



crazydiamond

“The THRIVE Approach to Mental Wellness”

Mike Smith / Marion Aslan

– One Day Recovery Course

This training session will challenge traditional thinking and concepts of mental illness, focussing on working with the individual and their story rather than symptoms. Using Survivor narratives and personal experience and current research, participants will consider a range of practical solutions to psychic distress.

Using the self help manual “The THRIVE Approach”, the underpinning elements of recovery / thriving – Time, Healing, Resilience, Interdependence, Vivacity and Emancipation will inform how we can most effectively support people in their recovery journey, rather than simply maintaining them within the psychiatric system.

THRIVE is devised and edited by Mike Smith, a nurse of 25 years experience and former Director of Nursing in North Birmingham and Marion Aslan, a teacher and former user of mental health services who has worked in the learning disabilities and mental health voluntary sector for the last 30 years. We have drawn on our experiences of what keeps people maintained within the system and what works in the moving on process, whereby people thrive and find their future.

Participants will also have practical experience of using some of the exercises and person centred tools we have included in the manual in addition to a range of workbooks, including “Working with Voices”, “Working with Self Harm” and “Psychiatric First Aid”. Participants will be introduced to S.H.A.R.S – risk assessment tool for self Harm (Mike Smith) and Professor Marius Romme’s Maastricht Interview Schedules.

Each participant will receive a certificate of attendance and a copy of “The THRIVE Approach” with access to mentoring from Mike / Marion on utilising the approach within their teams.

All our training is known for its -

Practicality

Innovation

Mutual and human approach

Humour and plain speaking

Critical and honest approach

Research breadth and Links to workbooks and self-help approaches, many authored by ourselves

For details of our six session training course on the THRIVE Approach or to view our full range of Recovery training visit www.crazydiamond.org.uk

Tel: Mike on 07764 764587 or Marion on 07934 675237

To order a copy of the book (£19.99 plus P&P) please contact; mikesvoice@aol.com or marionaslan@aol.com