

# Recovery and Spirituality

Training exercises need to be used in the context of a whole session. Below is an example of a very simple exercise I use with a Recovery and spirituality training session, and is used following a presentation on some of the issues. It could be used, however, in other contexts.

*In small groups of 3 –4, spend twenty minutes considering and discussing:*

- What sustains you or gives you strength in your daily life?
- (for people in employment) What does your employer do and what could they do better to support and nurture your wellbeing?
- What steps could you take to ensure you have access to these resources?

*The whole group then comes back together to share the main ideas from their groups and learn from one another's thoughts and views.*

I would highly recommend some well-rehearsed training exercises used by Thurstine Basset and colleagues, some of which can be found in the Pavilion training pack 'Psychosis Revisited', available from Pavilion Publishing at:

[http://www.pavpub.com/pavpub/trainingmaterials/interest\\_results.asp?Interest=Mental%20Health](http://www.pavpub.com/pavpub/trainingmaterials/interest_results.asp?Interest=Mental%20Health)