



"We can't solve problems by using the same kind of thinking we used when we created them." – Albert Einstein.

People Like You - Recovery Training, with Cameron Ralph and Richard McLean.

This training is for clinicians who wish to understand recovery and gain insight into living with and recovering from mental illness. The workshop gives clinicians the understanding of recovery that they need in order to implement recovery in their practice.

We teach you how to find recovery solutions by changing your focus and employing innovative techniques. This training is refreshing, it's progressive and it's highly motivating.

At the completion of the seminar you will:

- 1. Clearly understand the concept of recovery.**
- 2. Clearly recognise the barriers to recovery.**
- 3. Understand how to find a way past those barriers.**

This training will shift your focus from the diagnosis to the solution, and more importantly, to the solution for the person you are treating. You will learn to implement the necessary framework that will promote and foster recovery.

You already know how to recognise a problem (diagnose an illness) and that is often what limits the clinician's ability to treat successfully. You will learn to stop focusing on the diagnosis and treat it like a barrier. You then learn to work out where the barrier lies and find a way around it. The barrier to recovery can seem high, but we will show you that it's not very wide.

This training gives participants the experience-based knowledge that is necessary to understand the road to recovery. Then equips them with a range of skills that will aid in promoting recovery.

Cameron's academic approach combined with Richard's artistic approach gives participants a suite of recovery skills and knowledge. Both are experts by experience and their techniques work.

To book a session or for more information contact:

Cameron Ralph: 0408 379 889 or cameron@peoplelikeyou.com.au

Visit: www.peoplelikeyou.com.au.





Speaker Bios:

Richard McLean

Richard is an ex illustrator and news graphics artist for 'The Herald Sun', and 'The Age' newspapers. He has a Bachelor in Fine Art and Associate Diploma in computer aided art and design. Richard is the author of 'Recovered, Not Cured, a journey through schizophrenia', (Allen and Unwin, 2002) and designer and artist of 'Strange Currencies of Ego and Soul', (2008)

Since his autobiographical account of schizophrenia was published, he has become an advocate for mental health recovery and education, especially with young people.

He has spoken from Parliament House, Canberra, to the school of religious and philosophy studies, in Montreal, Canada, outback Australia, and is heavily affiliated with, and does public speaking for SANE Australia, of which his book was awarded SANE's 'Book of the Year'.

Richard has spoken widely to consumers, carer groups, school groups, much radio and television. He has also worked as a consumer consultant for DHS.

Richard was recently asked, and presented a case to the National Curriculum deciders of VTAC on what to include in high school literature across all subjects pertaining to the celebration of diversity, mental health, sexuality and media.

Cameron Ralph.

Cameron has a BSc with Honours in Zoology and is currently a leading PhD candidate at Melbourne University. He has publications in national and international journals together with a wealth of teaching, lecturing and public speaking experience.

He combines these qualifications with his personal journey of living with and recovering from schizophrenia.

After 5 years of treatment Cameron took control of his life and has now been off medication and treatment free for nearly 2 years. He is a living example that mental illness has an end point and that it is not a life sentence.

Cameron's journey showed him that the mental health sector was not catering to the needs of young people. To address this huge gap in the mental health system Cameron launched People Like You, which, is a mental health organization for young people who are affected by mental illness.

www.peoplelikeyou.com.au is regarded as inspiring and insightful and Cameron has spoken to high school students, patients and carers where his honesty and insight are always beneficial.

