

# Recovery Training in Tayside

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Tayside Recovery  
Training Group

# DRUMOIG 2005

Ron Coleman and Karen Taylor

Working to Recovery

# Setting the Scene

Four Day training, split into two lots of two days, divided by a week

Non-clinical, certainly non mental health environment

12 participants – multi-agency including people with lived experience and carers

# Self-awareness and reflection

- Recovery is as much about a way of being as about a way of doing.
- About challenging the mythical us/them divide.
- About shared humanity.

# MAPS

**Story**  
Step 1

**Actions**

**Dream**

**Nightmare**

Who

**Needs**

**Gifts Strengths**





**NO HATS, NO BADGE**



Who am I?