



Institute for  
Lifecourse and Society



# GALWAY RECOVERY COLLEGE

## Spring Summer Prospectus 2020

[www.recoverycollegewest.ie](http://www.recoverycollegewest.ie)

Galway Recovery College is based in the Institute for Lifecourse and Society (ILAS) building, on the North Campus of NUIG, Upper Newcastle Road, Galway, H91 C7DK. Registration is €5 per semester; then all sessions are free of charge. If travelling by bus, take Bus Eireann Route 404. Get off at stop just after St Francis nursing home. This semester we will be offering two recovery education sessions per week in ILAS on Monday nights and Wednesday nights (6-9pm).



HSE Mental Health Services



Mental Health  
Ireland



A National Framework  
for Recovery  
in Mental Health

A national framework for mental health service providers  
to support the delivery of a quality,  
person-centred service.

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## Monday

## Wednesday

### February

- |   |  |
|---|--|
| 17 Working together to inform mental health service development | 19 Compassion focused therapy and recovery 1 |
| 24 Food for mood - mental health and nutrition                  | 26 Compassion focused therapy and recovery 2 |

### March

- |                              |   |
|------------------------------|---|
| 2 Sleep improvement          | 4 Connecting to community activity            |
| 9 Dealing with anger         | 11 Let's explore CBT and DBT                  |
| 16 Listening skills          | 18 Distress tolerance                         |
| 23 Body and mind connections | 25 Adverse childhood experiences and recovery |
| 30 All about stress          |   |

### April

- |   |                                  |
|---|----------------------------------|
| 6 Self-advocacy                               | 1 Addiction and mental health    |
| Easter break                                  | 8 Motivation and recovery        |
| 20 Making the most of your MH appointment     | Easter break                     |
| 27 WRAP 1 (Wellness Recovery Action Planning) | 22 Sexuality and mental health   |
|   | 29 Bipolar disorder and recovery |

### May

- |                |   |
|----------------|---|
| 4 Bank Holiday | 6 Understanding self-harm                               |
| 11 WRAP 2      | 13 Borderline Personality Disorder, trauma and recovery |
| 18 WRAP 3      | 20 Psychosis and recovery                               |
| 25 WRAP 4      | 27 Co-production and design of recovery education       |

### June

- |                |                               |
|----------------|-------------------------------|
| 1 Bank holiday | 3 Peer support in practice 1  |
| 8 WRAP 5       | 10 Peer support in practice 2 |
| 15 WRAP 6      | 17 Peer support in practice 3 |
| 22 WRAP 7      | 24 Peer support in practice 4 |
| 29 WRAP 8      |                               |

### July

- |                                       |
|---------------------------------------|
| 1 Certificate awards and consultation |
|---------------------------------------|

## Six week Self-Care to Wellness Programme

Galway Recovery College are also hosting a six-week Self-Care to Wellness Programme, facilitated by the Castlebar Centre for Independent Living, from Tuesday 25 February to 7 April 2020(excluding 17 March) from 10.30am-1pm. It will take place in Áras Moyola, NUIG, in room MY337 - Seminar Room 5 on the second floor.

## Details of Modules for Spring/Summer 2020

### Working together to inform mental health service development

This module explores ways in which people with lived experience of their own mental health difficulties and their family members/carers/friends can contribute to the process of creating mental health services which are truly responsive to their needs.

### Food for mood - mental health and nutrition

We will explore our relationship with food and its effects on our mental health.

### Sleep improvement

This session will look at the importance of sleep to our mental health and what we can do to improve both.

### Dealing with anger

Anger can be used positively or destructively. Here we will look at the causes and purpose of anger, our feelings around it, its effect on our mental health and how we can channel it more positively.



### **Listening skills**

Listening well and experiencing good listening can make a huge difference in all aspects of life, not least our mental health. In this session we will explore the benefits of listening and the barriers to listening and develop our listening skills.

