

# Recovery Education’s Fall Semester 2023

Boston University College of Health & Rehabilitation Sciences: Sargent College  
Center for Psychiatric Rehabilitation



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## Recovery Education Program’s Fall 2023 Semester

### IMPORTANT DATES

<b>Course Registration</b>	Friday, August 4th – Friday, September 1st
<b>Confirmation Emails/Letter</b>	Tuesday, September 5th
<b>First Week of Classes/Activities</b>	Monday, September 18th
<b>Last Week of Classes/Activities</b>	Friday, December 15th
<b>Thanksgiving Break: Center Closed, No Classes/Activities</b>	Monday, November 21st through Friday, November 25th
<b>Additional Days: Center Closed, No Classes/Activities</b>	Monday, October 9th: Indigenous Peoples’ Day Friday, November 10th: Veterans Day

### 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 skills, supports and practices that will enhance their readiness for personal change and role recovery. Our semesters are a combination of in-person and virtual classes.

## Recovery Education's Fall Semester 2023

### Important Information

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

**A:** You will need to complete a [New Student Application](#) that includes a Medical/Psychiatric Information Form. Please return the packet to Program Administrator Services Division, fax (617-353-7700) or mail it to 940 Commonwealth Ave. Boston, MA 02215.

**Q: What are the requirements to participate in the Recovery Education Program?**

**A:** Interested individuals must apply to the program, provide mental health condition documentation, be willing to use an educational environment to foster their recovery, submit medical records and provide documentation of COVID 19 vaccines and boosters. We follow Boston University guidelines which students **must complete a COVID-19 initial vaccination series and a COVID-19 booster shot** for both "In-Person" and "Virtual" Classes.

**Q: What is the difference between in-person classes, virtual classes?**

**A:** **In-Person Classes** are classes where student and staff are physically at the Center. You will need to register for these classes. We ask that you make the commitment to be in that class weekly. **Virtual Classes** are classes where student and staff can join from the comfort of their own home or another environment. Zoom is the platform we use, and you will need to register for these classes. We ask that you make the commitment to be in that class weekly. Participants are expected to attend virtual classes with their camera on (unless they need to take a break) and dress as if attending physically at the Center.

**Q: How do I register for classes or activities?**

**A:** You must have submitted a [New Student Application](#) to attend the Recovery Education Program. After you have enrolled, you will need to complete a class [registration form](#), which is located on our website as well as the last page of the catalog. If you need assistance registering for classes, please call or email Derek Fulker  
Email: [dfulker@bu.edu](mailto:dfulker@bu.edu)

**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 as well.

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

**A:** Contact your instructor, or you can leave a message at the front desk (617) 353-3549.

**Q: Where is the Center located?**

**A:** The Center is located at 940 Commonwealth Ave. Boston 02215, but our entrance is located on Pleasant Street. If you are taking public transportation, take the [Green B-Line](#) Outbound, and get off at the Babcock Street stop. If you drive, there is meter parking out in front of the Center, free parking further along Pleasant Street and a parking garage at The [Agganis Arena](#) that charges hourly.

# Recovery Education's Fall Semester 2023

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## Recovery Education's Fall Semester 2023

### How to Register

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

#### [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 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. We follow Boston University guidelines for vaccination status, which is currently the initial shots and one booster. This is required by all students, regardless if the class is "In-Person" or "Virtual". You can upload a picture of your COVID-19 Vaccine Card to this [link](#) or bring it in person for a staff person to make a copy.

#### **Class Limits:**

**In-Person Classes:** Students can select up to 3 "In-Person" classes. These classes will take place at the Center.

**Virtual Classes:** Students can select up to 3 "Register" classes. These classes will take place virtually on Zoom, login information will be provided with email confirmation.

**Drop-In Activities:** These activities do not count against your selected classes and are offered through Zoom and in-person. You can drop into these activities at any point during the semester, but registration is STRONGLY suggested.

**In-Person Location:** Here at the Center, we have three primary classroom setting. The Large Conference Room (**LCR**) located on the 2<sup>nd</sup> floor, The Computer Classroom (**CC**) located on the 1<sup>st</sup> floor, and the Recovery Conference Classroom (**RCC**) also located on the first floor.

