



Galway Recovery College

Mental Health Recovery Education through Transformative Learning



Prospectus for Autumn/Winter Semester, 2020

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. Before the **Covid-19 pandemic our recovery education took place in this building. Since March we have been offering all sessions online using Zoom. We do not yet know when we will be able to return to face to face sessions but will contact all students and post the news on our Facebook page as soon as we do. If you are not familiar with Zoom, contact us for a one to one tutorial.**

Registration for face to face sessions is €5 per semester; then all sessions are free of charge. There is no charge at all for online sessions.

If travelling to face to face sessions by bus, take Bus Eireann Route 404. Get off at stop just after St Francis nursing home. If travelling by car, see overleaf.

This semester we will be offering three recovery education sessions per week on Tuesday and Wednesday evenings (6-8pm) and Thursday afternoons (2.30-4.30)

September

| Tuesday 6pm | | Wednesday 6pm | | Thursday 2.30 pm | |
|-------------|-----------------------|---------------|---------------------------------|------------------|---------------------|
| 22 | Building resilience 1 | 23 | Self-compassion and self-care 1 | 24 | Let's talk recovery |
| 29 | Building resilience 2 | 30 | Self-compassion and self-care 2 | | |

October

| Tuesday | | Wednesday | | Thursday | |
|---------|---------------------------------|-----------|--|----------|---------------------------|
| | | | | 1 | Anxiety and panic attacks |
| 6 | Adverse childhood experiences 1 | 7 | Self-compassion and self-care 3 | 8 | Depression and recovery |
| 13 | Adverse childhood experiences 2 | 14 | Wellness Recovery Action Plan (WRAP) 1 | 15 | Trauma & recovery 1 |
| 20 | CBT | 21 | WRAP 2 | 22 | Trauma & recovery 2 |
| 27 | DBT | 28 | WRAP 3 | 29 | Trauma & recovery 3 |

November

| Tuesday | | Wednesday | | Thursday | |
|---------|---|-----------|--------|----------|-----------------|
| 3 | Progressing your life and following your dreams (PYLAFYD) 1 | 4 | WRAP 4 | 5 | Peer support |
| 10 | PYLAFYD 2 | 11 | WRAP 5 | 12 | Assertiveness 1 |
| 17 | PYLAFYD 3 | 18 | WRAP 6 | 19 | Assertiveness 2 |
| 24 | PYLAFYD 4 | 25 | WRAP 7 | 26 | Assertiveness 3 |

December

| Tuesday | | Wednesday | | Thursday | |
|---------|-----------|-----------|-------------------------------------|----------|-----------------|
| 1 | PYLAFYD 5 | 2 | WRAP 8 | 3 | Assertiveness 4 |
| 8 | PYLAFYD 6 | 9 | WRAP 9 | 10 | Assertiveness 5 |
| 15 | PYLAFYD 7 | 16 | Certificates and review of semester | 17 | Assertiveness 6 |

Six-week Living Well Programme

Galway Recovery College are also collaborating with the Castlebar Centre for Independent Living on a six-week Living Well programme which takes place on Mondays from 2 November to 7 December 2020 from 7pm-9.30pm. It will take place online via Zoom. For more information, contact the Programme Administrator: Bonnie King: 087-9176354

Email: bonnie.king@mayocil.ie Visit: www.hse.ie/livingwell

More information on our programmes

Tuesdays

Building Resilience

Resilience is about how we bounce back from adversity. In this course we will explore what resilience means, how to foster resilience and how we might learn from our past experiences and responses to build resilience for the future.

Adverse childhood experiences (ACEs)

This programme explores the research into adverse childhood experiences, their impact on mental health and ways of recovering from such impacts.

Let's explore Cognitive Behaviour Therapy

CBT – short for Cognitive Behavioural Therapy – is one of the most widely available psychological therapies within the Mental Health services in Ireland. This course will give an introduction and overview of its origins, benefits and underlying theory.

Let's explore Dialectical Behaviour Therapy

Dialectical Behaviour Therapy can offer new skills to manage painful emotions and decrease conflict in relationships. These skills cover four key areas: mindfulness, distress tolerance, emotion regulation and interpersonal effectiveness. This session offers the opportunity to explore its relevance for different people.

Progressing Your Life and Following Your Dreams

This five part programme over seven weeks explores the following:

Daring to dream (week 1)

Identifying and prioritising our interests (weeks 2-3)

Further education? (week 4)

Stepping stones to work (weeks 5-6)

Into action! (week 7)

Wednesdays

Self-compassion and self-care

This programme explores the use of self-compassion and self-care as practical and accurate tools for resolving many of the causes of mental health challenges and enhancing recovery

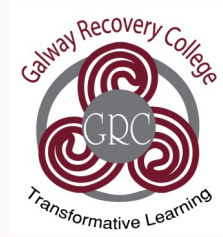
Wellness Recovery Action Planning

This programme takes place over eight weeks and encourages students to plan, work towards and maintain their own recovery.



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Thursdays

Let's talk recovery

This course will start with the attempt to define what mental health actually is. We then explore recovery in mental health and definitions from different perspectives.

Anxiety and panic attacks

Anxiety plays a big role in most mental health difficulties. We want to discuss symptoms and underlying causes and discuss some tools to manage these sometimes disabling feelings and reactions.

Depression and Recovery

This course will explore the nature and experience of depression and consider its wide-ranging impact on all aspects of life. We will reflect on diagnosis and what can be done about it, as well as alternative practical steps that people have found helpful in their recovery.

Trauma and Recovery

Trauma is often the result of overwhelming stress that exceeds one's ability to cope or integrate the emotions involved with that experience. It can be the cause of many mental health difficulties. In this module we will look at the causes and symptoms of psychological trauma, treatments available, healing and recovery from trauma.

Peer Support

This session explores the impact of peer support on recovery.

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, students would need to participate in all parts of a module.

However, students are welcome to attend any session(s) of their choice once they have emailed us in advance to book a place.

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

CONTACT US

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<https://www.recoverycollegewest.ie>



www.facebook.com/GalwayRecoveryCollege

