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**Website: www.recoverycollegesoutheast.com**

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|  | **Recovery College South East – Online Recovery Education Programme**  **You are invited to join us in our new Online Recovery Education Programme. It is free and will help us all feel connected and supported during these times of uncertainty.**  **Follow the simple steps below to connect to our online interactive workshops.**  **(For more detailed information on the workshops, please go to the Workshop Section of our Website –** [www.recoverycollegesoutheast.com](http://www.recoverycollegesoutheast.com) )   1. **Complete the attached enrolment form and email it to the Recovery College South East at enrol**[**recoverycollegesoutheast@gmail.com**](mailto:recoverycollegesoutheast@gmail.com) **or forward it to us by post.**   **Alternatively**   1. **Phone us on 086 1746330 to enrol** 2. **Download the free ZOOM app on your mobile phone or/and your laptop.** | | |
| **January 2022** | | | |
| Working Together : Co-Production (2 week workshop) | | Tuesday 11th and Tuesday 18th | 10am – 12pm |
| WRAP (5 week workshop) | | Wednesday 12th, 19th, 26th, January and Wednesday 2nd and 9th February | 1.30pm – 4.30pm |
| Growing Towards Health and Wellness  (10 week workshop)  ***To get the full benefit from this series of workshops, it is recommended that you attend all sessions.*** | | Monday 17th, 24th, 31st January, Monday 7th, 14th, 21st 28th February, Monday 7th, 21st and 28th March | 10am – 12pm |
| Understanding and Managing Anxiety (4 week workshop) | | Monday 17th, 24th, 31st January and Monday 7th February | 10am – 12pm |
| Mindfulness (4 week workshop) | | Tuesday 18th, 25th January and Tuesday 8th and 15th February | 10am – 11am |
| Understanding Diagnosis for Families and Supporters | | Wednesday 19th January | 10am – 12pm |
| Recovery through Art (10 week workshop) | | Thursday 20th, 27th January, Thursday 3rd, 10th, 17th, 24th February, Thursday 3rd, 10th, 24th, 31st March | 10.30am – 12.30pm |
| Personal Narrative (3 week workshop) | | Tuesday 25th January and Tuesday 1st and 8th February | 10am – 12pm |
| How Mental Health Challenges can affect Families and Supporters | | Wednesday 26th January | 10am – 12pm |
| Lunchtime Wellbeing (Lunch time workshop) | | Wednesday 26th January | 1pm – 1.45pm |
| **February 2022** | | | |
| Healthy Communication Skills for Families and Supporters | | Wednesday 2nd February | 10am – 12p |
| Understanding and Managing Stress (3 week workshop) | | Thursday 3rd, 10th, 17th February | 2pm – 4pm |
| Mind over Mood (8 week workshop)  ***To get the full benefit from this series of workshops, it is recommended that you attend all sessions.*** | | Thursday 3rd, 10th, 17th, 24th February and Thursday 3rd, 10th, 24th, 31st March | 10am – 12 pm |
| Understanding and Living with Hearing Voices | | Friday 4th February | 10am – 12pm |
| Getting a good night’s sleep | | Tuesday 8th February | 2pm – 4pm |
| Information and Advocacy for Families in Recovery (Evening Workshop) | | Wednesday 9th February | 7pm – 9pm |
| Practical Facilitation Skills (4 week workshop)  ***To get the full benefit from this series of workshops, it is recommended that you attend all sessions.*** | | Tuesday 15th, 22nd February, Tuesday 1st and 8th March | 10am – 12pm |
| Understanding and Managing Co-Dependency within Family Recovery | | Wednesday 16th February | 10am – 12pm |
| Understanding and Managing Depression  (4 week workshop)  ***To get the full benefit from this series of workshops, it is recommended that you attend all sessions.*** | | Wednesday 16th, 23rd February and Wednesday 2nd and 9th March | 2pm – 4pm |
| Compassionate Mind (4 week workshop) | | Tuesday 22nd February and Tuesday 1st, 8th and 15th March | 10am – 11am |
| Steps towards Healing and Forgiveness in Family Recovery | | Wednesday 23rd February | 10am – 12pm |
| Lunchtime Wellbeing | | Wednesday 23rd February | 1pm – 1.45pm |
| Understanding and Managing Addictions  (4 week workshop) | | Friday 25th February, and Friday 4th, 11th, 18th March | 10am – 12pm |
| Understanding and Living with Psychosis | | Friday 25th February | 10am – 12pm |
| Understanding and Living with Anxiety  (4 week evening workshop)  ***To get the full benefit from this series of workshops, it is recommended that you attend all sessions.*** | | Monday 28th February and Monday 7th, 14th, 21st March | 7pm – 9pm |
| Anxiety Support Group (last Monday every month) | | Monday 28th February | 10am – 11am |
| **March 2022** | | | |
| Mental Health and Family Caring and Supporting the Supporters Programme (5 week programme)  ***To get the full benefit from this series of workshops, it is recommended that you attend all sessions.*** | | Wednesday 2nd, 9th, 16th, 23rd and 30th March | 10am – 12pm |
| Understanding and Managing Anger (2 week workshop) | | Tuesday 15th and Tuesday 22nd March | 10am – 12pm |
| Let’s Talk Social Media and Wellbeing | | Wednesday 16th March | 10am – 12pm |
