

Introduction to WRAP

Wellness Recovery Action Planning



Leicester

Tuesday

19th September 2017

10am to 4pm

An Introduction to Wellness Recovery Action Planning

WRAP is accepted by mental health professionals around the world as an effective route to recovery from most forms of mental distress. We consider all aspects of WRAP, enjoying a full range of workshop activities just simply not as in-depth as on a two day WRAP course. This one day of training does not replace the longer WRAP courses, which we continue to recommend for those who can attend one.

Who is the course for?

It is good for anyone needing to quickly develop a working plan for wellness, that you can take away at the end of just one day and go on to develop on a longer course or in your own time.

Outline

- Improving understanding of self-defined recovery and wellness
- WRAP Recovery Concepts
- The values and ethics of WRAP
- Action steps for recovery, staying well and learning from crisis
- A brief consideration of crisis planning and the usefulness of having an advanced statement
- Developing aims / planning as a skill

Qualified and Experienced Facilitators

Our facilitators have many years of experience using WRAP for their recovery and continuing wellness.

Prices:

<http://www.wraptraining.co.uk/wrap-prices-uk.html>

Reserve a place:

<http://www.wraptraining.co.uk/and-getting-well-staying-well-in-leicester.html>