### **Body and mind connections**

The body and the mind influence each other enormously. This module will explore this connection, outline what students already do to maintain their wellbeing and identify what else could be done to promote well-being

### **All about stress**

This session encourages students to recognise their personal stress levels and stressors, identify ways to combat stress and develop a plan for personal stress management.

### **Self-advocacy**

Effective self advocacy can increase the chances of people's needs being met by mental health services. We will explore a person's right to ask for the support they need and how to communicate it most effectively to achieve the desired outcome.

### **Making the most of your MH appointment**

This session builds on the last one on self advocacy to support students to navigate the mental health services and to achieve a positive outcome from appointments with clinicians for themselves or a family member.

### **Wellness Recovery Action Planning**

This programme of eight sessions takes a structured approach to planning recovery. From identifying how the individual is when they are well, through a daily maintenance plan, dealing with stressors, identifying early warning signs and when things are breaking down and making plans to deal with these events to making a crisis plan and a post-crisis plan, students explore all aspects of keeping themselves, their loved ones or their clients in good mental health.

### **Compassion focused therapy and recovery**

This session explores compassion focused therapy and the use of skills of self-care to further recovery.

### **Adverse childhood experiences and recovery**

There is much evidence to indicate that adverse childhood experiences (ACEs) have a highly significant impact on mental health in later life. We will screen a film on ACEs and resilience and then invite students to discuss how the information offered can support recovery

### **Connecting to community activity**

It is very hard to recover from mental health challenges in isolation and this module explores how we can connect with people and activities in our communities in ways that suit each unique individual.

### **Let's explore CBT and DBT**

In this session we will explore how Cognitive Behavioural Therapy and Dialectical Behaviour Therapy work and offer students the opportunity to discuss choice in response to stressors and the potential usefulness of thinking situations through from a CBT perspective.

### **Distress tolerance**

Building on the previous session, we will discuss the concept of tolerating distress in order to avoid organising our lives around avoiding it and to recover from it.

### **Addiction and mental health**

This module explores the causes of addictions, how they relate to our mental health and what we can do to overcome them.

### **Motivation and recovery**

When a person is in the throes of mental distress, finding the motivation to take actions necessary for their recovery can feel impossible. This session explores different ways of building motivation.

### **Sexuality and mental health**

The oppression of members of the LGBT+ community can lead to fear, confusion, secrecy and mental health difficulties. In this session we explore sex, gender and sexuality and the impact of societal and family expectations on people's mental health.

### **Bipolar disorder and recovery**

This module explores the diagnosis of bipolar disorder, the causes of the symptoms involved and potential pathways to recovery.

### **Understanding self-harm**

In this module we explore ways of dealing with emotional pain, why people self-harm and the support available to overcome self-destructive behaviour.

### **Borderline personality disorder, trauma and recovery**

A diagnosis of borderline personality disorder can be very distressing to receive. In this session we will take the diagnosis apart and compare the symptoms with those of other mental health challenges. Group work will focus on challenging the perceived stigma around the diagnosis whilst working towards a recovery path that works for each unique individual.

### **Psychosis and recovery**

Psychosis - often involving hallucinations, delusions, confused or disturbed thoughts or lack of insight or self-awareness – can be seen as a life sentence. In fact, people can and do recover from psychosis and, even for those whose symptoms persist, go on to lead full and satisfying lives. This session explores psychosis and ways different people have found to live well.

### **Co-production and design of recovery education**

This module is designed to demonstrate how recovery education sessions are co-produced and give students the opportunity to experience involvement in co-production.

### **Peer support in practice**

These modules explore the concept of peer support and enable students to develop skills in peer support through practical experience.







### Travelling by car

To access the carpark for the ILAS building, continue to drive past the building to your left for another 150 meters. The car park is free of charge after 5.30pm. Before that time, it is strictly monitored by APCOA and clamping is in operation.

For more information, please see our website at [www.recoverycollegewest.ie](http://www.recoverycollegewest.ie) or our Facebook page at <https://www.facebook.com/GalwayRecoveryCollege/>.



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