

Session 1

IN THE SESSION ...

Explain to the person that you have one definition of recovery that you would like to share with them (the quote in the text).

- Ask them to think about how it maps onto their own expectations, hopes and fears.
- Does any of it surprise them?
- There are many others – would it be helpful to explore some of them together or outside of the session?
- Encourage them to make some notes about what stands out for them when they think about their own recovery from where they are now.

IN THE SESSION ...

Ask the person you are working with to think about this question and make a few notes: 'What does recovery mean to you?'

If they can imagine that they are living a life that is characterised by the CHIME factors: Connectedness, Hope, Identity, Meaning and Empowerment:

- How does life look? How do they feel? What are they doing? Who is there with them?
- If they need to make some changes in order to get to that experience of life, what would be different?
 - Ask them to write down things they would be excited about being different rather than things they would hope to leave behind (they will be more motivated to keep working towards positive things than away from things that worry or frighten them).
 - Think of small daily changes that they or someone else would notice.

Ask them to look at the quote again.

- Does any of it surprise them?
- Invite them to make some notes about what stands out for them.

IN THE SESSION ...

It is worth spending some time together thinking about:

- How would they describe the nature of the relationships they have with the people who will be important through this experience?
- Who will find conversations about recovery the easiest or most difficult to think about with you both?
- Who could they call on to help them speak about recovery with those that will find the concept hard to understand?
- Who do they not want to have a conversation about recovery with at the moment?

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Have a look together at Worksheet 1.1 The Recovery Ladder.

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An important question to spend some time thinking about and perhaps discussing with family or friends is:

- 'Where would they like to be at the end of the Steps to Recovery sessions, – what would be their realistic goals for change?'

Remind the person that they can review their goals as they progress and add more in later, so it's important to keep the goals small and focused.

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This 'witness' will be invited along to the final session to talk with and about the person and the journey they have observed. So there are some key things to discuss to keep this process safe:

- How much trust do they have in this person?
- How will they talk to them about the work you are doing together?
- What is the other person's understanding of psychological distress? Is this likely to support the philosophy of recovery and the values that they will be exploring with you or is it likely to undermine it?
- Will they be free and able to come to the session? If they can't but they are the 'right' person, how else could they contribute in a way that would be meaningful?

IN THE SESSION ...

The next session will start to look at identity so, for next week, ask the person to bring something with them that is important to them or represents something of who they are. It can be anything but usually has some emotion attached to it. Ask them to think about things that they enjoy holding as well as seeing as the two senses can trigger quite different memories.

IN THE SESSION ...

Always try to close the session with a quick recap of what was and was not helpful and ensure that the bits they liked are in the ladder. You've covered a lot in this session so take time to pause and gather up the things that resonated with the person.