

## Ron Coleman and Karen Taylor



Karen Taylor is an RMN with 16 years experience in the NHS in England with both older people and adults of working age. Karen has personal experience of designing, implementing and managing innovative community care services.

After leaving the NHS, Karen managed the company 'Keepwell Ltd' for 2 years, where she ran a psychosis resolution service based on recovery and co-authored the workbook, 'Working to Recovery'.

Karen has also been involved in introducing Recovery Training into Australia, New Zealand, Palestine, Denmark and Italy as well as throughout the United Kingdom.

Based in Scotland, Karen is Director of 'Working to Recovery Ltd, alongside Ron Coleman. Karen and Ron are passionate that recovery is for all, including workers, and together they travel the world, telling their story of recovery and spreading a message based on hope, engaging with mental health services, carers and service users and challenging them to review their roles and embrace recovery for all.



Ron Coleman is a Mental Health Trainer and Consultant specialising in Recovery and Psychosis. Following his role as national co-ordinator of the 'Hearing Voices Network' he used his experiences of recovery to design

Workbooks and Training packages, to enable voice hearers to gain ascendancy over the negative aspects of the voice hearing experience.

Ron's own route to recovery after spending 13 years in and out of the psychiatric system has given him many insights into the numerous difficult issues facing today's mental health services. He is now back in his homeland of Scotland after 20 years of self imposed exile!

Ron is the author of 'Recovery – An Alien Concept?' and co-authored 'Working With Voices' and 'Working To Recovery'. Ron has published several books including the above and also 'Politics of the Madhouse'.

"We must become confident in our own abilities to change our lives; we must give up being reliant on others doing everything for us. We need to start doing these things for ourselves. We must have the confidence to give up being ill so that we can start being recovered."

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