



# Dorset Recovery Education Centre

## Course Descriptions & Dates Spring Term 2025 - January, February, March and April

To book onto any courses you first need to be registered and enrolled. If you are already enrolled as a student and would like to access a course, please contact the team on **01202 584478** or email us at [dhc.recovery.educationcentre@nhs.net](mailto:dhc.recovery.educationcentre@nhs.net) and subject to availability we will book you a space. Please remember spaces are limited and allocated on a first come, first served basis.

Please pace your learning and limit the number of course sessions you book to around 5-6 per term. For example, you may choose to do 6 courses that are only one session each or one longer course of 4 sessions along with a couple of one session courses (We understand that our Living Well with Bipolar course is 10 sessions so this is an exception).

It might also be helpful to think about spreading your learning across the whole term.

We respond to all course requests, both voicemails and emails, in order. If you call us and we are unable to answer the phone, please ensure you leave a message.

Please don't worry if you don't hear from us immediately after your request. We will be in touch with you as soon as possible.

Scan the QR code to access our **Courses** webpage. There you can view our Spring Timetable digitally without colour, you can also zoom in and out and change the contrast of the webpage. You can also search our REC webpage online.



## Accessing recovery education:

### Introduction to Webinars

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

Date(s)	Time	Format	Location
Monday, 20 January 2025	1:30pm-2:30pm	Standard & Enhanced	Online
Tuesday, 4 March 2025	10:30am-11:30am	Standard & Enhanced	Online

## Courses exploring recovery:

### What is Recovery?

This one session 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.

Date(s)	Time	Format	Location
Wednesday, 22 January 2025	1:30pm-2:45pm	Standard Webinar	Online
Friday, 21 March 2025	10:30am-12:00pm	Enhanced Webinar	Online

### Our Mental Health

This introductory one session course explores a shared understanding of how we can support ourselves and others. We will consider different approaches to mental health and recovery thinking about what good mental health looks like for us. Using the Window of Tolerance, we will create our own toolkit to support us to manage our own distress and that of others. The course encourages us to start thinking about what it means to feel safe.

Date(s)	Time	Format	Location
Thursday, 27 February 2025	10:30am-1:00pm	Face to face	Bournemouth
Friday, 11 April 2025	10:30am-12:15pm	Enhanced Webinar	Online

### Connecting around Caring and Supporting

Connecting around Caring and Supporting is delivered in two sessions. Week 1 will explore the experience of being a carer and share our learning around that experience, both as individuals and in relation to services. We will also look at what support is available to carers locally. In Week 2 we will think about the recovery journey for carers, the importance of boundaries and how we, as carers, can keep going!

Date(s)	Time	Format	Location
Tuesday, 11 March 2025 Tuesday, 18 March 2025 2 Sessions	10:30am-12:00pm	Enhanced Webinar	Online

### Student Space

The student space provides an opportunity for existing students to join us in reflecting on their learning journey with the Recovery Education Centre. It will provide you with an opportunity to celebrate with us as well as talk about any of our courses you have attended and/or online resources you have used. We very much value all of our student feedback, and it is a chance to share your learning with us. We would welcome any ideas you may have for the future of our REC. Each term we will alternate between a face-to-face and webinar course offer.

Date(s)	Time	Format	Location
Tuesday, 15 April 2025	10:30am-12:30pm	Face to face	Shaftesbury

### Courses to support understanding neurodivergence:

#### Understanding Autism

“If you’ve met one person with Autism, you’ve met one person with Autism.” (Dr. Stephen Shore)  
Each person’s experience of Autism is unique, as are the ways in which they can be supported. On this course we aim to explore our understanding of Autism, the impacts, what that means for wellbeing, coping skills, communication and living with Autism. The course will be run over four sessions.

Date(s)	Time	Format	Location
Tuesday, 21 January 2025 & Tuesday, 28 January 2025 & Tuesday, 4 February 2025 & Tuesday, 11 February 2025 4 sessions	1:00pm-3:30pm	Face to face	Boscombe
Wednesday, 19 March 2025 & Wednesday, 26 March 2025 & Wednesday, 2 April 2025 & Wednesday, 9 April 2025 & 4 Sessions	10:30am-12:30pm	Enhanced Webinar	Online

## Introduction to ADHD

In this introductory session we will explore the strengths and challenges of living with ADHD, the diagnostic process, facing change and what might support us.

