



# Preparing for Recovery: How Do We Make Sure All of Us are Ready for Recovery Community?

## with Karen Taylor & Ron Coleman

When we decided to “do” recovery did we really spend the time preparing us all for what that would mean? Ron Coleman and Karen Taylor have 20 years experience providing recovery programs for people who are affected by psychosis. Their recovery model includes families, people with lived experience, and mental health professionals working together really having a common understanding of what could be achieved, the paradigm shift needed, and the change from a health agenda to an agenda of community development, human development and education. This presentation will look at choice, ownership, people, and self the 4 pillarstones of recovery.

The workshop is open for peers, family members, caretakers, mental health professionals or anyone who is affected by psychosis.

**Thursday, September 28, 2017**

**9:30 A.M. — 5:00 P.M.**

Cubberley Community Center, Room H-1  
4000 Middlefield Road  
Palo Alto, CA 94303

**Ron Coleman**, Director, is a Mental Health Trainer and Consultant specializing in recovery, psychosis prevention and resolution. Following his role as national coordinator of the 'Hearing Voices Network,' he used his experiences of recovery to design workbooks and training packages to enable voice hearers to gain ascendancy over the negative aspects of the voice hearing experience.

**Karen Taylor**, Director, is an RMN with 16 years experience in the NHS (National Health Service) in England with both older people and adults of working age. She has personal experience of designing, implementing and managing innovative community care services. After leaving the NHS, she managed the company 'Keepwell Ltd' for 2 years and ran a psychosis resolution service based on Recovery.

**Website** <http://www.workingtoarecovery.co.uk/>

### Registration

Registration is required due to limited seating.

**RSVP** [southbayprojectresource@gmail.com](mailto:southbayprojectresource@gmail.com)

### Fees

Peers - Free

Family Members - \$40.00

Clinicians and Others - \$80.00

Pay cash or check at the door.

**Contact** [southbayprojectresource@gmail.com](mailto:southbayprojectresource@gmail.com)

**Website** [www.southbayprojectresource.org](http://www.southbayprojectresource.org)

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## **SCHEDULE**

**9:00 A.M. – 9:30 A.M.** Registration

**9:30 A.M.** Welcome and Introductions

**9:45 A.M.**

**Session 1** Preparing for recovery – What is recovery? The importance of choice, ownership, people and self in starting the journey.

**Session 2** You are not the problem. Exploring why people often feel that somehow they are the problem and that they cannot recover.

**Session 3** The illness trap. Focus on the barriers that can often get in the way of a person's recovery and exploring ways they can be overcome.

**12:30 P.M. – 1:30 P.M.** L U N C H

**1:30 P.M.**

**Session 4** The importance of story. The importance of our stories, of both the person with the problem and the family. Helping a person move from their dominant story to an alternative story that may help them explore their problem in a very different way.

**Session 5** Sculpting voices and/or visions. How we can sculpt aspects of the person's experience voices or visions to help them gain a greater understanding of their experience and how we might use this technique in conjunction with voice dialogue.

**Session 6** Finding resolution. Exploring a number of techniques that can be used when working with people that will help them find ways of dealing with their experience in the short, medium and long term driving towards recovery.

**4:45 P.M.** Wrap Up

**5:00 P.M.** End of Workshop