

WOW – MIND & BEHAVIOURAL CLINIC

presents 2019 Calendar themed on
'RECOVERY METHODS' developed by **DR. ABRAHAM LOW.**



DR. ABRAHAM LOW.

Founder of Recovery International,
Chicago.

Dr. Abraham Low, a Neuro-Psychiatrist based in USA, developed the Recovery method for persons with psychological/ psychiatric problems. The method focuses on 'distressing event' rather than big issues in the life of a patient. It helps patients to gain awareness about such events and offers simple but effective solutions. The patient learns to rebuild his/her life through such trivial events. This method is very suitable to Indian culture and way of thinking. This method is of great help to patients as well as others dealing with a distressing events. Recovery method offers tremendous potential to help many patients to cope with their problems and achieve three cardinal recovery principles: peace, order and balance.

There are over 600 Recovery Groups across the world. WOW Mental health celebrates their service by dedicating the WOW 2019 Calendar to Dr. Abraham Low's services. This year's calendar features recovery methods for everyone.



Mind & Behavioural Clinic

**We establish ourselves as one of the
leading organisations with the
holistic approach in our Mental Health Services**

January 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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Jan - Mental Wellness Month						

February 2019

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Feb 2 - Time to talk day - Mental Health						

“Day after day, more and more medications are prescribed for depression and addiction, assuming that these things run in our blood, when really they run in our patterns of awareness”.

- Vironika Tugaleva



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About Dr. Abraham Low

Dr. Abraham Low, the compassionate neuro-psychiatrist, the founder of the Recovery International, Chicago, had the distinction of introducing the Recovery self-help method at a time when it was common practice to control symptoms by medication or electric shock treatment though it was known to be of short-term relief.

Compassion of Dr. Low impelled him to think and come up with a method to use the post-medication stable period and prolong it by non-medical means. The result was evolution of the Recovery self-help method in coping with the disturbing events by using affirmative sentences such as, 'My internal peace is more important than my anger,' 'I cannot control external but only my internal environment,' 'Feelings are not facts,' 'We can break old habit patterns' and many more.

Dr. Low's recovery methods, which is based on principles of Cognitive Behaviour Therapy, predates the evolution of CBT. Recovery tools are of day-to-day use to others also for coping with disturbing thoughts and feelings.

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March 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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March 18 - World Sleep Day						

April 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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April 2 - World Autism Day April 7 - World Health Day						

“You are not worthless, you are not pointless, you are not a waste of space! Seriously, that is a story playing, you exist for a reason”.

- Kelly Martin



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Recovery method's salient features :

To maximize benefits of this structured weekly meeting is conducted by a trained facilitator in a pre-determined format. Here briefly are its salient features:

- Some portions from Dr.Low's books on the Recovery method are read out aloud by the group members by turns.
- Though there is no compulsion, each participant is encouraged to share one's success using the Recovery tools at those disturbing moments.
- All members participating in a group are equal, including the trained facilitator, and this is symbolized by the group sitting in a circle.
- One not only shares one's success story but also endorses for one's own efforts for using the Recovery tool at that critical moment.
- One also shares with the group how she/he would have reacted to the situation in the past, before knowing the Recovery method.
- After a member shares one's experience other members identify which other Recovery tool/s could also have helped him/her at that moment.
- Before dispersing, the members chat informally with other members to strengthen their bonds of friendship. They may also have a cup of tea together.
- One also has an opportunity to express one's gratitude by dropping cash in the donation box kept, purely on a voluntary basis.

Endorse for the effort, not just for the outcome.

[My enduring conviction : This encourages in me the habit of making efforts without undue pressure of the outcome.]

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May 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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May 7 - International Laughter Day May 24 - World Schizophrenia Day May 24 - World Play Day						

June 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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June 10 - International Day of wellness June 21 - International Day of Yoga June 26 - The International Day Against Drug Abuse						

“THE KEY to happiness is letting each situation be what it is instead of what you think it SHOULD be”.

