Cognitive Remediation, can be thought of as techniques used to improve our mental abilities, such as paying attention to and remembering details, working memory, mental flexibility and planning, organizing, strategizing, sometimes called Executive Functioning, all of which can help us be more successful at home, school and work. In this class we will share strategies that assist us to improve these mental functions and support our overall wellness. Activities such as crosswords, Sudoku, languages, reading, memory improvement techniques, brain games and brain teasers, will be used to enhance our thinking capacities and as resources for our recovery.

Virtual Classes

Career Support

Tuesday & Thursday 1:00 – 1:45

Louise & Lenny

Topics discussed will prepare students for volunteer or paid work and will be determined by class participants. Possible topics include career exploration, writing cover letters and resumes as well as interviewing skills.

Decision Making

Friday 12:30 – 1:15

Garrett & Petra

Drawing from numerous fields of study including game theory, psychology and behavioral finance, we will focus on how we go about making decisions. Learning about ourselves and the world around us we will examine why we choose to gravitate towards certain people, how we can overcome our own biases and what academics think makes people's decisions rational or irrational.

Exploring Short Fiction & Poetry Writing

Thursday 11:00 – 11:45

Mike

The class explores form and method to short fiction writing. Emphasis on impact - word choice and economy, effectively plotting a storyline ... Readings (Hemingway, Thurber and more) as models for aspiring writers. Sharing feedback toward further revision. No experience necessary-, just a desire to play with words.

Gentle Yoga

Friday 12:00 -12:45

Rainer & Lenny

This is for everybody. We will breathe, stretch, and listen to our inner wisdom. It is soft and intentional movement to quiet the mind, repair the body, call on the spirit, and balance the emotions. This practice works with the internal energy centers of the body (known as chakras to yogis) that correspond with nerve bundles and major organs. Come and grow your internal strength to withstand the adversities of life!

Goal Setting

Monday & Fridays 10:00 – 11:00

Louise

Participants will learn about and set their own goals using the SMART technique. Goals will be for one semester and can focus on any aspect of life. On Mondays, each person will choose the next step to focus on during the week. Fridays will be spent checking in regarding this step.

Virtual Classes

Healthy Relationships, Personality & Conflict Resolution

Tuesday 3:30 – 4:30

Ellie & Gary

Relationships, Personality, and Conflict Resolution provides students with an opportunity to discuss how personality types and traits can relate to conflict and healthy relationships. We will discuss elements of conflict resolution, talk about forming and maintaining healthy relationships, and will examine different personality types and how they impact our communication with others. We will discuss personality tests such as the Big 5, Meyers-Briggs Type Indicator, and the Enneagram. Students will have the opportunity to critique their own results and talk about how they interact with others who have very different personalities. Students will also have the opportunity to provide peer support and talk about their personal experiences. Students who have already completed Conflict Resolution are encouraged to join!

Lucid Dreams

Wednesday 1:00 – 1:45

Gary, Ellie, Bob & Mike

We spend about one-third (1/3) of our life sleeping and a large portion of sleep dreaming. Dreaming feels as real as when we are awake. Whether dreaming or awake, we are subject to the forces of nature that surround us. Lucid Dreaming is the process that allows us to realize we are dreaming as we dream, and then control our dreams. In turn we can experience taking part in adventures and explorations, rehearsals for living, creative problem solving, overcoming nightmares, and healing. In this introductory course, Students will learn about Lucid Dreams and how to use several techniques. Students are invited to share their Lucid Dreaming endeavors in a safe and supportive environment.

Morning Movement

Tuesday 10:00 – 10:45

Alex V, Lenny & Bob

While gyms and recreation centers may be closed for now, that doesn't mean you can't – or shouldn't – get in a good workout. Sticking to a fitness routine will not only benefit you physically, it will also help to keep you mentally focused and your mood elevated. Come join us on Tuesday morning for stretching/yoga with strength and mobility exercises. **Open to all levels of fitness!**

Morning Sweat

Friday 11:00 – 11:45

Alex V, Lenny & Bob

While gyms and recreation centers may be closed for now, that doesn't mean you can't – or shouldn't – get in a good workout. Sticking to a fitness routine will not only benefit you physically, it will also help to keep you mentally focused and your mood elevated. Come join us on Fridays for a mid-morning workout, we will start with 10 minutes of active warm-up/stretching, followed by 30 minutes of HILT training. All bodyweight exercises, focusing on strength, endurance, elevating your heartrate and getting a good sweat on!

Virtual Classes

Peer Skills

Monday 12:30 – 1:15

Garrett, Lenny & Bob

In this class we will teach you how to use peer support to empower people in your life. Skills like partnering with others by staying mutual, using active listening techniques and exploring yours and others worldview will be taught. We will be using some of the same material a CPS learns in the state of Massachusetts. This class will not be a certification training but is designed for people thinking of wanting to become a peer specialist or wanting to learn what a peer specialist does. The instructors will teach the class to allow students the ability to implement peer skills in their lives.

PowerPoint, Presentation & Public Speaking

Tuesday 12:00 – 12:45

Eric & Bob

This class aims to improve student's comfort and ability to give presentations and to speak in public through giving presentations in class using software such as Microsoft PowerPoint and Google Slides. We will learn various aspects of presentation software such as adding pictures, animations, and using templates. We will then use these skills and others to create our own short presentations in class. After making each presentation, each student will then have an opportunity to give their presentation to the class in a supportive environment so that they can gain experience and feedback.

