



Course Descriptions

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Introduction to Webinars

This session is an opportunity to see and test GoToWebinar software and explore the functions of our Standard Webinars. You will be given the option during the session to move to GoToMeeting and trial the functions of our Enhanced Webinars. This is also a chance to test the compatibility of your chosen device.

Recovery

This course will start to explore what Recovery means to individuals through shared learning, reflection, definitions and models. There is opportunity to think about your own strengths, skills, values and recovery journey, whilst acknowledging the challenges.

Change

Change can be extremely difficult and a source of great anxiety or worry. This course looks at the process of change, focusing on how it applies to a journey of personal Recovery. We will explore different models of change whilst recognising some of the barriers and what can be done to overcome them. We will look at each stage of the change process, to enable you to start to identify how you can best support your own process of change and recovery, or how to effectively support the Recovery journey of others. This course is delivered in two sessions.

Self Compassion

This course explores ways we can bring more self compassion into our lives. We will discuss the concept of being kind to yourself, exploring how we can set boundaries and build resilience and you will learn ways that you can practice self-compassion.

Spirituality

Spirituality is about identifying the meaning and purpose in our lives helping us to find hope and direction. The course explores what we see as spirituality and offers resources and ideas to share, aiming to help us develop spiritual practice and awareness in the everyday.

Strengths

This course aims to help us to recognise what strengths are and how we might identify our own. We will do this together by exploring how using our strengths makes us feel, how we have used strengths when we have been challenged, and how we might build on the strengths we have. Throughout, we will “focus on what is strong, not what is wrong”.

Values

Values are linked to what is important to us and can be guiding principles to how we live our lives. This course aims to explore what values are and the impact these have on our wellbeing and recovery. We will explore ways that we can connect with our own values.



Early Warning Signs

Being able to identify our early warning signs can help us to manage our own mental health. This course will describe what they are and why they are important. We will start to identify possible early warning signs alongside thinking about what helps.

Self Management

This course aims to explore what we mean by self-management, and why and how we might do it. We will explore identity, the importance of building a routine, and self-advocacy and how they can enable us to self-manage. We will start to think about building a toolbox of skills and coping strategies.

Sleep

During this course we will share ideas about what might help us get a better night's sleep. We will look at why sleep is important and what may get in the way, noticing some of the difficulties around sleep and what might cause them.

Anxiety

This course starts by asking what we mean by anxiety and how it feels. We go on to think about what we might know already about how to manage it and why it can feel hard to do sometimes. Together we will explore the importance of what is in and out of our control, what it means to 'step out of our comfort zone' and finally to look at some more techniques to manage anxiety.

Depression

This course aims to explore depression and enable us to share our experiences. We will discuss symptoms and experiences of depression and how they impact on us. We identify strategies that may help including recognising the importance of connections and self-care.

Dissociation

This course aims to raise awareness and encourage discussion about dissociative conditions and experiences. We will introduce concepts about the origins and symptoms of dissociation as well as exploring barriers to diagnosis and common myths about dissociative disorders. We will also start to explore some basic tools to help self-manage dissociative symptoms.

Exploring Bipolar

Living with Bipolar can sometimes feel like you're on a roller coaster with little control. You can lose sight of who you are, your connections and what is important to you. The course builds on our Introduction to Bipolar course, and aims over 4 sessions to explore how we can live well with Bipolar, reconnecting with ourselves and our wellbeing. It includes exploring mood, early warning signs, coping, wellbeing, Recovery, communication, supporters and moving forward.

Please note this course is only accessible to students who have a diagnosis of Bipolar.



Exploring Emotions

This course provides an introduction to identifying our emotions which helps us to begin to understand more about how to manage them. Session 1 looks at the 9 basic emotions, exploring definitions and information about how and why we experience these emotions and the impact they can have on our wellbeing. Students will have an opportunity after this session to explore how they personally experience certain emotions with the accompanying workbook. Session 2 will continue to build on understanding emotions and will explore some coping skills.

Introduction to Bipolar

This course aims to support individuals, families, and supporters to understand a bipolar diagnosis. We will discuss some experiences of high and low mood whilst exploring the impact this may have on daily living. We will start to identify what recovery and wellbeing might look like.

Managing Mood

The Managing Mood course is delivered across two sessions. Many people experience changes in their mood which in turn has an effect on their day to day routines and wellbeing. We explore mood and discuss how identifying anchor points can connect us with helpful coping strategies and build resilience when things feel more challenging.

Unusual Experiences

This course explores possible unusual experiences and our own understanding of them. We will look at the impact stress has on them and our wellbeing, and start to identify things that can help us to manage.

Peer Support Toolkit

The Peer Support Toolkit course provides students with guidance on setting up, running, and sustaining your own Peer Support Group. We discuss what a Peer group is, the value of peer support, any challenges that may arise and give practical guidance on setting up and running a Peer Support Group. You will develop an action plan for taking things forward from attending the course.

You can find open access resources online relating to these topics and more, including, Understanding Autistic Spectrum Condition, Five Steps to Wellbeing and Carers Support.

You can use your mobile device to access our website.



1. Turn on camera app
2. Frame the QR Code
3. Click the pop-up