**Virtual Meeting ID:** Zoom Room information will be provided after you received confirmation for your virtual classes.

If you have questions or would like to register by email, please Derek Fulker at [dfulker@bu.edu](mailto:dfulker@bu.edu)

## Recovery Education's Fall Semester 2023

Monday (Virtual)	Tuesday (In-Person)	Wednesday (Virtual)	Thursday (In-Person)	Friday (Virtual)
Poetry for Recovery <b>(Drop-In)</b> 2:30-3:30 Zoom with Mike & Charles	Qigong II – Neigong <b>(In-Person &amp; Drop-In)</b> 9:15-10:15 RCC with Derek	Breathing for Relaxation and Health <b>(Drop-In)</b> 10:00-11:00 Zoom with Derek	Qigong II – Neigong <b>(In-Person &amp; Drop-In)</b> 9:15-10:15 RCC with Derek	Creative Journaling for Recovery 12:30-1:30 Zoom with Elynn and Mike
	Microsoft Word (Continuation) 10:30-11:30 CC with Derek and Bill		Support Fitness 10:30-11:45 GYMIT with Lenny, Garrett	
	Connection with Ourselves & Others 10:30-11:30 RCC Louise and Lenny	Recovery in Action Singing & Mantra Meditation 2:30-3:30 Zoom with Marjorie and Deb	Recovery Sources of Inspiration 10:30-11:30 LCR with Petra and Kathryn	Community Singing <b>(In-Person &amp; Drop-In)</b> 1:00-3:00 RCC with Derek & David
	Peer Support <b>(In-Person &amp; Drop-In)</b> 12:00-1:00 RCC with Lenny, Bob		Working with Textiles <b>(In-Person &amp; Drop-In)</b> 10:30-11:30 RCC with Louise	
	Healthy Relationships 12:00-1:00 LCR Gary and Bill		Staff Meeting 12:00-1:00 LCR (Only Staff)	Laughter Yoga 1:45-2:45 Zoom with Deb
	Developing Stress Resilience 1:15-2:30 LCR with Marjorie and Garrett		Recovery In Action 1:15-2:30 LCR with Marjorie and Deb	
	Eight Dimension of Wellness 1:15-2:15 RCC with Kathryn and Danielle		Healing Through the Arts 1:15-2:15 RCC Danielle and Kathryn	
	Hero's Journey 2:30-3:30 RCC with Elynn & Petra		Healthy Lifestyles 1:15-2:15 CC/Kitchen Garrett and Lenny	
	Support Fitness 2:45-4:00 GYMIT with Lenny, Garrett		Hero's Journey 2:30-3:45 RCC with Elynn & Petra	
	Reiki 2 2:45-4:00 LCR with Gary and Deb		Storytelling 2:45-3:45 LCR with Gary and Bob	
	Open Art Studio <b>(In-Person &amp; Drop-In)</b> 3:45-5:15 RCC with Derek			

# Recovery Education's Fall Semester 2023

## In-Person Classes/Activities

### **Developing Stress Resilience**

**Tuesday 1:15-2:30 (LCR)**

**Marjorie and Garrett**

Stress is a part of life and can often challenge our mental and physical health. This course will help you develop stress resilience to meet the challenges of life 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 health recovery and (4) increase self-confidence and feelings of connectedness.

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### **Eight Dimension of Wellness**

**Tuesday 1:15-2:15 (RCC)**

**Kathryn and Danielle**

Wellness is an important part of living well and it is an essential part of people's recovery. Wellness is defined by eight different dimensions that all play a role in helping us thrive. This class will focus on one of the 8 dimensions of wellness each week: social, emotional, physical, occupational, environmental, financial, intellectual, and spiritual. We will learn about each dimension and assess our areas of strength and areas we wish to change and improve. The last several weeks will be devoted to creating SMART goals in the 8 dimensions and discussing obstacles, rewards, and resources.

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### **Healing Through the Arts**

**Thursday 1:15-2:15 (RCC)**

**Danielle and Kathryn**

Art is one of the few tools that helps a person heal physically, mentally, emotionally, and spiritually. This class will involve using different themes/topics of healing through class projects. Some projects will be individualized, and some will be working with others because art in itself is a form of communication. This is a very hands on class with lots of discussion and conversation. This is a class for all to find another way to express themselves and leave the critic at the door.

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### **Healthy Lifestyles**

**Thursday 1:15-2:15 (CC)**

**Garrett and Lenny**

Research has shown blue zones, places in the world where people live the longest, emphasize community, strong relationships, and healthy food choices. This class will explore these practices from our cultural and environmental perspectives. Information about different practices will be provided and then We will strategize and set goals to adopt some of these blue zone practices to live healthier lives. Peer support will be provided around setting and working towards these health goals.

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# Recovery Education's Fall Semester 2023

## In-Person Classes/Activities

### Healthy Relationships Tuesday 12:00-1:00 (LCR) Gary and Bill

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 provide peer support and talk about their personal experiences. Students who have already completed Conflict Resolution are encouraged to join!