| Food for Mood (Morning Workshop | | Monday 21st March | 10am – 12pm |
| Understanding Paranoia | | Friday 25th March | 10am – 12pm |
| Anxiety Support Group (last Monday every month) | | Monday 28th March | 10am – 11am |
| Lunchtime Wellbeing | | Wednesday 30th March | 1pm – 1.45pm |
| **April 2022** | | | |
| **Personal Development Programme (8 week workshop)**  Module 1: Introduction to Personal Development  Module 2: Building our Self Confidence and Self Belief.  Module 3: Developing Positive Living  Module 4: Assertiveness  Module 5: Identifying and Achieve your Goals.  Module 6: Maintaining Motivation  Module 7: Self Awareness  Module 8: Self-care and Wellbeing  ***To get the full benefit from this series of workshops, it is recommended that you attend all sessions.*** | | Tuesday 12th, 19th, 26th April  and Tuesday 3rd, 10th, 17th, 24th and 31st May | 10am – 12pm |
| Understanding and Living with Bipolar (2 week Workshop | | Friday 15th and 22nd April | 10am – 12pm |
| Support group for people who live with Anxiety | | Friday 25th April | 10am – 11am |
| Lunchtime Wellbeing | | Wednesday 27th April | 1pm – 1.45pm |
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| **May 2022** | | | |
| Understanding and Managing Anxiety (4 week workshop) | | Thursday 5th, 12th, 19th, 26th May | 10am – 12pm |
| **Loneliness and Isolation (3 week workshop)**  Week 1: Building Confidence in social situations  Week 2: Meeting new people and building friendships  Week 3: Making a weekend plan  ***To get the full benefit from this series of workshops, it is recommended that you attend all sessions.*** | | Friday 6th, 13th, 20th May | 10am – 12pm |
| **Communication Skills ( 3 week workshop)**  Week 1: How do we communicate?  Week 2: Communication and our Emotions  Week 3: Learning Good Communication Skills  ***To get the full benefit from this series of workshops, it is recommended that you attend all sessions.*** | | Monday 9th, 16th, 23rd May | 10am – 12pm |
| Loss and Bereavement (2 week workshop) | | Wednesday 11th and 18th May | 10am – 12pm |
| Support group for people who live with Anxiety (Last Monday of the month) | | Monday 30th May | 10am – 11am |
| Lunchtime Wellbeing | | 25th May | 1pm – 1.45pm |
| **June 2022** | | | |
| Support group for people who live with Anxiety (Last Monday of the month) | | Monday 27th June | 10am – 11am |
| Lunchtime Wellbeing | | Wednesday 29th June | 1pm – 1.45pm |

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**Recovery College South East Enrolment Form**

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| **Course title** | **Commencement date** |
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| **PLEASE COMPLETE USING BLOCK CAPITAL LETTERS** | | |
| **Surname:** |  | |
| **First name(s)** |  | |
| **Address:** |  | |
| **Telephone:** | **Mobile** | **Home/Work** |
| **Contact Details in Case of Emergency:** | **Name** | **Number** |
| **Email:** |  | |
| **All our workshops are based around discussion and group work. Pen and paper would be helpful to have to hand for participants.**  ***Please note that we ask for your address and also an emergency contact number of a person who will come to your aid in times of an emergency during a virtual ZOOM workshop. For example, if a student collapses during a ZOOM workshop and is on their own in the house, we will be unable to support you without your address and contact number of a person who can call to your house. This has never happened but it is important that we are prepared if it does, and the facilitators can support you.*** | | |

***All our Workshops are free of charge.***

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| **Your contact details will be forwarded to the Recovery College South East. Are you happy for us to keep you informed by email, post or text about the Recovery College South East or future courses? (Please tick this box if yes.)** |

**Student Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**



*Recovery is moving on, achieving and learning, being the best and the best that I can be with confidence” Mental Health Discussion Group Clonmel 2013*



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Workshop Descriptors

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| **Workshop Title** | **Description** |
| **Compassionate Mind**  **(4 Week Workshop)** | Compassion focused mindfulness practice specifically looks at cultivating and fostering a kinder, more soothing approach to deal with difficult emotions and self-criticism.  The aim of this workshop is:   * To recognize how critical self-talk lowers mood and sets up vicious negative cycles of feeling awful about ourselves. * To build compassion for ourselves to help counteract these vicious cycles. With a compassionate focus we can learn to think in a way that helps us to be more accepting of ourselves |
