

# Co-creating recovery in Chronic Fatigue Syndrome/Myalgic Encephalomyelitis (CFS/ME) – Rebuilding your Life group programme

## What does co-creating recovery look like?

- The Rebuilding your Life (RyL) programme was developed in Dorset by CFS/ME specialists; some people with CFS/ME, some who've already recovered, and health professionals. It's had some outstanding recovery results and it's recently been replicated in Oxford Health NHS Foundation Trust. It's a semi-structured programme, expertly facilitated using Neuro Linguistic Programming (NLP). It's run over 8 fortnightly sessions, in a community setting, and includes a shared lunch. NLP uses models of success and a range of tools which have helped us each to realign towards a positive future.
- The first cohort of 9 people with CFS/ME, 1 person from a Dorset RyL group who has completely recovered, 2 CFS/ME therapists, 1 CFS/ME GP and 1 expert NLP facilitator have produced this poster.
- We've made some significant and positive shifts, and we've reflected on what's helped this progress. We've identified the unique opportunity of together creating our own individual pathways to recovery, through learning with and from one another. Rather than patients and clinicians, we related as co-learners.

I'm no longer isolated  
*Sam*

Leading towards recovery by following the person is where we see the benefit  
*Sarah*

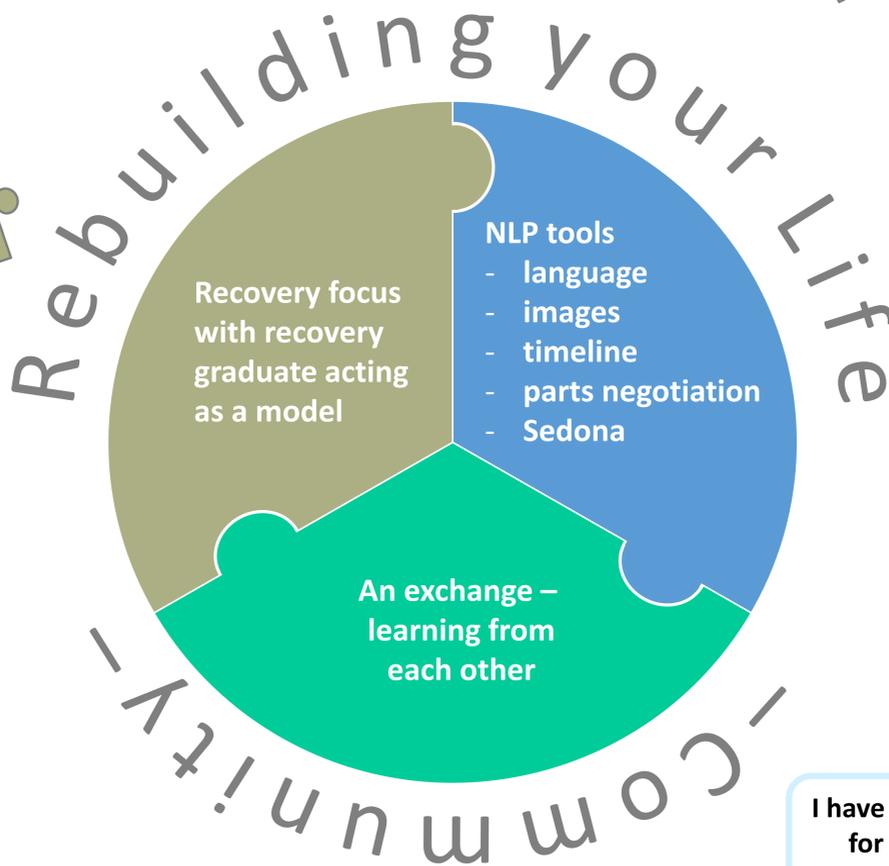
RyL has provided a supportive and recovery focused setting in which I can explore the pieces of my recovery as an individual  
*Alex*

I'm building a new life filled with hope and optimism. So different from the last 10 years  
*Julia*

We're amazed by the profound and positive effect of this programme on each of us as participants  
*Rachael*

We can use NLP tools to decrease or even stop symptoms  
*Julia*

What's brilliant is that it uses the capacity of the imagination of each person to activate new ways of thinking and being  
*Hilly*



It opened my eyes to the future and stopped me living in the past!  
*Sue*

The course has allowed me to hope for and create the future I want, rather than the one the ME wanted. I can see life coming into view and it looks amazing  
*Jenni*

I have begun to plan for the future!  
*Matt*



Once we get hope back we can do amazing things  
*Annie*



Instead of just managing ME, recovery is possible... The group encouraged a vision of living a full life  
*Patti*

## What can we pass on to others?

- The importance of a recovery focus and model - Annie showed us an image of recovery which is possible and authentic. As participants we found hope for ourselves for a positive future, and we've each created and explored our own pathways to this. It brings us to being more in control of our lives and we're benefitting from being part of a proactive community.
- The programme aims to establish a perpetual community of recovery. The ultimate outcome measure being that some of those in each current cohort will attend a future group as the models of recovery, passing on their own image of recovery.

Poster created by: Annie (recovery model), Jenni, Julia, Alex, Matt, Sue, Patti, Sam, Jane, Julia (participants), Rachael Rogers, Hilly Raphael Quigley, Fiona Duxbury (NLP trainees and Oxfordshire CFS/ME Service), Sarah Frossell (NLP facilitator)  
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