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Recovery Education Program's Fall 2021 Semester

IMPORTANT DATES

Course Registration:	August 4 – August 18
Student Schedules Letters Emailed:	Thursday, September 2
First Week of Classes/Activities:	Monday September 13 - 17
Last Week of Classes/Activities	December 13 - 17
Thanksgiving Break	November 22 - 26
Center Closed:	Labor Day September 6 Indigenous Peoples Day October 11 Veterans Day November 11 Thanksgiving November 25 – 26

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 to 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. Our fall semester will be a combination of in-person and virtual classes.

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Important Information

Q: How do I apply to the Recovery Education Program?

A: You will need to complete a Student Application. The packet 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 receiving all forms, Stephanie will contact you to arrange a short meeting and tour of the Center. The application is available 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 in-person classes, virtual classes, and virtual drop-in activities?

A: In-Person Class: is a recovery education class offered in person at the center. 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 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.

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 will be class limits for in-person and virtual classes; all students are encouraged to register for drop-in activities.

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.

In-Person Classes, Virtual Classes & Virtual Drop-in Activities List

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Virtual Class & Virtual Drop-in Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Breathing for Freedom from Anxiety 10:00 – 10:45 ZOOM Derek & TBD	Career Exploration 10:00 – 11:00 RCC Louise & Lenny	Breathing for Freedom from Anxiety 10:00 – 10:45 ZOOM Derek & TBD	Book Club 9:30 – 10:30 ZOOM Wendy & Marijane	Breathing for Freedom from Anxiety 10:00 – 10:45 ZOOM Derek
Goal Setting the SMART Way 10:00 -11:00 ZOOM Louise & Intern	Basic Computer Skills 10:30 – 11:30 CC Eric & Bob	Recovery Support 11:00 – 11:45 ZOOM Lenny, Bob, Viesia & Mike	Career Readiness 10:00 - 11:00 RCC Louise & Lenny	Goal Setting the SMART Way 10:00 -11:00 ZOOM Louise & Interns
	Qigong 2 11:30 – 12:30 RCC Derek & Interns	Healthy Living 1:00 – 2:00 ZOOM Garrett & Mike	H.O.P.E.S 10:00 – 11:00 LCR OT Interns	Exploring Modern Verse- Finding Your Voice ZOOM 11:00 – 11:45 Mike & Intern
	Spirituality for Recovery & Resilience 1:00 – 2:00 LCR Marjorie, Garrett & Deb	Lucid Dreaming & Dream Interpretation 1:30 – 2:30 ZOOM Gary, Bob, Petra	Weekly Services Staff Check-in 12:00 – 12:45 ZOOM	Morning Movement ZOOM 11:00 – 11:45 Garrett, Bob & Lenny
History of Rock N 'Roll ZOOM 1:00 - 1:45 Bob & Derek	Tai Chi Chuan 1 1:00 – 2:00 RCC Derek & Intern	Music, Mantra, Singing, & Meditation 2:30 - 3:30 ZOOM Marjorie, Garrett & Deb	Reiki 2 1:00 – 2:00 RCC Gary, Bob & Deb	Laughter Yoga ZOOM 1:00 – 2:00 Deb & TBA
Happiness 2:00 – 3:00 ZOOM Gary & Intern	Healthy Living 2:30 – 3:30 LCR Garrett, Mike & Marjorie	World Music History, Race & You 3:30 – 4:15 ZOOM Derek & David	Spirituality for Recovery & Resilience 1:30 – 2:30 LCR Marjorie, Garrett	Story Telling 2:00 – 2:45 ZOOM Gary, Eric, Bob & Petra
Chess for Beginners 3:30 – 4:30 ZOOM Gary, Mike & Petra	Open Art Studio 2:30 – 3:30 RCC Derek & Intern		Advanced Reiki 2 2:30 – 3:30 RCC Gary, Bob, Deb	Open Mic 3:30 – 4:30 ZOOM Derek, Bob & David
	Healthy Relationships 3:30 – 4:30 ZOOM Gary & Intern			

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.

In-Person Classes are in Green: 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.

In-Person Classes

Advanced Reiki 2
Thursday (RCC) 2:30 – 3:30
Gary, Deb & Bob

This class will be a continuation of Students' reiki practice by building off the Reiki 2 Class. We will further explore reiki elements such as chakras and practical applications and comparing reiki to other energy healing modalities.

Basic Computer Skills
Tuesday (CC) 10:30 – 11:30
Eric & Bob

From reading an email to sending job applications or watching streaming video, computers are becoming more and more integrated into our everyday lives. Using computers can be immensely helpful, but computers can intimidate people, preventing potential users from benefiting from the devices. In this class, we will learn the basic skills of using computers in a risk- and judgment-free environment.

