

The NAMI Peer-to-Peer Recovery Education Course

Mercer University
School of nursing
3001 Mercer University Dr.
Atlanta, Ga. 30341

August 22 - 24, 2008
(Application Deadline 8/1/08)

<u>Day One</u>	<u>Day Two</u>	<u>Day Three</u>
<p>9:00 a.m. Week One Introductions Stigma, Discrimination, Trauma, Begin Relapse Prevention Planning Mindfulness</p>	<p>9:00 a.m. Week Four Story Telling</p>	<p>9:00 a.m. Week Seven Coping Strategies Decision Making</p>
<p>12:00 p.m. ~ Lunch</p>	<p>12:00 p.m. ~ Lunch</p>	<p>11:00 a.m. Week Eight Relationships <i>(Guest Speaker)</i></p>
<p>1:00 p.m. Week Two Schizophrenia, Bipolar Disorder, Depression, Boarderline Personality Disorder, Feelings, Sleep, Continue Relapse Prevention Planning, Mindfulness</p>	<p>1:00 p.m. Week Five Language, Emotions, Personal Mayhem, Continue Relapse Prevention Planning, Mindfulness</p>	<p>12:00 p.m. ~ Lunch</p> <p>1:00 p.m. Begin Advance Directive Empowerment, Advocacy</p>
<p>3:00 p.m. ~ Break</p>	<p>3:00 p.m. ~ Break</p>	<p>3:00 p.m. ~ Break</p>
<p>3:30 p.m. Week Three Panic Disorder, PTSD, Obsessive Compulsive Disorder, Senses, Behavior, Continue Relapse Prevention Planning, Mindfulness</p>	<p>3:30 p.m. Week Six Addictions, Spirituality, Why Medicate? Physical Health, Complete Relapse Prevention Plans, Mindfulness</p>	<p>3:30 p.m. Week Nine "Complete" Advance Directive Evaluation</p>
<p>5:30 p.m. ~ End /Dinner</p>	<p>5:30 p.m. ~ End/ Dinner</p>	<p>5:30 p.m. ~ End/Depart</p>

