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.

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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)
Contact: hilly.quigley@nhs.net