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### Microsoft Word - Continuation Tuesday 10:30-11:30 (CC) Derek and Bill

Microsoft Word is a computer program that allows people to communicate through their writing, in their jobs, classes and personal activities. In this class, we will learn aspects Microsoft Word in a safe and supportive environment. We shall practice what we have learned through in class exercises. Prior knowledge of Microsoft Word is not necessary for taking this course but will be advantageous and some basic computer skills are required. We shall be repeating everything we studied in the "Beginner's Microsoft Word" classes, and we shall be adding more skills. If there is enough interest, we shall also study Microsoft PowerPoint, another program in the Microsoft Office Suite. Microsoft PowerPoint is designed to create electronic presentations consisting of a series of separate pages or slides.

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### Our Heroic Journeys: Past and Present Tuesday 2:30-3:30 (RCC) & Thursday 2:30-3:45 (RCC) Elynn and Petra

#### This class requires students to attend both the Tuesday and Thursday Hero's Journey.

Do you consider yourself a hero in your journey towards well-being? In stories about epic journeys (such as Star Wars, The Wizard of Oz, and Finding Nemo) the hero is often an ordinary person who answers the call to adventure, crosses the threshold from the known into the unknown, and meets mentors and allies. The hero discovers hidden inner strength by facing multiple challenges and goes through a transformation where a new self emerges.

"The Hero's Journey: Path to Well-Being" class will introduce you to the stages of the Hero's Journey narrative and offer a new way to understand, guide, and support your well-being journey. You will have an opportunity to befriend your Inner Hero, meet people who are on a similar journey, and develop support and connection.

We hope to facilitate sharing journeys that students have already accomplished and are proud of --as well as ones we're working on at the present time. This class is open to everyone!

# Recovery Education's Fall Semester 2023

## In-Person Classes/Activities

### Recovery In Action

Thursday 10:45-11:45 (LCR)

Marjorie and Deb

This class focuses on promoting recovery by learning and practicing Mindfulness-based Cognitive Transformation (M-bCT) within a supportive community. We will be developing our mindful listening, thinking, and speaking skills. Students will be encouraged to speak about stressful situations using M-bCT. We will support each other to identify, challenge, and reframe emotion-based thoughts to widen our perspectives, increase hope, and improve health. Weekly, we will practice walking and/or seated meditation.

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### Recovery Sources of Inspiration—Magnificent Minds

Thursday 10:30-11:30 (LCR)

Petra and Kathryn

This class strives to provide students with real life stories of inspiration to gain hope, resilience, and determination that they can use in their recovery journeys. We will focus on singers, actors, athletes, artists, writers, and politicians who have lived with a mental illness starting from the 1960 to present. The main goal is to realize that despite mental health issues, these people have accomplished great feats and so can the students. Students will realize that they can accomplish whatever they put their minds to such as taking college classes, getting a job or just even attending the center and socializing with their peers. No feat is too small and should be celebrated. We will also discuss the importance of self-care, noticing when one needs to take time off to regroup and to have the energy to move forward again. We will use known people as examples to motivate and get excited about our own accomplishments. We will also encourage class discussions about people they would like to discuss from whom they may have drawn inspiration. The class is interactive with clips, songs and images shown as a learning tool.

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### Recovery through Connection with Ourselves & Others

Tuesday 10:30-11:30 (LCR)

Louise & Lenny

Even though being connected is a natural state of being, it is something we often lose. Connectedness is one of our deepest yearnings and most satisfying experiences. When we are disconnected, we feel alienated, lonely and often lack a sense of meaning and purpose. In this class we will become aware of the possibilities for building connections with ourselves, others, our environments and our meaning and purpose. We will increase our skills and knowledge in building connections. This class will provide opportunities for practice our new knowledge and skills for building connections.

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# Recovery Education's Fall Semester 2023

## In-Person Classes/Activities

Reiki 2  
2:45-4:00 (LCR)  
Gary and Deb

**Completion of Reiki 1 training is a prerequisite to registering for this class.**

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.

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Storytelling  
Thursday 2:45-3:45  
Gary and Bob

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

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Supported Fitness  
Tuesday 2:45-4:00 (GYMIT) & Thursday 10:30-11:45 (GYMIT)  
Lenny, Garrett

**Students have the option to select the Tuesday Support Fitness, the Thursday Support Fitness or both!**

Being fit plays an important role in building and maintaining our physical health. Our physical health is a critical foundation in our recovery, especially as we age. This class will take place at GYMIT-the small gym right around the corner from the Center twice a week. You will have the opportunity to use the fitness equipment such as treadmills, bikes, rowers, and stair climbers as well as the weights and stretching area. This will be a "start at your own pace" and you will exercise independently with supportive staff exercising alongside of you!! Come join us to build your strength, cardiovascular fitness, and flexibility.