You can expect to learn the basic concepts and physical skills needed to use a personal computer in this class effectively. Ample time will be allowed to practice these skills during class to 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.

At the end of the term, engaged students should reasonably expect to be able to:

- Type AT LEAST 10 words per minute or faster using all their fingers and without looking at the keyboard
- Use the mouse confidently and smoothly
- Know and avoid the physical dangers in using a computer (for instance, developing carpal tunnel syndrome or sciatica)
- Feel confident that they can work effectively to achieve basic tasks on any personal computer
- *Enjoy* using a computer for basic tasks without anxiety

You do not need ANY prior computer experience to take this class.

Career Exploration
Tuesday (RCC) 10:00 – 11:00
Louise & Lenny

The goal of this class is for each student to have by the end of the semester 2 - 3 fields of work they prefer. We will accomplish this by examining strengths, likes, values & more. Work can be defined as; volunteer, paid, self-employed, or however else one wishes to define it.

In-Person Classes

Career Readiness
Thursday (RCC) 10:00 – 11:00
Louise & Lenny

This class will focus on the skills needed to apply for and get a job. Topics will include aspects of the job hunt, from elevator pitches to interviewing.

H.O.P.E. S
Thursday (LCR) 10:00 – 11:00
OT Interns
This class will start on September 30

This skills training class focuses on a range of skills and experiences essential 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 healthy living practices into their lifestyles. 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 to learn and grow. The goal of this class is to help you to continue aging with grace!

Healthy Living
Tuesdays (RCC) 2:30 – 3:30
Wednesday (ZOOM) 1:00 – 2:00
Garrett, Mike & Marjorie

In our class, we will meet twice a week to explore healthy living. What does healthy mean to you? Looking at examples of healthy living and putting some of these into practice, we will have fun doing things like light exercise, learning about different cultures and what health means in those cultures, and even cooking a healthy dish. This class is intended to appeal to folks interested in incorporating healthy living into your life during these challenging times.

Open Art Studio
Tuesday (RCC) 2:30 – 3:30
Derek & Intern

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!

In-Person Classes

Qigong 2

Tuesday (RCC) 11:30 – 12:30

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 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 and have Derek's Approval

Reiki 2

Thursday (RCC) 1:00 – 2:00

Gary, Deb & Bob

This class will be a continuation of your reiki practice by building off the Reiki 1 class, developing your distance healing, empowering energy, mental, emotional healing and practicing Reiki clinic interviews... **Must have completed Reiki 1 course to participate** If you have any questions contact, Garry by email ghorwitz@bu.edu

Spirituality for Recovery & Resilience

Tuesday (LCR) 1:00 – 2:00

Thursday (LCR) 1:30 – 2:30

Marjorie, Garrett & Deb

Spirituality for Recovery & Resilience seeks to create community, expand our perspectives, and cultivate positive, uplifting emotions and thoughts that propel mental health recovery and resilience. Spirituality, a force in life more significant than ourselves, feeds the soul and strengthens our belief in ourselves and others. We will meet twice a week. On Tuesdays, we will share our spiritual beliefs and practices that have contributed to our health and learn about the science of mindfulness-based spirituality-based stress resilience. On Thursdays, we will support each other by sharing our distressing situations and then practicing transforming our thinking using our spiritual perspectives.

Tai Chi Chuan 1

Tuesday (RCC) 1:00 – 2:00

Derek & Intern

Wu Style Tai Chi Chuan improves health, reduces stress, and builds greater resilience. Tai Chi is one of the Internal Arts of China, where millions of people practice it for its health benefits. The health-related goals are relaxation and calming of the mind and body, improving balance and fluid circulation. Students will be studying the Wu Style Tai Chi Chuan Short Form, which takes only 5 minutes to perform once learned. The regular performance of Wu Style Tai Chi changes the physiology of the body, thereby helping to remove many of the unconscious triggers that predispose one to experience emotional highs and lows.

Virtual Classes

Book Club

Thursday 9:30 – 10:30

Marijane, Wendy & Petra

Not sure if you're a reader? Come join the Book Club and find out. 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.

Exploring Modern Verse- Finding Your Voice

Friday 11:00 – 11:45

Mike & Petra

This class will outline contemporary poetry (20th Century) with emphasis on the experimental Beat, Confessional, Surrealism, and other forms will be explored. We will use our own writing to explore the inner self and our interactions with others and the world. Get ready for writing and sharing.