Date(s)	Time	Format	Location
Thursday, 16 January 2025	10:30am-12:00pm	Standard Webinar	Online
Wednesday, 2 April 2025	1:30pm-4:00pm	Face to face	Boscombe

## Understanding ADHD

This course is split into four sessions. In session one we will define ADHD and create a shared understanding of what this means. In session two we will explore what it's like living with ADHD and think about the impact upon our identity and various life factors. In the third session, we look at what living well with ADHD means to you and how we could live well with ADHD. In the final session we will reflect on what we have learnt and think about plans for moving forward.

Date(s)	Time	Format	Location
Wednesday, 22 January 2025 & Wednesday, 29 January 2025 & Wednesday, 5 February 2024 & Wednesday, 12 February 2024 4 sessions	10:30am-1:00pm	Face to face	Poole
Tuesday, 4 March 2025 & Tuesday, 11 March 2025 & Tuesday, 18 March 2025 & Tuesday, 25 March 2025 4 sessions	1:30pm-3:30pm	Standard Webinar	Online

## Courses to build on our understanding of self:

### Self-Compassion

This one session 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.

Date(s)	Time	Format	Location
Monday, 20 January 2025	10:30am-1:00pm	Face to face	Poole
Monday, 24 February 2025	10:30am-12:00pm	Standard Webinar	Online
Thursday, 6 March 2025	10:30am-12:15pm	Enhanced Webinar	Online
Tuesday, 1 April 2025	1:30pm-4:00pm	Face to face	Sherborne

## Recognising My Strengths

This one session 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.”

Date(s)	Time	Format	Location
Monday, 3 February 2025	1:30pm-3:00pm	Enhanced Webinar	Online
Thursday, 27 March 2025	7:00pm-8:15pm	Standard Webinar	Online

## Spirituality

Spirituality is about identifying the meaning and purpose in our lives helping us to find hope and direction. This one session 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.

Date(s)	Time	Format	Location
Wednesday, 5 March 2025	1:30pm-4:00pm	Face to face	Kinson

## Understanding My Values

Values are linked to what is important to us and can be guiding principles to how we live our lives. This one session 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.

Date(s)	Time	Format	Location
Tuesday, 21 January 2025	1:30pm-2:45pm	Standard Webinar	Online
Friday, 14 March 2025	10:30am-12:00pm	Enhanced Webinar	Online

## Community and Belonging

This three session course will help us understand what we mean when we talk about community. We will think about different types of communities and how we use our individual strengths, values, and interests to build a sense of belonging. We will look at the strengths and resources that are in our local communities and how these can support us to thrive. There will be opportunities to hear about and share some of the things happening within your area, and a chance to discover new activities. We will explore how we can establish and nurture connections which we can use to support our own recovery and to build the life we want. This term the course is running in Poole.

Date(s)	Time	Format	Location
Friday, 31 January 2025 & Friday, 7 February 2025 & Friday, 14 February 2025 3 Sessions	10:30am-1:00pm	Face to face	Poole

## Building Safer Connections

This introductory one session course explores why and how safer connections and relationships can enhance our wellbeing. We will begin to study different types of connection and the things that can make them feel safe. We acknowledge that creating and maintaining these connections can feel challenging at times and we will look at some different ways of managing this.

Date(s)	Time	Format	Location
Friday, 24 January 2025	10:30am-12:15pm	Enhanced Webinar	Online
Tuesday, 25 February 2025	1:30pm-4:00pm	Face to face	Poole

## Courses to support managing every day:

### 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 one 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 two will continue to build on understanding emotions and will explore some coping skills.

Date(s)	Time	Format	Location
Monday, 20 January 2025 & Monday, 27 January 2025 2 Sessions	10:30am-12:00pm	Enhanced Webinar	Online
Tuesday, 1 April 2025 & Tuesday, 8 April 2025 2 Sessions	10:30am-11:45am	Standard Webinar	Online

### 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.

Date(s)	Time	Format	Location
Wednesday, 5 February 2025 & Wednesday, 12 February 2025 2 Sessions	1:30pm-3:00pm	Enhanced Webinar	Online
Thursday, 13 March 2025 & Thursday, 20 March 2025 2 Sessions	10:30am-1:00pm	Face to face	Wareham

## Boundaries

In this one session course we look at what we mean by boundaries and how they can help maintain healthy relationships. We discuss how it can sometimes feel difficult to set boundaries, then we go on to explore ways that can help us put them in place.