- Mandy Hale



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A REAL-LIFE EXAMPLE

Here is an example, shared in those four steps, from SAA's archives for knowing the features and benefits of the Recovery method to the user:

Step 1: Briefly describe the event coped with : 'I was selected to perform a dance at SAA's 'aapla divas' (Our day in Marathi) annual function. Though I had practised amply, just before the performance I was doubtful whether I would be able do well in front of a group as it was my first such performance in front of an audience.'

Step 2: Briefly share the symptoms & discomfort experienced at that moment: 'My heart started beating fast. My mouth went dry. I doubted if I would remember all the steps and their sequence.'

Step 3: Do the 'spotting' of Dr.Low's tools [on, say, internal peace, external environment, concept of the right and wrong , trivialities of day to day life, symptoms being disturbing rather than dangerous, situation being helpless but not hopeless etc.]: 'I remembered that now I have the Recovery tools to help me. The spottings that came to my rescue were : Feelings are not facts. 'I should lower my expectations. 'We can break old habit patterns.'

Step 4: Compare the experience of the event handled now and how it would have been before knowing the Recovery method: 'I felt better by using these spottings and my dance performance was not affected. If I had not known the Recovery method probably I would have suddenly withdrawn from performing the dance or would have committed blunders and felt embarrassed. Yes, I also complimented myself for sailing safe through by using the Recovery tools.'

Be group minded.

[My enduring conviction: This helps me stay connected as part of the larger group, the community.]

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July 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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July 1 - Doctors Day						

August 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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25	26	27	28	29	30	31
Aug 3 - WOW 12th Anniversary Aug 6 - Friendship Day Aug 8 - Happiness Day						

“There are a number of things that family and friends can do to help a person with schizophrenia. One of the simplest and most effective is to create a positive environment around the person.”

- Milt Greek



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RECOVERY METHOD'S FEATURES & BENEFITS

Features of the Recovery method that have been helping individuals to derive the benefits of balance, order and peace in one's life can be summarized as follows:

- Periodicity, focussed & structured nature of the meetings encourage the user develop discipline in one's day to day life.
- Weekly group meetings promote socialization for an otherwise isolated person.
- Endorsing for one's very efforts, rather than solely on the outcome of one's efforts, motivates continued efforts in the use of the method.
- The method helps one focus on making effort to tackle minor rather than major disturbing issues in one's life. This is because recurrent trivial matters too pose as stumbling blocks in one's life.
- Recovery helps an agitated mind to calm down and to be functional rather than getting stuck in life with self-blame.
- It helps the user to be in the present moment as that gives a greater sense of control over one's life.
- It helps one realize and accept, over a period of time, the need to also accept and acknowledge that there are certain matters beyond one's control.
- The method encourages one to muster the courage of taking action, even when there may be some risk of failure because without it the status quo of suffering is likely to continue indefinitely.
- The group meeting has a specific step where one pats on one's own back for trying as this action boosts chances of one's continued effort and ultimate success.
- One other unique feature of the Recovery method is it engages the user in matters of 'here and now' rather than of a distant future. This reinforces one's belief in the efficacy of using the Recovery tools.

Excuse rather than accuse.

[Enduring lesson :This helps me choose peace over stressful blaming.]

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September 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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Sep 10 - Suicide Prevention Day Sep 21 - World Alzheimer's Day						

October 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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Oct 06 - World Smile Day Oct 10 - World Mental Health Day Oct 27 - World Occupational Therapy Day						

You don't have to be positive all the time. It's perfectly okay to feel sad, angry, annoyed, frustrated, scared and anxious. Having feelings doesn't make you a "negative person". It makes you human.

- Lori Deschene



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REVISITING THE HISTORIC MOMENT

Let us have a look at the details of how the Recovery self-help method reached Ekalavya SHG, Pune, and how it has been benefitting numerous persons since then:

Life has strange ways of creating milestones in human history. Introduction of the Recovery method to the needy in India is one such example. Anil Vartak, Ph.D., founder of Pune's Ekalavya SHG, chanced upon the Recovery method on the internet in the year _____. When he contacted Mr. Bob McIntyre of RI, Chicago, for details of the self-help method, Mrs. Dot McIntyre was co-incidentally in Pune, attending an international convention of the Girl Guides.