Goal Setting the SMART Way

Monday & Friday 10:00 – 11:00

Louise & Intern

In this class, we will learn the S.M.A.R.T. technique of setting and accomplishing goals. Each person will set a goal using this technique which they will work towards throughout the semester. Possible areas of goals include exercising, nutrition, socializing, cleaning.

Happiness

Monday 2:00 – 3:00

Gary & Intern

Our quality of life and well-being is primarily determined by the degree to which we are happy. Happiness is a state of mind that fills us with feelings of pleasure, joy, and contentment. We will discuss different views on how to bring about short-term and lasting happiness and develop individual strategies that we can implement immediately to achieve this worthwhile goal.

Virtual Classes

Healthy Relationships

Tuesday 3:30 – 4:30

Gary & Intern

Relationships, Personality, and Conflict Resolution provide 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!

History of Rock N' Roll

Monday 1:00 – 1:45

Bob & Derek

Are you interested in the History of Rock N' Roll? While actively listening to some of the most legendary bands and artists, we will analyze the lyrics. We all have a song that we deeply connect to and appreciate—lyric analysis provides an opportunity for us to identify song lyrics that may correlate with our own experiences. Music has powerful effects on the mind. Different styles of music can have a significant effect on one's mood very quickly, and it can help one experience and process a wide range of emotions, from happiness to excitement, sadness, calmness, and thoughtfulness. It can help improve confidence, communication skills, independence, self-awareness, awareness of others, and concentration and attention skills.

Lucid Dreaming & Dream Interpretation

Wednesday 1:30 – 2:30

Gary, Bob & Petra

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 welcome to share their dreams and discuss the meaning behind them in a safe and supportive environment.

Virtual Classes

Morning Movement
Friday 11:00 – 11:45
Garrett, Lenny & Bob

While gyms and recreation centers may be closed, for now, that doesn't mean you can't — get in a good workout! Learning how to work out and then sticking to a fitness routine will benefit you physically and help keep you mentally focused and your mood elevated. Join us on Friday morning for stretching/yoga with strength and mobility exercises. Everyone is welcomed, and there is excellent peer support for your wellness. **Open to all levels of fitness!**

Music, Mantra, Singing & Meditation
Wednesday 2:30 – 3:30
Marjorie, Garrett & Deb

We will share, listen to, and discuss sacred music that lifts our spirits in Music, Mantra Singing, and Meditation. We will also sing mantras that promote spiritual values, meditate, and explore our challenges of practicing meditation/prayer at home. We will support each other to build a short daily contemplation practice gradually.

Story Telling
Friday 2:00 – 2:45
Gary, Eric, Bob & Petra

Everyone has a story. And our stories are the narratives to our lives and in our recovery. 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. Throughout our days in the form of "work songs" that were spontaneously composed to make daily labor more enjoyable. This semester, we will 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 those mentioned above, 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.

Virtual Drop-In Activities

Breathing for Breathing for Freedom from Anxiety

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

Derek

Breathing is one of the most straightforward ways to gain access to your inner world, where you can develop calmness and relaxation. Breathing well can dramatically affect your health and well-being. It involves 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 3:30 – 4:30

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.

Laughter Yoga

Friday 1:00 – 2:00

Deb & Intern

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

Virtual Drop-In Activities

Open Mic
Friday 3:30 – 4:30
Derek

Welcome to Open Mic! Anyone who wishes to perform a song, a poem, or a piece of music can come along and join. This group is for anyone who wants to give performing a try 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 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."

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 through the end of a global pandemic, social isolation and making sense of our "new" normal together. We will articulate our goals for healing and wellness and mentor each other.

How to Register

Registration for In-Person Classes, Virtual Classes, and Virtual Drop-In Activities

Registration form: [Fall Registration Form](#)

1. Click the link above; you will be directed to a google form.
2. Fill out your contact information
3. Check the boxes of the in-person classes, virtual classes, or virtual drop-in activities you wish to take.
4. Click Submit. You will receive a copy of your registration form by email after you submit
5. Upload a picture of your COVID-19 Vaccine Card by September 2nd

Class Limits:

In-Person Classes: Choose your TOP 3 CLASSES. These classes will take place at the Center. All Students who wish to participate in in-person programming at the center must be vaccinated and upload their vaccine card.

Virtual Classes: Choose your TOP 3 CLASSES. These classes will take place virtually on Zoom.

Drop-In Virtual Activities: These activities are offered through zoom. You can drop into these activities at any point during the semester, but registration is STRONGLY suggested.

If you have questions or would like to register by phone, text, or email, please contact Stephanie Ewing at 857-337-5303 or stephc13@bu.edu