Date(s)	Time	Format	Location
Thursday, 30 January 2025	10:30am-11:45am	Standard Webinar	Online
Tuesday, 4 March 2025	10:30am-1:00pm	Face to face	Shaftesbury
Monday, 14 April 2025	10:30am-12:00pm	Enhanced Webinar	Online

## Building Confidence with Work

This one session course explores what impacts on our confidence with work and helps to identify strengths, build an understanding of the workplace and develop self compassion. It is a course for both those who are in work and those who are contemplating work.

Date(s)	Time	Format	Location
Tuesday, 4 February 2025	10:30am-12:15pm	Enhanced Webinar	Online
Wednesday, 19 March 2025	10:30am-1:00pm	Face to face	Boscombe

## Early Warning Signs

Being able to identify our early warning signs can help us to manage our own mental health. This one session 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.

Date(s)	Time	Format	Location
Tuesday, 25 February 2025	10:30am-12:00pm	Enhanced Webinar	Online
Friday, 4 April 2025	10:00am-12:30pm	Face to face	Blandford

## Introducing Pain Management

Persistent pain affects approximately 1 in 3 of the UK adult population. This course will explore the complexity of personal experience with persistent pain and its impact on daily life. Recognising the physical and emotional challenges of living with daily pain and sharing experiences can build confidence to use in self-management. The information is aimed at anyone who is affected by persistent pain, for example, carers, professionals, and those living with the condition. The trainers are unable to provide a diagnosis or answers about individual treatments. This course is delivered in one session.

Date(s)	Time	Format	Location
Thursday, 3 April 2025	10:30am-12:30pm	Enhanced Webinar	Online

## Change

Change happens all the time. This course explores how we experience change. We will look at the challenges, benefits, opportunities and how we cope with change in our lives. We will practice trying something new and start to think about how we might make longer term changes. The course will be delivered across two sessions.

Date(s)	Time	Format	Location
Tuesday, 21 January 2025 & Tuesday, 28 January 2025 2 Sessions	10:30am-12:00pm	Enhanced Webinar	Online
Wednesday, 12 March 2025 & Wednesday, 19 March 2025 2 Sessions	1:30pm-4:00pm	Face to face	Weymouth

## Self-Management

This one session 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.

Date(s)	Time	Format	Location
Friday, 17 January 2025	10:30am-12:00pm	Enhanced Webinar	Online
Wednesday, 26 February 2025	1:30pm-4:00pm	Face to face	Christchurch
Wednesday, 12 March 2025	10:30am-11:45am	Standard Webinar	Online
Wednesday, 9 April 2025	10:30am-1:00pm	Face to face	Portland

## Window of Tolerance

This one session course aims to provide an understanding of the Window of Tolerance model. The session will explore the three different zones, thinking about what this looks like and feels like for us as individuals, and how we can nurture the zone where we feel calm and safe. The course will also consider how we can compassionately support ourselves and others.

This course builds upon the introduction to the Window of Tolerance which you may find in other courses

Date(s)	Time	Format	Location
Thursday, 13 February 2025	10:30am-12:15pm	Enhanced Webinar	Online
Thursday, 20 March 2025	10:30am-12:00pm	Standard Webinar	Online



## Introducing Mindfulness

What is Mindfulness and how can it help with recovery? This single session course will bust the myths, explore the potential, and address any questions you have about this approach. You will have the opportunity to try some everyday mindfulness practices and find out how to learn more.

Date(s)	Time	Format	Location
Monday, 27 January 2025	11:00am-12:30pm	Enhanced Webinar	Online

## Mindful Living

Have you ever wondered how we can bring mindfulness into our everyday lives? This four session course gives lots of opportunities to understand what it means to be mindful. We will try different practices and help you find what's supportive for you.

