

### What trainees said about the In-Sight course:

“I’ve felt strengthened by the course. It was a common core of experience there. How you deal with it, people have different strategies... People can learn what other people do, and that’s good.”

“Whereas before I used to find it difficult to say what was on my mind. But now I am beginning to express myself properly.”

### What consultant psychiatrists said about the In-Sight course:

“My patient found attending the In-Sight group to be extremely helpful, partly because the psychological approach was good and partly because of being involved with people with the same experiences.”

“This high level of communication was maintained despite the mood changes that the person had experienced recently.”

“The group helped her feel more in control ... what she found so helpful is developing coping strategies to help her with her tendency to withdraw.”

“He used to have frequent angry outbursts when he would get very upset with people, and make threats. We haven’t had any of that ... he is obviously managing better than before.”

**\* Our innovative training** In-Sight has been developed and tested to PhD by Dr Heather Straughan in a research study at the University of Hertfordshire. It has been demonstrated to be effective in enabling recovery, compared to people receiving their usual care whose health deteriorated. People found their mood was more stable, they had better coping strategies, greater empowerment and resilience, and they had a better quality of life, after following the training. The complete study is available on our website.

### How the training is run

If you are interested in receiving the training, we will draw up an individualised training plan according to your needs. We can offer you selected modules of one full day or one half day. Taster courses of one full day are also available. You can choose from the range of training we provide to suit you and your staff’s needs.

### Our rates

Our training rates are competitive and give excellent value given the quality and uniqueness of what we offer as an academically-trained team of people having personal experience of work-place good mental health. We can adapt our rates to suit your requirements and your budget.

### What happens next?

If you are interested in finding out more—simply get in touch with us. You will also find more information about us and about our services on our website.

*Your company’s recovery,  
and that of your staff,  
starts here.*



**Recovery In-Sight**

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(Front cover — Ila Bell, Dr Heather Straughan and Peter Jones)



**RECOVERY in Sight**  
for better mental health®

## Training Services for Business



**Increasing wellbeing,  
increasing  
productivity, saving  
you money**

**In this current economic climate, all companies need to work harder to stay on top, but a company is only as good as its staff, and the staff only as good as their own individual health. We understand that employees falling ill due to poor health, or long-term sickness absences, can cost you money. With 1 in 4 people experiencing mental health distress, this is a huge risk for the good financial health of companies if left unaddressed.**

### **Our aim**

- \* To reduce company expenditure through reduced levels of absenteeism.
- \* To increase company productivity.
- \* To enhance staff morale and motivation.
- \* To increase your company's competitiveness, by enabling your employees to become more resilient.

### **Who are we and what do we do?**

The Recovery In-Sight Centre is a socially-orientated enterprise, offering a range of services including training, research and advisory services in the field of mental health recovery.

In 2009, we won the Best Business Plan award in the University of Hertfordshire's entrepreneurial competition, Flare and the Recent Graduate award from the Federation of Small Businesses.



*Some of the team at our offices*

Many of our staff have experienced work-place stress, which, if better managed, may have prevented their own long-term sickness absence. Therefore, In-Sight training delivered by individuals with personal experience and knowledge of work-place stress is invaluable to your company and employees. Whether they are recovering from, or likely to suffer work-place stress, or those returning to work after a mental health-related absence.

### **Our team's unique expertise**

The combination of both personal experience of mental health issues and more traditional knowledge and professional qualifications creates a unique opportunity of benefit. Companies and their employees who may need additional support to keep well whilst at work can benefit from the expertise of our team of 20 academically-trained individuals. We can offer expertise in the development and delivery of new training to suit your needs. Many of our team have decades of experience working in mental health service development and provision and as researchers to PhD offering new types of service.



*The team with Ruth Badger*

### **Our innovative training\***

In-Sight training combines the quality of known clinical therapies in the area of mental health (group therapy, cognitive behavioural therapy, interpersonal and social rhythm therapy) and personal experience of what is needed for recovery and resilience in the workplace. In-Sight has been demonstrated to be effective in enabling recovery, compared to people receiving their usual care, whose health deteriorated. Many returned to work once the training finished, and all participants found they had increased resilience, especially in the work-place.

### **What is recovery?**

We consider recovery to be a personal journey through emotional distress to restoring good mental health and wellbeing. Recovery includes a growing mastery over environmental and emotional stressors, and increasing the range of coping strategies.

### **How we can help you**

In-Sight training is run in a group self-help format, enabling the group to be self-sustaining at the end of the course. This allows a continuing supportive and protective environment for your staff once the training has finished. We can help you develop this support group after the training.

The training is individualised according to personal needs and workplace context. It can be adapted to your company's needs and demands. As In-Sight training is modular, bespoke training according to your company's and staff requirements can easily be developed and delivered to you at our offices in Hatfield or at your premises.



*Our Offices in Hatfield*

### **Popular topics include:**

**Mood management** – coping with depression and elation.

**Healthier lifestyle** – sleep, diet, exercise, social support, medication, and meaningful activities.

**Interpersonal skills** – negative thoughts, communication techniques, assertiveness, anger management, goal-planning, stress management and coping with major life changes.

**Tools and wellness planning** – a range of practical techniques for use in day to day life, to enhance and sustain recovery, long after the course has finished.