| **Creative Writing** | Finding it hard to fill in your day? Looking for an activity or new interest? Why not join our online creative writing group? Its fun, it’s entertaining and it is also a great way to meet new friends.  This group is open to anyone, regardless of whether you are an experienced writer, a beginner or even just curious abbot creative writing. This is a great way to express yourself and what may be going on for you in your world.  So, come along, join the group and give it a go. Looking forward to meeting you. |
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| **Food for Mood**  **(Morning Workshop)** | This workshop will explore the connection between food and mental health and wellness. How true are the old sayings “An apple a day keeps the Doctor away” and “Your health is your wealth”? Simple tips and tools for eating right for your mental health. |
| **Getting a Good Night’s Sleep**  **(Evening workshop)** | Do you have difficulty getting off to sleep at night? Wake up early in the morning? Spend the night tossing and turning? Getting a good night’s sleep and developing a good sleep routine is important for your wellbeing and recovery.  This aim of this workshop is to:   * Explore the different stages of sleep * Discover the common causes of sleep problems * Identify techniques to develop better sleeping habits. |
| **Healthy Communication Skills for Families and Supporters** | Family relationships can have ups and downs or go through times of difficulty.  Family boundaries define who is responsible for what, how parents and children interact, and how the family relates to the outside world. Communication within the family is extremely important because it enables members to express their needs, wants and concerns to each other.  The aim of this workshop is:   * To explore how to communicate effectively within your family * To look at how you might set some healthy family boundaries for everyone |
| **How Mental Health Challenges can affect families and Supporters** | Looking after a family member with a mental health challenges can be an extremely stressful time and coping with the stress may cause family life to become unsettled and unpredictable  The aim of this workshop   * To explore the affects Mental Health challenges has on all family members, supporters and friends. * Explore tips and tools on how to manage these challenges. |
| **Information and Advocacy for Families in Recovery** | Family recovery is about all members of the family being able to live a life of their own choosing regardless of the challenges of mental health issues. Navigating Mental Health Services can be very challenging for families, as well as knowing where to go to for support and information.  The aim of this workshop is:   * To explore how Mental Health Services works * Explore how families and supporters can be an added resource to the service and to the person they are supporting. * Signpost to community family supports |
| **Let’s Talk Social Media and Wellbeing** | In today’s world of social distancing and social isolation, social media has been an invaluable tool for keeping connected to friends, family, work and the wider world. Whilst social media, has many benefits, it’s important to remember that spending too much time engaging with social media can also have its downside. Social media can never be a replacement for face to face human connection. It requires in person contact with others to trigger the hormones that alleviate stress and make you feel happier, healthier and more positive.  The aim of this workshop is to:   * Explore how to take ownership of your social media use, and recognise what drives your social media use * Identify the role social media plays in mental health, how it helps and how it hinders |
| **Loneliness and Isolation**  **(3 morning workshops)**  ***To get the full benefit from this series of workshops, it is recommended that you attend all sessions.*** | Everybody can be affected by loneliness and isolation, and research shows that it can especially cause difficulties for recovery in mental and physical health.  The aim of this workshop is to:   * Explore how loneliness and isolation impacts on all aspects of life * Share ideas on how loneliness and isolation can be positively addressed * Identify practical ways of making connections to others. * Explore what resources and services are available locally |
| **Lunchtime Wellbeing**  **(45 mins)** | Do you make quality time for yourself in your day? Do you find it hard to take time out? This wellbeing session is a safe space for you to relax, unwind and refresh.  The session will include a variety of meditative practices such as mindfulness, visualization and self-compassion as well as some simple and easy to do Tai Chi and Yoga movements. No previous experience of these practices is necessary to join the session which will have a slow, lighthearted and easy pace. The session will end with an opportunity for questions or reflection within the group though this is optional to each individual.  The aim of this wellbeing session is:   * To create a relaxing space for you to take some time out for yourself * To practice wellbeing techniques in a safe space |
