

Online RST Reading Requirements

Before coming to each session please make sure you have read the reading requirements for the day as well as answered any questions in that section.

Day 1

- Creating Community pages 46 -50
- Unlearning Patienthood, Learning Personhood pages 21 -27

Day 2

- Recovery , Wellness and Wholeness – pages 12-20
- Culture: An Introduction to Worldview – pages 28 - 33
- Cultural Representations Exercise

Day 3

- Worldview: Who am I and who are you? – Pages 34-41
- Healing From Trauma – pages 124-128

Day 4

- Crisis and Recovery – pages 112-118
- Wellness Tools – pages 42-45
- Prepare Recovery Story – see hand out

Day 5

- Share Recovery story
- See hand out

Day 6

- Understanding the Process of Change – pages 94-102
- Drugs and Alcohol – pages 103-111

Day 7

- Communication Fundamentals – pages 62 -68
- Creating Genuine Dialogue – pages 69 -79

Day 8

- Conflict and Understanding – pages 80 -89

Day 9

- Human Rights and People with Disabilities - pages 51-56
- Advocacy – pages 57- 61
- Grief and Loss – pages 119-123

Day 10

- Completion day ☺