

Stop Paddling / Bipolar Recovery

Stop Paddling / Bipolar Recovery mission statement:

To understand bipolar and to share this knowledge with:

- people who believe they have the disorder
- those who try to help anyone with the disorder
- the general public



Wellness Recovery Action Planning - WRAP

- A full day course is available anywhere in the UK.

WRAP has been in use since 1989 and is accepted by mental health professionals around the world as an effective route to recovery from most forms of mental distress.

Roger Smith attended a WRAP course 9 years ago and sees this knowledge as the cornerstone of his recovery from bipolar disorder and continuing wellness.

Participants develop their own personal plan to maintain good health and to be prepared for future crises. This provides a platform for starting to understand other people's journeys of recovery.

WRAP in just one day?

It is worth clients considering that the first WRAP courses delivered in the UK were in a 3 day format and the 2 day option is still highly recommended. In condensing WRAP to a one day course it is still possible to consider all aspects of WRAP and take part in all the main workshop activities. The differences are in the time allowed for some exercises and in the need for excellent time keeping throughout the day. As with longer WRAP courses it is about giving participants the tools to take away and the expertise to further develop the plans started on the day.

Outline

- What is WRAP and where is it from?
- Having aims / planning as a skill
- The values and ethics of WRAP
- 5 principles of recovery
- 7 step plan for staying well / learning from crisis

Courses are typically from 10am to 5pm.

Contact: www.stoppaddling.com/contact

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