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**Type of Presentation:** Workshop

**Accept what you cannot change and change what you cannot accept**

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**Learning Goal:**

Sharing my experience of my recovery process and my work as peer support worker  
Making a poetic form about the theme of the congress together with the attendees  
Explain what WRAP is and how they can use it in their own lives no matter what your difficulties are.

**Abstract Text:**

**“Accept what you cannot change and change what you cannot accept”**

Are you curious about what it's like for someone with a migration, islamic background and psychic vulnerability to go through disruption and alienation?

Then please continue to read this abstract.

Due to several psychoses in the course of 5 years, I was hospitalized in a psychiatric ward several times. I became alienated from society, friends and family I experienced a lonely and depressed time which resulted in a deep feeling of unworthiness.

During my stay in the psychiatric institution the psychiatric nurses noticed that the islamic religion was very important to me. They decided to invite an islamic spiritual worker to come visit me.

He turned out to have been an important source of support during my disruption.

He also turned out to be important for me to practice the islamic religion on a healthy way during my rehabilitation.

My road to recovery was a slow and intense process. In treatment I got in contact with a experience worker and at the same time I moved to assisted living where I met my residential counselor. These 2 people contributed a lot to my recovery.

What constantly helps me in my recovery is a self-management plan called the Wellness Recovery Action Plan (WRAP).

What I would like to achieve during this workshop is that attendees learn more about what it's like to not only recover but also be an ambassador for destigmatisation.

I would like to do that by:

Sharing my experience of my recovery process and my work as peer support worker  
Making a poetic form about the theme of the congress together with the attendees  
Explain what WRAP is and how they can use it in their own lives no matter what your difficulties are.

Picture 1:



Caption 1: Tofik Bouhrini

**ON THE HEALING POWER  
OF HUMAN RECONNECTION**