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## Recovery Education's Fall Semester 2023

### Drop-In & In-Person Classes/Activities

#### Peer Support (Drop-In & In-Person)

Tuesday 12:00 - 1:00 (LCR)

Lenny and Bob

This an opportunity for people to come together inclusively as humans, as we navigate our way through our lives, our recovery and healing journeys and our experiences as citizens. We will listen deeply to one another, respond empathetically, and articulate our goals for healing and wellness. Peer support is a powerful way to mentor each other. In each class, we will discuss and practice a method to help deal with feelings and behaviors that may be in our way.

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#### Community Singing (Drop-In & In-Person)

Friday 1:00-3:00 (RCC)

Derek & David

Music and Song can be a powerful tool of communication and human beings have sung songs, and they have played drums and other musical instruments for 1,000s of years. Come join us on Thursday afternoons because we are going to be making 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, and performance pieces. We shall be conducting various sessions for students to join in using drums, percussion, guitars, piano and any instruments that you have.

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#### Open Art Studio (Drop-In & In-Person)

Tuesday 3:45-5:15 (RCC)

Derek

Art is healing and in this open studio we provide an environment where people can work together, share ideas, and give feedback. When we share our work with others and hear their positive observations, it encourages us to look at our work from a different perspective and realize our strengths. We gain ideas from other people's work, and we gain connections by creating art together. An art subject, such as portrait, landscape, color, perspective, abstract will be suggested each week.

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## Recovery Education's Fall Semester 2023

### Drop-In & In-Person Classes/Activities

#### Qigong II – Neigong

Tuesday 9:15-10:15 (RCC) & Thursday 9:15-10:15 (RCC)

Derek

Qigong means “energy practice”, Neigong means “internal practice” and we shall continue to review and deepen our studies of Circling Hands Qigong which teaches us how to utilize all the essential circular movements, alignments and weight shifting actions contained within most Tai Chi Forms. The three Circling Hands movements are simple to learn and are an ideal physical and energetic workout. They are an easy method of learning the physical and energetic principles of all Qigong and Tai Chi Chuan. Qigong I is not required for this class.

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#### Recovery through Working with Textiles

Thursday 10:30-11:30 (RCC)

Louise

Knitting is known as a skilled activity that benefits our mind and hearts. It has been shown to reduce depression, anxiety, trauma related symptoms and chronic pain—all important health goals in our recovery. Knitting also helps keep our cognitive skills and social skills sharp! This course will be individualized, self-paced and for all skill levels. Students will have the opportunity to learn how to knit, crochet, and do hand mending such as sewing on buttons depending on each person's interests. Come join us to learn how to knit yourself calm and connect with others!

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## Recovery Education's Fall Semester 2023

### Virtual Classes/Activities

#### Creative Journaling for Recovery

Friday 12:30-1:30 (Zoom)

Elynn and Mike

What do we appreciate in each day? How do we respond to an act of kindness-- given or received? What are self-care tools to empower and calm us? This class will explore many types of journaling or journal entries. We will also respond to Movie Clips and Short Stories, and write gratitude Entries. The goal is for students to discover new self-care tools through journaling.

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#### Laughter Yoga

Friday 1:45-2:45 (Zoom)

Deb

Laughter is fun, playful, and provides a way to connect socially, while uplifting your mood. Laughter is also an exercise: this class will teach you skills of laughter yoga and provide time to practice breathing exercises, stretching, and dancing to fun songs. These skills will support your overall wellbeing.

"Laughter is America's most important export." – Walt Disney

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#### Recovery in Action Singing & Mantra Meditation

Wednesday 1:00-2:00 (Zoom)

Marjorie and Deb

Each week we will listen to and discuss the lyrics of a song that inspires hope and reduces stress. Weekly we will practice vocal warm-ups, sing songs, and meditate on a mantra to calm ourselves, and widen our perspective. We will encourage each other to meditate and sing at home as these are 2 research-based practices known to improve health and further recovery. We will work on supporting each other to overcome our challenges to practice singing and meditation at home.

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## Recovery Education's Fall Semester 2023

### Drop-In & Virtual Classes/Activities

#### **Breathing for Relaxation and Health (Drop-In & Virtual)**

**Wednesday 10:00-11:00 (Zoom)**

**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. This class will teach you the skills of deep abdominal breathing which relates to relaxation, contentment, and peacefulness to foster a more stable emotional life. We will work to Develop a daily practice as part of your wellness regimen.

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#### **Poetry for Recovery-Text and Spoken Word**

**Monday 2:30-3:30 (Zoom)**

**Mike and Charles**

Poetry is a “window to the soul”; it is a means of catharsis, of self-expression, and the play of language. This class will focus on interpreting the inner self through verse. Using texts from familiar poets and encouraging students to share their own work from week to week, we will answer a few core questions. What moves your spirit in the way of the printed word? How does the work of others help you realize your own goals? What resonates with your joys and struggles? Our primary aim is to bring you along in your own writing with readings and feedback. No experience is necessary, just be open minded to expressing your own work and listening to others!

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