

Realising Recovery and Social Inclusion™

Understanding and achieving the vision of recovery and social inclusion portrayed in the recovery philosophy.

A 3-day course for 6-15 people (2-day version also available).

Executive Summary:

Recovery' is an idea that gets people understandably excited. For example, this is what the Sainsbury Centre for mental health said:

"Recovery' is an idea whose time has come. At its heart is a set of values about a person's right to build a meaningful life for themselves, with or without the continuing presence of mental health symptoms. Recovery is based on ideas of self-determination and self-management. It emphasises the importance of 'hope' in sustaining motivation and supporting expectations of an individually fulfilled life."

And here is a similarly inspiring quote from Roberts, G & Wolfson, P. in *Advances in Psychiatric Treatment*:
 "Redefinition of recovery as a process of personal discovery, of how to live (and live well) with enduring symptoms and vulnerabilities opens the possibility of recovery to all This reconceptualisation is personally empowering, raising realistic hope for a better life alongside whatever remains of illness and vulnerability"

What Realising Recovery and Social Inclusion aims to do is to present you with a similarly inspiring presentation that educates, develops skills, and motivates you to use them enthusiastically in your own work.

Who should attend?

Everybody who works in mental health and related areas.

Day One: The History and Philosophy.

- Definition and Description. Recovery may be seen as more of a philosophy than a model, requiring that "we regain personal power and a valued place in our communities."
- The Sainsbury Centre for Mental Health document: *Making Recovery a Reality*. Andresen et al's five stages of recovery. The importance of work and employment. Shepherd's ten top tips, 2007.
- Components of the process of recovery. Having hope; Re-establishment of a positive identity; Building a meaningful life; Taking responsibility and control. The importance of optimism.
- Social Inclusion. "Increasingly, services aim to go beyond traditional clinical care and help patients back into mainstream society, re-defining recovery to incorporate

quality of life - a job, a decent place to live, friends and a social life."

- Professional Qualities. All the sophisticated concepts, and all the literature in the world, are as nothing unless the professional has the right personal qualities.
- The relationship. Roberts & Wolfson (2004) have characterised this as a shift from staff who are seen as remote, in a position of expertise and 'authority', to people who behave more like a personal coach or trainer: 'On tap, not on top.' Repper & Perkins.
- Borg & Kristiansen's (2004) key characteristics: Openness; Collaboration as equals; A focus on the individual's inner resources; Reciprocity; A willingness "to go the extra mile".

Day Two: 'Operationalising' the Recovery model ... techniques to make it happen.

- Positive questions. A positive question has two key qualities: It focuses on positive behaviour, not negative. So long as you can answer it, the answer will necessarily eliminate the negative behaviour.
- Radical Validation Plus. People who are good at validating are liked by their friends and influential with their clients.
- Socratic Dialogue. Asking questions that help a person to think things through the way they want to.
- Planning and achieving a good Future. We need not be so perturbed about our past that it disturbs our present, nor so wrapped up in the present that we neglect our future. The RAID Ladder of Achievement.
- Decisional Balance. Helping the person to decide what they want, and to act on their decision. Putting forward your own suggestions. Encouragement and support. The two traps.
- The role of a written action-plan.
- Practical Support. Advice, 'sounding-board', and emotional support are all helpful, but so is practical support. And service users value it very highly.
- Noticing positive results is good but not good enough. We also need to know what to do to help people achieve what they want again, and again.

To discuss or place an order call **0116 241 8331** or email office@apt.ac

Over 100,000 professionals have benefitted from attending APT courses; APT tutors are a resource of academic and clinical expertise probably unequalled in the UK.

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Day Three: Applying the Knowledge: Constructing a full Recovery care plan and measuring progress and results.

- Measures of Recovery. Recovery is more than philosophy, it is about results. To have clear evidence of progress helps both the service-user and the professional. In this section we review four measures.
- Producing a Recovery-Oriented Care Plan. Applying the Recovery principles to producing a Care Plan for a prepared case example.
- Producing a Recovery-Oriented Care Plan, 2. Applying the Recovery principles to producing a usable Care Plan for a service-user you know.

What this course will do for you.

- You will have the satisfying feeling of knowing about 'Recovery': its history and philosophy. Knowing what others say about it and how it came about. Knowing that it's not just about 'cure' but about leading a rewarding life, and social inclusion too, and just what that means and how it can be achieved.
- You will know which of your own personal qualities are important, and which elements of 'professionalism' are perhaps unhelpful in the Recovery context. You will have a clear concept for how to collaborate in producing recovery.
- You will know how to generate optimism and helpful action for those you work with.
- You will know how to increase the 'can-do' spirit in others in a way that makes them feel good about you and, more importantly, about themselves.
- You will know how to help people 'think things through' so they really know which direction they want to head in and are keen to get there. You will know how to help people 'stay on the track they want' and to be hopeful about the future.
- You will be able to help people form a real plan that they can act on and be pleased they did.
- You will know how to help people genuinely, realistically and ethically, when they hit difficulties.
- You will know how to produce a proper, down to earth, Recovery-oriented care plan.
- You will know that Recovery is more than a philosophy, it is about real results, and you will know how to measure those results in a way that all concerned can see them and be pleased and impressed by them.

Delegates' Feedback

Average presentation rating: 97%



Average relevance rating: 96%



Written Feedback:

"I loved every aspect of the course - very relevant to my work and how I wish to see it progress - it's an exciting time for mental health practitioners - promoting a new way to address "healing". Thank you very much for your energy, inspiration and workforce presentation. Please arrange a review course soon!"