

# Adult learning at the service of personal recovery.

June 7<sup>th</sup> 2018. NUIG Galway.



- 2012 Genio funding , social innovation.
- The defining features of a college
- What is a Recovery College ?
- Recovery Colleges are about... ?

**Mayo Recovery College**

- Process & Content
- Co production
- Co delivery
- Community Facing
- Dialogic and discursive

Features

- Education is a form of social rehabilitation. It is a normalising experience.
- **Learning is a health promoting process**
- **Sense of coherence**
  - Comprehensibility
  - Manageability
  - meaningfulness

**Salutogenic**

- Domains
- Tasks
- Practices
- Characteristics and processes
- Relationships

**RECOVERY**

- Self efficacy
- Self agency
- Salutogenic
- Social learning theory
- Narrative inquiry

**Personal Change**

- Acting on the learning environment
- Live experience
- Conflicted ideas
- Provocative ideas
- All representations are serious
- Knowledge constructed through interaction ,collaboration
- Cultural and linguistic forces

**Constructivism**

1. Information that supports orientation
2. Appreciative environments.
3. Resource for decision making
4. Hopefulness

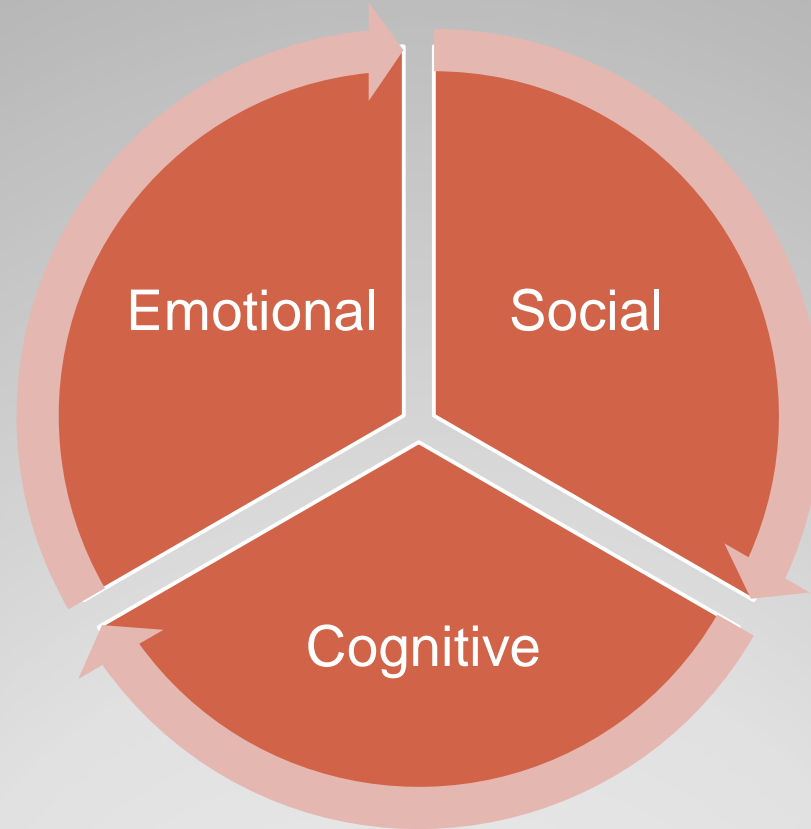
**Educational Paradigms**



Adult learning	Personal Recovery
Transformation not Transmission	Subjective
Subjective	Personal
Practical and applicable	Biographic
Meaningful	Idiosyncratic

**Personal Recovery and Adult Learning.**

<b>Conventional Education</b>	<b>Constructivist education</b>
Begins with part of the whole	Begins with the whole
Pre ordained	Iterative digressive, diverse differentiated
Established text	Multiple sources
Didactic	Dialogic
Directed	Negotiated
Reductionist	Constructed



**Efficacy yield in each of the domains *Learning without Limits, Cambridge***

- The conceptualisation of integrating experience into newly forged meanings
- Frames of reference . Habits of mind, Points of view,
- Instrumental learning
- Communicative learning
- Embedded understandings

**Transformative**

- The more interpretations of a belief available, the greater likelihood of finding a more dependable interpretation or synthesis. (*Mezirow*)