

COURSE OUTLINE

FOUNDATION COURSE

Subject Category:

Personal Development

Course aim:

This course is designed to help you think about the questions as well as the choices, options and life experiences to consider in what it takes to live the life you want to live.

It is intended to be a starting point no matter where you are in your recovery journey.

Course overview:

Module	Description
Understand what is meant by personal recovery and explore character strengths.	There are many paths to the good life. In this module, we explore what 'recovery' or 'getting better' means to the individual. We also do some strength finding, in order to help us bring more of our true selves to the world.
Explore the concept of wellbeing using CHIME and the 5 Ways to Wellbeing model.	We don't necessarily do what is good for us, we do what is familiar. Wellbeing is about living more intentionally. We can all make choices and change. In this module, we look at how we can bring more self-awareness to how we spend our time.
Recognise the role of other people in recovery, and the most useful way to think about a diagnosis.	Recovery doesn't happen in isolation; it happens in the community. In this module, we recognise the role of other people in our recovery. Other people can help or hinder our recovery. Everyone has a story to tell.
Explore the 'illness trap' and how to develop a positive sense of self outside of a	You are not the problem; the problem is the problem. In this module, we try to make a healthy separation between what is us and what is our mental health

mental illness.	problem. Yes, your mental health problem might be a part of you, but it is not the whole of you.
Understand the recovery process as part of a stage model of change.	Recovery is best thought as a process. You're in it and it is going to take time. In this module, we look at a stage model of change and how we can identify at what stage we are at in the process. It is also about making a choice not to stay stuck and to move on with our lives.
Understand the role of goal setting in supporting recovery.	If life is a journey, then goals are what help us keep on the path. Goals can also give us a sense of forward direction. In this module, we tentatively think about what our next step is along our journey. It's about being drawn to the future rather than driven by the past.

Pre course requirements:

This course is open to all.

Who can attend:

Everyone who is new to the Recovery College or new to the concept of personal recovery.

Link to CHIME framework for personal recovery:

Connectedness	Connect with yourself and others and the community. Build new connections
Hope & Optimism	Believe recovery is possible. Generate optimism about the future.
Identity	Develop a sense of identity outside of a person with a mental health problem.
Meaning	Make sense of your experience. Tell your story. Find your reason to recover.
Empowerment	Take control of your recovery. Make healing your responsibility.