Date(s)	Time	Format	Location
Thursday, 13 March 2025 & Thursday, 20 March 2024 & Thursday, 27 March 2025 & Thursday, 3 April 2025 4 Sessions	1:30pm-4:00pm	Face to face	Dorchester

## Exploring Sleep

We know sleep is important for our mental and physical wellbeing, but many people find it difficult to sleep. This two session course explores how sleep works, why it can be difficult and how we might overcome the barriers to sleep. We will be looking at sleep routine and other tools we can use to get a better night's sleep.

Date(s)	Time	Format	Location
Thursday, 6 February 2025 Thursday, 13 February 2025 2 Sessions	7:00pm-8:30pm	Enhanced Webinar	Online
Tuesday, 8 April 2025 Tuesday, 15 April 2025 2 Sessions	1:30pm-4:00pm	Face to face	Christchurch

## Courses that support living with and understanding mental health:

### Anxiety

This one session 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.

Date(s)	Time	Format	Location
Wednesday, 15 January 2025	1:30pm-3:00pm	Enhanced Webinar	Online
Monday, 10 February 2025	11:00am-1:30pm	Face to face	Weymouth
Wednesday, 26 March 2025	1:30pm-4:00pm	Face to face	Bournemouth
Monday, 7 April 2025	10:30am-11:45am	Standard Webinar	Online

### Depression

This one session 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.

Date(s)	Time	Format	Location
Thursday, 23 January 2025	10:30am-12:00pm	Enhanced Webinar	Online
Monday, 3 February 2025	10:00am-12:30pm	Face to face	Blandford
Wednesday, 9 April 2025	1:30pm-2:45pm	Standard Webinar	Online

### Making Sense of Grief

Grief is a normal human response to loss of many kinds; however people can find themselves stuck in grief and it can impact their mental health. This course aims to explore the various dimensions of grief and the affect it can have on our lives: emotional, physical and social. We will look at ways we can cope during the process of grieving and suggest some tools for managing grief. This course is delivered across two sessions.

Date(s)	Time	Format	Location
Thursday, 6 February 2025 & Thursday, 13 February 2025 2 Sessions	10:30am-12:00pm	Standard Webinar	Online
Tuesday, 18 March 2025 & Tuesday, 25 March 2025 2 Sessions	10:30am-1:30pm	Face to face	Bridport

## 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. This course is delivered face to face.

Date(s)	Time	Format	Location
Wednesday, 5 March 2025	10:00am-4:00pm	Face to face	Dorchester

## Introduction to Bipolar

This one session 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.

Date(s)	Time	Format	Location
Thursday, 10 April 2025	1:30pm-2:45pm	Standard Webinar	Online

## Living Well with Bipolar

This course builds on our introductory session 'Introduction to Bipolar' and is delivered over ten sessions. The course aim is to explore the potential impact that a diagnosis of Bipolar can have on those with the diagnosis as well as the impact on people around them. The sessions will include sharing and learning from personal experiences, identifying and managing mood cycles, recognising early warning signs and exploring helpful coping strategies. Students will start to build 'Staying Well Plans' to support their Recovery and wellbeing which will include strategies such as recognising and accessing support, exploring the role of medication, and practicing self-compassion. *Please note this course is only accessible to students who have a diagnosis of Bipolar.*

Date(s)	Time	Format	Location
Monday, 3 February 2025 & Monday, 10 February 2025 & Monday, 24 February 2025 & Monday, 3 March 2025 & Monday, 10 March 2025 & Monday, 17 March 2025 & Monday, 24 March 2025 & Monday, 31 March 2025 & Monday, 7 April 2025 & Monday, 14 April 2025 10 Sessions	1:00pm-3:30pm	Face to face	Kinson

## Understanding 'Personality Disorder' Diagnosis and Complex Trauma

This introductory course provides space to consider different perspectives on 'personality disorder' diagnosis and complex trauma, over three sessions. The first session considers emotional pain and distress and the Window of Tolerance as a tool for making sense of our experiences. The second session considers the role of trauma and the resources that can anchor us in wider living. The third session explores what humans need to feel safe and how we negotiate this in order to live rather than survive.