| **Mental Health & Family Caring Program**  **(5 Week Workshop)** | This workshop will support you in building skills to look after your own wellbeing whilst caring for a person living with a mental health challenge.  The Aim of this workshop is :   * To reflect on and build tools and techniques to enhance self-care * Expanded your understanding of the concepts of mental health, mental illness and recovery * Increased awareness around boundaries with regard to personal wellbeing and the caring role * To learn more about communication skills and active listening techniques * Learn about what supports and services are available for families |
| **Mental Health Recovery and Families (Information Session)** | We invite you to join us for an information sharing event on what we, the Recovery College South East can offer to support Mental Health Recovery for you and your family.  The aim of this information session is:   * To share what is available through the Recovery College South East and to find out what more we can do to support families/supporters in the area of Recovery Education |
| **Mindfulness**  **(4 Week Workshop)** | Mindfulness is about focusing on how things actually are in a given moment, not on what might have happened in the past, or how we might want things to be in the future.  With mindfulness we can learn to think in a way that helps us to be at peace with our thoughts and emotions.  The aim of this workshop is:   * To introduce Mindfulness and explore what it is. * To demonstrate short mindful practical meditations that can be used in ever day life for self-care and personal wellness. |
| **Mind over Mood (8 week workshop)** | Change how you feel by changing the way you think. This 8 week workshop is a Mindful Cognitive Behavioral Therapy (CBT) based programme to improve mood and is particularly suitable for those experiencing anxiety and depression.  The aim of this series of workshops is   * To improve your mood * To learn skills and practical steps to feel better and make changes.   Each week builds on the previous week so it is advised to attend all of the weeks if possible. Home practice exercises will be suggested for between session practices. |
| **Personal Development Programme (8 weeks)** | 1. **Introduction to Personal Development**  * The aim of this session is to explore the components of personal development and how it can benefit us in achieving our goals in life.  1. **Building our Self –Confidence and Self Belief**  * The aim of this session is to define and discuss self-confidence and belief in self, to empower participants to develop practical ways for building their own self-belief.  1. **Developing Positive Thinking**  * The aim of this session is to help participants identify patterns of negative thinking and to acquire skills to help develop positive thinking.  1. **Assertiveness**  * The aim of this session is to enhance participants’ understanding of what assertiveness is and to practice assertiveness skills.  1. **Identifying and Achieving your Goals**  * The aim of this session is to help participants identify specific goals and develop effective strategies to achieve these goals  1. **Maintaining Motivation**  * The aim of this session is to help participants understand motivation and identify effective strategies to increase and maintain a high level of motivation.  1. **Self-Awareness**  * The aim of this session is to develop the participants’ understanding of self-awareness and its benefits for everyday living.  1. **Self-care and Wellbeing**  * The aim of this session is to enable participants to understand what wellbeing is and to provide participants with practical self caretips and tools to be able to manage and reduce stress in their day to day working and personal life.   **Reflective Session**   * Delivered 4-6 weeks after completion of the programme, to check in with the Group and revisit areas of learning. |
| **Practical Facilitation Skills** | Delivering an effective presentation and having basic facilitation skills, whether for a recovery education workshop or for other training sessions, to talk at a conference or even get through a job interview, is becoming increasingly important.  The aim of this 4 part workshop is to   * Gain a good understanding of the roles and responsibilities of a facilitator * Explore co-facilitation in relation to recovery education. * Explore different facilitation styles, the power of body language, helpful attitudes, values and interpersonal skills. * Gain practical experience in developing and delivering a short 10 minute presentation in a safe and supportive environment. |
| **Step towards healing and forgiveness in Family Recovery** | During recovery, the importance of forgiveness and healing is crucial. Acknowledging pain, learning from mistakes and releasing anger and resentment are key components of forgiveness in recovery.  The aim of this workshop is:   * Explore different Strategies on how supporters can heal and move forward in their recovery. |
