

The way in which a caterpillar transforms into a butterfly is an excellent metaphor for self-help and recovery. You decide personally when you are ready to progress to the next phase of your recovery.

RECOVERY IS UP TO YOU

PRACTICAL INFORMATION

Contact

www.kenniscentrum-ze.nl

Costs

The course is free-of-charge for participants.

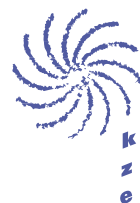
Trainers

The course is given by two consumer experts.

Number of participants

5 to 10

You should only apply if you are sure that you can attend the course on the indicated dates.



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COURSE



RECOVERY IS UP TO YOU

- increase your knowledge and understanding of the recovery process
- share your experiences with others
- regain control of your personal situation and your future
- increase your ability to cope



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WHAT DO YOU LEARN DURING THE COURSE?

You learn:

- to express yourself
- to become more assertive
- to clearly formulate your opinions
- to gain a better understanding of your personal recovery
- to share experiences with others
- to identify the values that are important to you
- to make your own choices
- to set a goal and work on achieving it
- to find out what support is available to you in this process (and who can provide it) and how to obtain this support
- the ways in which you can influence your own recovery process

MEETINGS

An introductory meeting is held before the start of the course. The course consists of 12 weekly sessions. A review session is held three months after the end of the course.

GOALS OF THE COURSE

The course allows you to:

- increase your knowledge and understanding of the recovery process
- share your experiences during the recovery process with others and benefit from their recognition, acknowledgement and support
- regain control of your personal situation and your future by learning skills and rediscovering inner strengths
- increase your ability to cope

Participants work on achieving these goals in easily managed steps. Every improvement, however small, is a personal victory and a further step down the road to recovery.

POSITIVE EFFECT

A national study of the effects of the 'Recovery is up to you' course was performed from 2006 to mid 2009 in the Netherlands. This study was funded by a grant provided by the Dutch Organisation for Health Research and Development (ZonMw) and was performed by the Knowledge Centre for Self-help and Consumer Expertise (Kenniscentrum Zelfhulp en Ervaringsdeskundigheid) and the Tranzo faculty at Tilburg University. This involved a uniquely large-scale randomised study. Unique because this was the first time that research has been performed within a client-controlled project. The following organisations participated:

1. Altrecht
2. BAVO RNO Groep
3. Emergis
4. GGZ Regio Breda
5. GGZ Zuid-Friesland
6. Lentis GGZ Groningen
7. Promenzo GGZ Eindhoven
8. RCO/GGZ Midden-Brabant
9. RCO De Hoofdzaak
10. RIBW Midden-Brabant
11. Stichting De Boei (locaties Eindhoven en Veldhoven)
12. Stichting Door en Voor
13. Trimaran, Vereniging GGZ Cliënten Twente

The results of the study indicate that the course had a positive effect on key aspects of recovery: Empowerment, Hope and Self-efficacy beliefs.

Before the start of the study, the research team set up a standardized workbook and a standardized manual. An implementation manual is also available for organisations.