

Workshops, Webinars & Keynotes

These presentations are great for teams, clinicians and family members

For over 30 years Patricia E. Deegan PhD has been a thought leader and disruptive innovator in the field of behavioral health recovery. She speaks around the world carrying a message of hope and recovery. Pat offers customizable presentations focused on Peer Support and Recovery-Oriented Practice.



Available Recovery-Oriented Topics:

- I am a person, not an illness: Five recovery lessons
- The Dignity of Risk and the Duty to Care
- Restoration or recovery?
- The Owl and Me: Recovery across the lifespan
- Prescribing hope for recovery
- A Tree in winter: Remaining human-hearted in the human services
- What exactly is "lived experience" and why is it important?
- Navigating culture shift when peer staff become part of clinical teams
- Medication Empowerment: A recovery oriented approach to supporting people on the journey to use psych meds optimally to support recovery – Part 1 & 2

Workshop & Webinar Pricing

- \$2,500
- 60 – 75 minutes
- Best for small teams/programs
- Q&A available
- Virtual

Keynote Pricing

- \$6,000
- Best for large organizations and events
- Q&A available
- Virtual
- Customizable to meet your group's specific needs

**In-person on a limited/by request basis (extra cost)*

I am a person, not an illness: Five recovery lessons

In this webinar, Pat Deegan will share five important lessons she learned on her journey of recovery after being diagnosed with schizophrenia as a teenager. She will illustrate how to use these lessons in everyday work with people. There will be time for discussion and Pat will share a number of practical tools that participants can use in their daily practice.

The Dignity of Risk and the Duty to Care

Choice and self-determination are foundational principles of recovery oriented practice. But if a person is making a choice that steers their life away from recovery, how should staff respond? In this webinar, Pat Deegan will introduce a pragmatic, recovery oriented framework for working with people who are making choices that may be self-defeating. There will be time for discussion.

Restoration or recovery?

Young folks and their parents often begin care with the goal of "getting back to who I used to be". But sometimes restoration to the former self does not occur. Instead, recovery becomes a transformative journey into a new and unanticipated life course. In this webinar, Pat Deegan will describe the difference between recovery and restoration, and will offer practical tools and strategies for engaging with people on their transformative journey.

The Owl and Me: Recovery across the lifespan

Using the visual analogy of an owl, Pat Deegan will discuss key themes in her recovery after being diagnosed with schizophrenia as a teenager. During this webinar, she will share the importance of developing personal agency in the face of challenges that once seemed insurmountable. She will also introduce the importance of Personal Medicine and share practical tools to support people in their recovery.

Prescribing hope for recovery

Psychiatric care can be recovery oriented and person centered. In this webinar, Pat Deega will explore pragmatic and proven strategies for prescribing hope for recovery. Drawing on her lived experience of recovery after a diagnosis of schizophrenia, as well as over 30 years developing recovery oriented tools and practices, Pat will describe specific strategies for avoiding the prognosis of deep and prescriptions for non-compliance. She will demonstrate how Personal Medicine and Power Statements help the whole team shift the focus from "what-the-matter?", to "what-matters-to-you?".

A Tree in winter: Remaining human-hearted in the human services

Compassion fatigue. Burnout. Growing callous, automated or hard of heart. It can be challenging to remain fully human when working with so many people who often have significant and complex needs. In this webinar, Pat Deegan will describe a different way of viewing the people who come for mental health services in the public sector. She will describe how to avoid toxic help and utilize recovery oriented resources to remain effective and truly helpful mental health professionals. There will be time for demonstration of recovery resources and for discussion.

What exactly is "lived experience" and why is it important?

We hear the term "lived experience" a lot these days but what does it really mean and how did it find its way into behavioral health? In this webinar, Pat Deegan will explore the roots of lived experience and the important, non-clinical role peer specialists play as members of the clinical team. There will be time for discussion.

Navigating culture shift when peer staff become part of clinical teams

The introduction of peer specialists in clinical and rehabilitation programs, sets into motion a culture shift. In this webinar, Pat Deegan will describe specific challenges posed by this culture shift and make practical suggestions about how to successfully navigate these growing pains. There will be time for discussion.

Medication Empowerment: A recovery oriented approach to supporting people on the journey to use psych meds optimally to support recovery - Part 1 & 2

Using psychiatric medication optimally to support us in getting the life we want, is more than learning to take pills on schedule. It's a journey and on that journey there are many challenges. Medication Empowerment is a new, practical approach to supporting people through these challenges. In this two part webinar, Pat Deegan will draw on her experience of recovery after being diagnosed with schizophrenia as a teenager, as well as over 30 years of experience working in the field. In Part 1, she will teach the foundations of Medication Empowerment. In Part 2, she will explore specific strategies to support people in navigating the challenges on the journey to use psychiatric medicine. Each webinar is 90 minutes and it is suggested that folks attend both sessions as they build on each other. Pat will share practical tips and handouts that can be used by participants in their work.