
**The Taking Charge
Facilitator's Guide
includes:**

- ◇ Lesson Overviews
- ◇ List of Teaching Aids
- ◇ Facilitator preparation list
- ◇ Complete lesson plans including teaching notes for each handout
- ◇ More than 70 full-size 8½ x 11 Teaching/Learning aids ready for duplication

See **Sample Handouts** from the course and **Taking Charge Life Skills in Action** – examples of how the versatile skills are adaptable in daily life at:

www.pljunlimited.com

Taking Charge is an excellent addition to programs focusing on self-help, recovery, rehabilitation or vocational rehabilitation.

For more information on adding this unique, comprehensive course to your organization's program agenda, and Facilitator Training contact:



Rose VanSickle
PLJ Unlimited
P.O. Box 5452
Peoria, AZ 85385-5452
623.937.0698
email: tc@pljunlimited.com



is based on concepts originally developed by neuropsychiatrist Abraham A. Low M.D.
Taking Charge course text is:
Peace of Body, Peace of Mind
Practical, Effective Techniques for Mental Fitness
by Rose VanSickle

Taking Charge
where Recovery becomes Reality

**A Course in
Solid Stress
Management
and
Practical
Life-Enhancement
Skills**

"Taking Charge is that vital missing link... connecting one's desire to be fully functioning with the 'know how' to accomplish the goal."

- Nancy Downes, MA, CPC
Clinical Mental Health
Counselor
Laurel, MD

Who can benefit from Taking Charge?

Anyone feeling

- ◇ Stressed
- ◇ Depressed
- ◇ Anxious
- ◇ Panicky
- ◇ Fearful
- ◇ Angry
- ◇ Confused
- ◇ Lonely
- ◇ Different

will benefit from using the system of symptom and stress management techniques taught in the program.

Participants are saying....

"It changed my attitude about what I could do for myself."

"I've learned that despite my diagnosis, I do have control of my behavior."

"It introduced me to peace of mind."

Taking Charge is

A flexible eight lesson course of time-tested, cognitive-behavioral techniques encompassing self-help, plus self-empowering recovery/rehabilitation principles.

Designed to meet the needs of mild, moderate, chronic and more severe emotional difficulties, the course is easily adaptable to a wide range of audiences.

Standard adult education classes are typically taught eight lessons in eight weeks.

In psychosocial, outpatient and community residence environments the number of classes often increases to more than one session per week.

Depending on the dynamics of a specific group, the facilitator may choose to decrease the amount of material covered in a single class and increase the total number of lessons.

Long term, in-patient facilities generally reduce the amount of information presented and conduct daily classes.

Through interactive instruction Taking Charge participants gain

- ◇ A calm, rational approach to everyday living
 - ◇ A solid base of self-esteem and confidence
 - ◇ Verbal tranquilizers to reshape their reactions
 - ◇ Significant reduction of emotional turmoil
 - ◇ Sound skills for lessening conflict and tension
 - ◇ Sensible direction to a more peaceful life
-

"This is THE BEST COURSE I've ever taught In all my years in the mental health field..."

With these techniques, participants foster their own self-confidence and accept responsibility for what they can do to improve their lives."

- Joan L. Nobiling, MEd
Psychiatric Rehabilitation Practitioner
& Taking Charge Facilitator
