



# Galway Recovery College

*Mental Health Recovery Education through Transformative Learning*



## Prospectus for Autumn/Winter Semester, 2021

Galway Recovery College is usually based in the Institute for Lifecourse and Society (ILAS) building, on the North Campus of NUIG, Upper Newcastle Road, Galway, H91 C7DK. **Before the Covid-19 pandemic our recovery education took place in this building. We have scheduled all sessions for this semester online using Zoom but, if we get the green light from NUIG, we hope to offer concurrent sessions with some students face-to-face in the seminar room and some students online. If you are not familiar with Zoom, contact us for a one to one tutorial.**

*There is no charge for sessions.* Tutorials in Remote Consultation for people who wish to meet with their clinicians via the Attend Anywhere app can be organised on a one-to-one basis by calling or emailing us.

This semester we will be offering four recovery education sessions per week on Tuesday, Wednesday and Thursday evenings (6-8pm) and Thursday afternoons (2.30-3.30pm).

### September

Tuesday 6pm		Wednesday 6pm		Thursday 2.30pm and 6pm	
7	Empowering Recovery 1 Introduction	8	Let's Talk Recovery 1	9	2.30pm Recovery Skills 1 6.00pm WRAP 1
14	Empowering Recovery 2 Recovery Strategy	15	Let's Talk Recovery 2	16	2.30pm Recovery Skills 2 6.00pm WRAP 2
21	Empowering Recovery 3 Trauma and Recovery 1	22	Anxiety and Recovery 1	23	2.30pm Recovery Skills 3 6.00pm WRAP 3
28	Empowering Recovery 4 Trauma and Recovery 2	29	Anxiety and Recovery 2	30	2.30pm Recovery Skills 4 6.00pm WRAP 4

### October

Tuesday 6pm		Wednesday 6pm		Thursday 2.30pm and 6pm	
5	Empowering Recovery 5 Trauma and Recovery 3	6	Anxiety and Recovery 3	7	2.30pm Recovery Skills 5 6.00pm WRAP 5
12	Empowering Recovery 6 Telling your story safely	13	Learning from our experience 1	14	2.30pm Recovery Skills 6 6.00pm WRAP 6
19	Empowering Recovery 7 Fight/Flight/Freeze	20	Learning from our experience 2	22	2.30pm Recovery Skills 7 6.00pm WRAP 7
26	Empowering Recovery 8 STOPP skill and CBT	27	Dealing with anger 1	28	2.30pm Recovery Skills 8 6.00pm WRAP 8

### November

Tuesday 6pm		Wednesday 6pm		Thursday 2.30pm and 6pm	
2	Empowering Recovery 9 Body, mind, mindfulness	3	Dealing with anger 2	3	2.30pm Recovery Skills 9 6.00pm WRAP 9
9	Empowering Recovery 10 Dealing with anxiety 1	10	Dealing with anger 3	10	2.30pm Recovery Skills 10 6pm Sleep improvement 1
16	Empowering Recovery 11 Dealing with anxiety 2	17	Creativity & Wellbeing 1	17	2.30pm Recovery Skills 11 6pm Sleep improvement 2
23	Empowering Recovery 12 Nutrition & MH	24	Creativity & Wellbeing 2	24	2.30pm Recovery Skills 12 6pm Self advocacy 1
30	Empowering Recovery 13 Exercise and MH				

See overleaf for December sessions



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## December

Tuesday 6pm		Wednesday 6pm		Thursday 2.30 and 6pm	
		1	Creativity & Wellbeing 3	2	2.30pm Recovery Skills 13 6pm Self advocacy 2
7	Empowering Recovery 14 Self-compassion 1	8	Self esteem 1	9	2.30pm Recovery Skills 14 6pm Self advocacy 3
14	Empowering Recovery 15 Distress tolerance 1	15	Self esteem 2	16	2.30pm Recovery Skills 15 6pm Review of semester

## More information on our programmes

### Tuesdays 6-8pm

#### Empowering Recovery (40 weeks)

This programme has been extended to cover the whole academic year until the end of June 2022. Designed to include skills that many people have found useful in their recovery, it includes sessions on:

- Mindfulness
- Distress tolerance
- Changing our emotions
- Interpersonal skills

Each session will build on the work done in the previous one so students will benefit most by joining as many sessions as possible but new students are always welcome to join. See the accompanying introduction to this programme or access it at

<https://www.recoverycollegewest.ie/galway/prospectus/current-prospectus> for further details.

### Wednesdays 6-8pm

**Let's Talk Recovery** - an introduction to the recovery approach for new and existing students

**Anxiety and Recovery** - an opportunity to explore anxiety

**Learning from Our Experience** - learning from the past to change the present and the future

**Dealing with Anger** - exploring anger, where it comes from and what we can do about it

**Creativity and Wellbeing** - developing and using creativity to enhance recovery

**Self Esteem** - building self-esteem to foster resilience and control over our lives and recovery

### Thursdays

#### Afternoons (2.30 - 3.30pm)

**Recovery Skills** - We know that not everyone can concentrate for two hours, so our sessions on Thursday afternoons focus on Recovery Skills for one hour. The Recovery Skills programme incorporates some of the learning from the Empowering Recovery programme but each session is designed to be useful on its own as well as part of an ongoing programme. We hope that students currently in hospital will also join us online. See the accompanying introduction to this programme or access it at <https://www.recoverycollegewest.ie/galway/prospectus/current-prospectus> for further details.

#### Evenings 6-8pm

**Wellness Recovery Action Planning (WRAP)** - This nine-week programme encourages students to plan, work towards and maintain their own recovery.

**Sleep Improvement** - exploring what causes insomnia and what we can do about it.

**Self-Advocacy** - developing the confidence to interact effectively with mental health service providers to request and obtain the support we need.



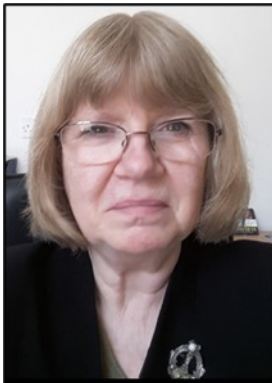
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## kintsukuroi

(n.) (v. phr.) "to repair with gold"; the art of repairing pottery with gold or silver lacquer and understanding that the piece is more beautiful for having been broken



Virginia Moyles



Teresa Nilan



Siobhan Colleran

The college team — we look forward to welcoming you to Galway Recovery College.

A number of other facilitators will also be working with us.

### MULTI-PART MODULES

Most of our sessions are multi-part modules rather than a repeat of the same session. Therefore, to engage with the full content of each subject, we would encourage students to participate in all parts of a module. However, students are welcome to attend any session(s) of their choice once they have registered at any time during the semester. The WRAP programme requires commitment to all nine sessions and is therefore closed to further students after the second session.

We ask that you log on **5 minutes** before the start time of each session so as to ensure there are no technical issues



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<https://www.recoverycollegewest.ie>



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