| **Talking and Listening: it works both ways**   1. **How do we communicate** 2. **Communications and our emotions** 3. **Learning good communication skills** | Good communication is key to any successful relationship, be it with your friends, family or in more formal or professional situations  The word conversation generally brings to mind talking. However, have you ever seen two people talking to each other at the same time, you will know that listening is just as important. In fact listening is half of a successful conversation. You take turns to talk and everybody feels heard.  The aim of this 3 part workshop is:   * To explore how we communicate * To gain an understanding of the link between how you feel and how you communicate. * To develop a range of communication skills that can help in areas such as relationships, work and social situations. |
| **Understanding and Managing Co-Dependency within Family Recovery** | Co-dependency is a concept that initially emerged in the addictions field in the 1970s to address complex family relations that occurred as a result of substance dependencies (Calderwood, 2018). Co-dependency generally describes a one-sided relationship whereby one person almost entirely relies on the other for meeting their emotional and psychological needs.  The aim of this workshop is:   * Explore the concept of co-dependency and how it can develop within families * Discuss the challenges it can cause for families as well as effective ways of managing Co-dependency. * Explore effective ways of managing Co-dependency. |
| **Understanding and living with Anxiety ( Four week workshop )**  ***To get the full benefit from this series of workshops, it is recommended that you attend all sessions.*** | Everyone experiences periods of anxiety at some stage in their lives. We can feel tense, uncertain, fearful or nervous. Anxiety is a word used to describe these moments of discomfort. Anxiety can change from something everyone experiences in mild forms, to something which is persistent, excessive or over-whelming. It can begin to interfere with many aspects of your life – from confidence, to physical wellbeing and engagement in basic or complex activities of living.  The aim of this 4-part workshop is:   * to explore the facts and origins of anxiety, * explore the causes and symptoms associated with anxiety * look at and how anxiety affects people in different ways – * Explore practical and effective ways of managing and living with anxiety. |
| **Understanding Diagnosis for Families and Supporters** | This interactive workshop aims at helping families to understand the value and relevance of a diagnosis  The aim of this workshop is:   * To introduce the relevance of diagnosis to participants, so that they can develop a broader understanding of the process of how a diagnosis is made * To look at the supports available for families. |
| **Understanding and Living well with Bi Polar (3 week workshop)** | Living with Bipolar can be a turbulent experience and for some can cause them to lose sight of who they are and what is important to them. This 2-part workshop will explore bipolar and help you to better understand what it is and how you can best live with it.  The aim of this workshop is:   * To explore what bipolar means to you and how it affects your life * To discuss the causes of bipolar and the role of stress and underlying vulnerabilities * To explore effective strategies to help manage and live well with bipolar |
| **Understanding and living with Addictions**  ***To get the full benefit from this series of workshops, it is recommended that you attend all sessions.*** | People often experience problems with both mental health and addictions, and finding the right help and support can be difficult.  The aim of this series of 6 part workshop is to:   * Explore the many different aspects of this complex social issue. * Examine the relationship between mental health challenges and addictions * Identify commonly misused substances and the effects they can have on mental health, physical health and the person’s social circumstances * Explore people’s reasons for the repeated misuse of substances * Discuss the role of the family in the recovery process * Support you in making informed choices on the recovery journey * Identify the role of community supports in the recovery process |
| **Understanding and Managing Anger (2 week workshop)** | What is Anger? Why do we feel it? Does Anger affect your wellbeing and quality of life?  Anger is a natural powerful emotion that we all experience from time to time. However unchecked, it can impact negatively in our lives.  The aim of this workshop:   * Discuss how to manage and be in control during moments of anger so that you can live well and ensure your wellbeing during those moments. * Explore what anger is and its effects. * Recognise our own anger cycle and identify strategies to work with. * Look at the process of anger and ways of truly dealing with physical and emotional responses. * Recognise the feelings and thoughts that are hidden behind our anger. * Understand the importance of effective communication when dealing with challenging situations will also be explored. |