Meeting of Mrs. McIntyre and Mr. Anil Vartak in Pune hastened the process of the latter visiting the US for training in the Recovery method. On returning, duly trained in the Recovery method, Mr. Vartak honed his skill and introduced it to other SAA volunteers of the Ekalavya SHG.

Practical appeal of the Recovery method was so compelling that many persons with mental illness attended our SHG meetings, read the books published by the Recovery International, the manual specially designed by SAA for the use of the facilitators and also the Marathi translation of the book, My Dear Ones, published by SAA.

Dr. Low's self-help method is being practiced by SAA's Ekalavya self-help support groups at two locations in Pune. Mr. Anil Vartak's articles on the Recovery method, published in the local Marathi newspapers, have generated greater interest and enquiries from numerous readers.

Strive for peace, order and balance.

[Enduring lesson : Just three important states worth aspiring for in my life.]

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November 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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Nov 17 - World Epilepsy Day						

December 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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Dec 3 - International Day of Persons with Disabilities						

You have the power to heal yourself, and you need to know that. We think so often that we are helpless, but we're not. We always have the power of our minds. Claim and consciously use your power.

- Louise Hay



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**Message from
The Chief Executive Officer,
Recovery International, Chicago, USA:**

December 6, 2018

We are honored that WOW - Mind & Behavioural Clinic - Chennai and SAA-Pune chose Recovery International as the theme for the 2019 desk calendar. We hope this will help more people in India learn about our peer-led, self-help method, which is effectively used in many parts of the world by people coping with the stressful symptoms of mental illnesses.

Founded in 1937 in Chicago by Neuro-Psychiatrist Dr. Abraham Low, Recovery International has been helping people achieve better mental health for more than 80 years. The four-step method and "spots" are designed to provide tools to deal with things that come up in everyday life. This process, when practiced over a long period of time, "trains the brain" to think differently and work better during times of stress.

Wishing you all a more peaceful and productive life. Endorse.



Sandra K. Wilcoxon

Sandra K. Wilcoxon
Chief Executive Officer
Recovery International, USA

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PHOTO GALLERY



Recovery group meeting in progress at Dublin



Mr.Anil Vartak & Mrs.Smita Godse facilitating Ekalavya SHG meeting at Dhayari



Ekalavya SHG members reading & discussing Dr.Low's 'My Dear Ones' translated into Marathi



Mr.Tushar Pawar & Mr.Gurudatt facilitating Eklavya SHG meeting

Here are contact details to enable help yourself or someone else in need of additional information about the Recovery self-help method:

Schizophrenia Awareness Association,

Kamalini Kruti Bhavan, Ganesh Nagar,
Lane No.B30/31, Dhayari, Pune - 411 041, India
Phone Nos. 020-24391202 & 98348 99383

schizpune@gmail.com

www.schizophrenia.org.in

www.facebook.com/saa.help



Recovery International

1415 W. 22nd Street | Tower Floor | Oak Brook | IL | 60523 – USA

swilcoxon@recoveryinternational.org

www.recoveryinternational.org

For a free soft or hard copy of the handy booklet, 'Dr.Abraham Low's Recovery Self-Help Method' prepared by SAA, please contact SAA-Pune at the address shown above .

Affordable Mental Wellness for everyone, everyday!

MEMBERSHIP COST:

Rs. 365 + Rs. 50 for Documentation
Total Rs. 415

BENEFITS

- 24 One-to-one Consultations/year
- 2 Consultation sessions/Month
- 2 Orientation Programs

FOR DETAILS : 99402 21212 / WWW.WINORWIN.IN

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365 Degree is a simple but effective idea to intervene in the present situation and drastically increase awareness and access to mental health care. For just Rs 365 a year, those who join the programme will have access to psychologist, psychiatrist, counselors and life skills trainers through

WOW - Mind & Behavioural Clinic.

”

5 Areas of Intervention

LIFE STYLE ENHANCEMENT
RELATIONSHIP PROBLEMS
PERSONALITY ENHANCEMENT
PSYCHOLOGICAL AID &
PSYCHIATRIC INTERVENTION

AWARENESS | ACCEPTANCE | ACCESSIBLE | AFFORDABLE