

University of Life *in Recovery*
2014/15 Launch
Seminars and Workshops

Introduction

The 'University of Life *in Recovery*' exists to build long term recovery in the community by leading thinking, reflection and action on areas of personal human development critical to long term recovery from addiction.

The University attracts people with an experience of personal or family long-term recovery from addiction as voluntary teachers. These 'wisdom carriers' have a passionate interest and some degree of expertise in an area of life in recovery. The University offers free seminars by these 'wisdom carriers'/ teachers to people in recovery, their friends, family and supporters. It's a pop up university that can as easily be run in Aberdeen as it can in Glasgow.

The University of Life *in Recovery*

The University concept was launched at the opening of the SRC offices in April 2014. The SRC then created a programme of taster sessions that ran in July 2014. The sessions were:

1. Learning to Meditate Glasgow: Kuladharini and Lesley Galbraith
Monday 21 July with 11 attendees, 100% agreement that the session helped their recovery and a combined recovery age of 36 years.
2. Co-dependency workshop: Peter Charad
Tuesday 22 July with 9 attendees, 100% agreement that the session helped their recovery and a combined recovery age of 76 years and 1 month.
3. What Happened Workshop: Gerry Murphy
Wednesday 23 July with 7 attendees, 100% agreement that the session helped their recovery and a combined recovery age of 35 years.
4. Daughters of Alcohol Workshop: Grace Alison Mellis
Thursday 24 July with 5 attendees, 100% agreement that the session helped their recovery and a combined recovery age of 30 years and 4 months.
5. Compassion and Self-Compassion: Dorothy Graham
Monday 28 July with 16 attendees, 100% agreement that the session helped their recovery and a combined recovery age of 29 years and 7 months.
6. Rewired and Inspired: Ross Hyslop
Tuesday 29 July with 7 attendees, 100% agreement that the session helped their recovery and a combined recovery ages of 47years and 3 months.

7. On love: Kuladharini

Wednesday 30 July with 13 attendees, 100% agreement that the session helped their recovery and a combined recovery age of 111 years and 9 months.

Total number of attendees: 68

Combined recovery ages: 366

Our reflections

This has been a quietly successful launch of a new idea aimed at the burgeoning recovery communities in Scotland. We now have 6 new teaching faculty members happy to give their seminars to other recovery communities and to teach again. We made connections across recovery communities and we found that this material was equally relevant to family members in recovery as it was to people with a personal experience of recovery. Therapists came for their own personal development; teachers came to other teacher's workshops to learn from each other.

Next steps

The SRC invites teachers to join Team Consortium. We can now create the University of Life *in recovery* prospectus for local recovery groups to choose seminars from. We will create marketing materials for local recovery groups to use when promoting the seminars they have chosen for their local 'University of Life *in recovery*' event. The SRC will look at another intensive season in Edinburgh and Dundee/ Aberdeen in the next six months.

Kuladharini
August 2014