

Understanding Mood / Eliminating Disorder

Queens Road, Leicester Tuesday 17th February 2015

Session 1 Understanding Mood 9:30am to 12:30pm

Aims: To be more aware of mood, recent developments in recovery from mood disorders and ways of supporting people in-recovery or looking for a full recovery.

Outline:

- How to recognize and better describe our various moods
- The borderline between healthy mood changes and recognized disorders
- Warning signs and causes of disordered mood
- Today's big influences on mood compared with historical influences
- New ways of monitoring mood and using this to aid recovery and resilience

"It was receiving help in identifying the causes that allowed me to eliminate the disorder." – Sarah (3 years after the course)

Session 2 Eliminating Disorder 1:30pm to 4:30pm

Aims: To be aware of the most common causes of 'modern' disorders (from Arthritis to Schizophrenia) such that participants can choose which causes to work on eliminating from their own lives or for those they care for.

Outline (based on the 5 keys to wellbeing):

- Surroundings that help or hinder
- Improving physical health through nutrition and movement
- Being able to express how we want to live our lives
- Realism about relationships and how we can best support others while finding the support we need.
- Developing ourselves through learning new things everyday

"I still have high and low moods but these are now in check through better diet and minimal medication. Life is good again." – Course participant

Find out more / Book a place: Email: info@wraptraining.co.uk or Phone: 01163 260444

Cost per person for full day: £45

Concessionary rate for voluntary sector/very low income £20

Each session can contribute to CPD (Continuing Professional Development) with a course certificate supplied on request.

About the course designers and facilitators:

It was through recovery from multiple diagnoses that Roger Smith and Becky Shaw came to research causes and resilience. With six books published between them, they now provide one-to-one intensive support helping others recover from what were once considered incurable disorders. For organisations similar training can be provided as half day sessions or over two full days.