

**Professor Mike Slade**

Professor of Mental Health Recovery and Social Inclusion  
Faculty of Medicine & Health Sciences  
University of Nottingham

**Supporting Recovery using the REFOCUS Intervention****Aims**

The aim of the masterclass is to develop knowledge and understanding about recovery and the REFOCUS intervention.

**Background/ Context**

The objectives are:

- To give an overview of current thinking about recovery and recovery support
- To understand approaches to supporting recovery
- To increase knowledge about the REFOCUS intervention
- To provide an opportunity for reflection on values and attitudes
- To notice and value existing expertise

**Discussion**

The content will comprise an overview of current understanding of recovery, and introduction to the paradigmatic and transformative implications of supporting recovery, a global overview of current policy and practice in relation to recovery-oriented mental health systems, identification of key empirically-supported interventions to promote recovery, and an introduction to the REFOCUS intervention to improve recovery support. Specific clinically-tested tools will be described, which are contained in the REFOCUS Manual. No previous training is required, but participants will benefit more from the masterclass if they have some familiarity with the REFOCUS Programme – information at [researchintorecovery.com/refocus](http://researchintorecovery.com/refocus) from where the second edition of the REFOCUS Manual can be downloaded.