Qigong for Energy

Monday 4:00 – 4:45

Derek

As the Winter approaches, we need to prepare for those cold winds and icy sidewalks. We need to be warm inside and internal heat is a common experience of Qigong practitioners. Initially, this heat is result of the increased flow of the body's fluids and eventually it is the result of movement of the body's energy. This can be achieved through postural alignments, dissolving all the tension held in the physical tissues and then by creating a greater flow of energy through soft, continuous movements. Thereby, gifting ourselves with a greater store of energy.

Reiki 2

Thursday 1:00 – 2:30

Gary, Deb & Bob

Will be a continuation of your reiki practice by building off Reiki 1, developing your distance healing, empowering energy, mental, emotional healing and practicing Reiki clinic interviews.

Must have taking Reiki 1 course to participate If you have any questions contact, Garry by email ghorwitz@bu.edu

Virtual Classes

Smartphones & Tablets 101

Tuesday 10:00 – 10:45

Eric

Ever since the iPhone was released; smartphones have become more and more a part of our everyday lives. The devices have numerous potentials 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' 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 access their own smartphone. Prior experience with smartphones and computers is helpful, but not necessary.

Story Telling

Friday 2:00 – 2:45

Gary, Eric & Bob

This fun-centered activity will provide students with the opportunity to tell stories or simply listen. Stories can be based on personal experiences, events that have happened, or complete fiction. Writers are welcome to share their works. In a supportive and encouraging environment, time will be devoted to the art of storytelling and refining these skills.

World Music History, Race & You

Wednesday 3:30 – 4:15

Derek

In our modern cities, music has become ubiquitous. It is everywhere. "Once upon a time" music was for special occasions, celebrations and festivities. It was there throughout our days on the form of "work songs" that were spontaneously composed to make daily labour more enjoyable.

This semester we are going to focus on the roots and development of Blues, Jazz and Gospel, from the recordings of African slaves to the many and varied recordings of Jazz Fusion; from the Mississippi Delta to the British Blues Boom to American churches, we shall attempt to bring all of the aforementioned, and more, into a musical perspective to help us appreciate and understand that we live on a single planet that we share with so many others.

Yoga Nidra

Monday 1:00 – 1:45

Rainer

This class provides a deep relaxation experience (and one of the easiest yoga practices to develop and maintain). All your body needs to do is lie down (or sit comfortably if that is preferred). You are guided through the pancha maya kosha (five layers of self) and lead through stages of a body scan, breath awareness, and visualization leaving you feeling whole. Research indicates it improves sleep and reduces symptoms of type 2 diabetes.

Virtual Activities

Breathing for Breathing for Freedom from Anxiety

Monday, Wednesday, Friday 10:00 – 10:45

Derek

Breathing is one of the most direct and simple ways to gain access to your internal world, where you can develop calmness and relaxation. Breathing well can dramatically affect your health and well-being. It affects the functioning of all your internal organs and the flow of fluids around the entire body. Developing a daily practice is the best to achieve these results.

Chess for Beginners

Monday 2:00 – 2:45

Gary, Mike & Petra

Chess has been one of the most popular games for centuries because it allows the player to use their mind in a fun, creative way. This activity will review the rule of chess in a relaxed, entertaining manner. Students will learn how each piece moves and how to win by checkmating the opponent. Those who already know the rules will further develop skills by learning simple but effective strategies. Games will be played at each session with emphasis on enjoyment and applying acquired Chess knowledge. No experience is required.

Coffee & Conversation

Monday 9:15 – 10:00

Stephanie

Every Monday join us for Coffee & Conversation This is an informal gathering where you can chat, connect and enjoy each other before starting your virtual week. Come join us for a cup a coffee, tea or hot coco. We look forward to seeing you!

Cook & Taste

Wednesday 12:00 – 12:45

Stephanie

A virtual kitchen-based cooking experiences; using the ingredients you have, or they will be given in advance. Over the fall we learned that no matter what we made that week or what ingredients we had, nor being in our own kitchens or skill level, the experience together was one of joy, community and many funny moments! Come join us on Wednesday to explore your kitchen!

Virtual Activities

Laughter Yoga

Friday 1:30 -2:15

Deb

Laughter is fun, playful and social connecting while uplifting your mood. Laughter is also an exercise, practice breathing exercises, stretching, dancing to fun songs and laughter yoga exercises. "Laughter is America's most important export." – Walt Disney

Open Mic

Friday 3:30 – 4:30

Derek

These are our own Open Mic Zoom sessions. Anyone who wishes to perform, a song, a poem or a piece of music can come along and join the session. This is for anyone who wish to try performing with a supportive audience. Come and grow as musicians, singers and performers in a safe place (your own home!) with very cool people. All styles of music and song are welcome. Of course, you will be in the comfort and safety of your own space but bring your instruments; bring your ideas and bring your enthusiasm. Above all bring yourself. As Frank Zappa said, "Information is not knowledge. Knowledge is not wisdom. Wisdom is not truth. Truth is not beauty. Beauty is not love. Love is not music. Music is THE BEST."

Open Studio

Thursday 4:00 – 4:45

Derek

Draw and paint together. Chat and laugh while exercising your creative skills. We have found that when we set aside this time, that it allowed us to do those art projects that we meant to do. It's like having an "Art Buddy" or two, or three!

Recovery Support

Wednesday 11:00 – 11:45

Lenny, Bob, Viesia & Mike

This an opportunity for staff, students to come together inclusively as humans, as we navigate our way a global pandemic, social isolation and making sense of our "new" normal., together. We will articulate our goals for healing and wellness.