Date(s)	Time	Format	Location
Tuesday, 28 January 2025 & Tuesday, 4 February 2025 & Tuesday, 11 February 2025 3 Sessions	1:30pm-4:00pm	Face to face	Dorchester
Monday, 17 March 2025 & Monday, 24 March 2025 & Monday, 31 March 2025 3 Sessions	10:30am-12:15pm	Standard Webinar	Online

## Unusual Experiences

*Psychosis, Hearing Voices, Paranoia and other unusual experiences.*

This one session 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.

Date(s)	Time	Format	Location
Tuesday, 11 February 2025	10:30am-11:45am	Standard Webinar	Online
Friday, 28 March 2025	10:30am-1:00pm	Face to face	Wimborne

## OCD – Ruminations, Compulsions and Obsessions

This two session course looks at what we mean by OCD, ruminations, compulsions and obsessions. We look at different types of OCD and the OCD cycle, and what other mental health conditions may affect our OCD. We look at beginning an OCD diary and explore options and strategies which can help us manage, including self-care tools.

Date(s)	Time	Format	Location
Thursday, 23 January 2025 Thursday, 30 January 2025 2 Sessions	1:30pm-3:15pm	Enhanced Webinar	Online
Thursday, 3 April 2025 Thursday, 10 April 2025 2 Sessions	10:30am-1:00pm	Face to face	Bournemouth

## Understanding Unusual Experiences

Unusual experiences can mean a lot of different things. We think of experiences such as hearing voices or seeing things other people can't see, as well as feeling suspicious and paranoid. These experiences can be part of a diagnosis like psychosis. On this course, we will talk about how we can build an understanding of unusual experiences, as well as ways to move towards the things in life that are important to us. The course runs for 8 weeks online and is hosted by the Recovery Education Centre. It has been co-produced and will be co-facilitated by the Dorset Mental Health Forum and local psychology services. *Please note this course is only accessible to students who have lived experience of unusual experiences.*

Date(s)	Time	Format	Location
Please note that this course is due to run in our next term (Summer 2025).			



## Discovery Project

Working alongside the Discovery Project, who work with young people under the age of 25, we are joint hosting the following courses:

### Introduction to Young Adult's Discovery (18-25 Years)

This one session course will introduce what discovery means in terms of mental health and wellbeing to young adults through shared learning reflection and models.

Date(s)	Time	Format	Location
Monday, 3 February 2025	11:30am-1:00pm	Standard Webinar	Online

### Young Adult's Discovery (18-25 Years)

This three session course is aimed at young adults aged 18-25. We explore the concept of 'discovery' in terms of mental health and wellbeing for young adults. We will explore how we all explore the world differently and think about how our sensory experiences impact and support our wellbeing.

Join us for an opportunity to learn more about skills, strengths, values and shared experiences alongside Discovery NHS Trainers and Young Person's Peer Specialists.

Date(s)	Time	Format	Location
Wednesday, 22 January 2025 & Wednesday, 29 January 2025 & Wednesday, 5 February 2025 3 Sessions	1:30pm-3:30pm	Enhanced Webinar	Online

## Young Adult's Community and Belonging (18-25 Years)

This three session series, delivered by the Discovery Project, will help adults under 25 years to understand what community means as a young adult. We will look at how our individual strengths, values and resources can help impact how we establish and nurture connections. We will explore the challenges to feeling connected as a young adult and how we can overcome barriers to support our own recovery and build a sense of who you are and the life we want to life.

Date(s)	Time	Format	Location
Wednesday, 19 February 2025 & Wednesday, 26 February 2025 & Wednesday, 5 March 2025 3 Sessions	1:30pm-3:00pm	Enhanced Webinar	Online

## Understanding Young Person's Recovery – A Course for Supporters of Young People

This one session course is for parents, carers and supporters of young people. It aims to share and explore an understanding on young people's mental health, the challenges they face, how the concept of recovery can translate to them with an opportunity to start exploring how supporting a young person can affect supporter's wellbeing and ways to look after ourselves.

Date(s)	Time	Format	Location
Monday, 31 March 2025	7:00pm-8:30pm	Enhanced Webinar	Online



You can also find open access resources online, relating to these topics and many more, including, Being Heard, Five Steps to Wellbeing and Understanding Autism. Just scan the QR code.

You can also follow the URL link:

<https://www.dorsethealthcare.nhs.uk/patients-and-visitors/our-services-hospitals/REC/learn-online>