| **Understanding and Living with Hearing Voices** | The experience of hearing voices can differ from person to person. Our uniqueness as individuals is often reflected in the voices people experience.  These voices can have distinct content, identities, meaning and impact on the person experiencing them.  The aim of this workshop is:   * to gain a better understanding of the common nature of voice hearing, * to explore the different individual experiences within the group * to discuss and share ideas for managing and living well with hearing voices |
| **Understanding and living with Paranoia** | Many people experience paranoid thoughts at some point in their lives and people have different experiences of paranoia. The symptoms vary in severity and may interfere with all areas of life.  The aim of this workshop is to:   * Explore paranoia and gain a better understanding of what paranoia might mean for you, for someone you care about, or work with and how it may affect your life. * Discuss some of the strategies for managing the experience of paranoia when it is distressing. |
| **Understanding and Living with Psychosis** | Psychosis can be experienced as having a different sense of reality to other people or hearing voices. While psychosis is surprisingly common, it can be a very unsettling and frightening experience for the person experiencing it as well as the people who care about them. This workshop is for anyone who wants to better understand psychosis and learn effective ways of living well it.  The aim of this workshop is:   * To help you to understand psychosis through exploring existing knowledge and different perspectives around the topic * To provide coping strategies for living with psychosis and for promoting recovery |
| **Understanding and Managing Depression (4 week workshop)** | Depression can be experienced differently from person to person. This 4-part workshop helps you to explore depression and understand what it means to you and how you can manage it effectively.  The aim of this workshop is:   * To explore what depression is and the factors that may lead to depression * To provide practical and effective ways to help promote recovery from depression |
| **Understanding and Managing Stress (3 week workshop)** | Stress is a common feature of modern living. Stress can be a mild experience for most people and normal levels of stress are seen as necessary for achieving goals or tasks in life. For others, stress can be severe and can have a negative impact on their life. This workshop will help you gain a better understanding of stress and will explore effective ways to help manage stress in your life.  The aim of this workshop is:   * To understand stress and the effect it can have on your wellbeing * Discuss and explore practical ways of managing stress in your life |
| **Understanding Loss and Bereavement (2 week workshop)** | We all experience loss and bereavement and it is probably one of the most difficult things we will encounter as we journey through life. There is no set way of managing bereavement and we all deal with loss in our own unique way.  This 2-part workshop will explore loss and bereavement and what it means to you.  The aim of this workshop is:   * To understand loss and bereavement and what it means to you * To explore healthy ways of coping with loss and bereavement |
| **Working Together- Co-Production** | Co-Production has emerged and been identified as a concept that helps in the delivery of recovery orientated services within the mental health arena (BOBAIRD 2007; Dunston et al. 2009)  The process of co-production can occur in various different ways and many areas around the country have been successfully working in co-production.  This workshop is practical in nature and will involve group exercises that are designed to increase your skills and enhance your competence in all aspects of Co-Production.  The aim of this 4 part series of workshops is to   * Explore the co-production process and how it works within mental health services. * Explore Co-Production and Recovery Education * Understand and learn more about the role of Personal Narratives in Co-Production |
| **WRAP – Level 1**  **(5 week workshop)**  ***To get the full benefit from this series of workshops, it is recommended that you attend all sessions.*** | WRAP is for everybody. WRAP helps you to get to know yourself. WRAP is your personal plan which you have put in place in the good times to remind you and guide you through the bad times. WRAP helps to achieve and maintain  wellness and gain more control over our lives and the way we feel. It is developed to help us identify what works and what doesn’t work and how we can get better at staying well. |