

FAQ's about On Line meetings

What is going on here?

This is a chat room set up to demonstrate the Recovery Self Help Method and to give people a method of dealing with the events of everyday life which cause us to have nervous symptoms.

What are nervous symptoms?

Feelings that everybody has like anger, inability to sleep, stress, fear, lowered feelings, obsessive compulsions and many other feelings that prevent us from living a mentally healthy life.

Who was Dr. Abraham Low?

Abraham Low was a neuro-psychiatrist who lived in Chicago and developed The Recovery Method to help his patients with chronic conditions and to prevent a relapse.

What is The Recovery Method?

A self help method for dealing with nervous symptoms. The method consists of reading the works of Dr. Low, attending Recovery meetings, giving examples of how the Recovery method helped with trivial events of the day, commenting on other peoples examples and endorsing ourselves for all our efforts. We also remember to practice the method every day to maintain our mental health.

Does the Recovery Method work?

I use it every day to deal with irritations like driving on the freeway, frustrations at work and all the other trivialities of modern life. You will meet people here who practice the method and instruct others in it's use.

How do I donate or become a paying member?

Near the end of an on line meeting you will be presented with a link to donate but it is not required. There is also a link on the Abraham Low Self Help Systems page to become a member. Becoming a member helps to sustain the organization for the future and you will receive The Recovery Reporter, a quarterly publication with wisdom of Dr. Low and news of Recovery. Please remember if you navigate to a link outside the chat room you will be disconnected from the chat and will have to reenter. There is a mutual aid portion of the meeting that you will not want to miss so please come back after donating.

Can Recovery be used in place of professional assistance?

No. If you are seeing a mental health professional you must follow the direction of your professional.

Why do some of the rooms have limited hours?

These are the meeting rooms where the Recovery method is demonstrated. The rooms have limited hours because they are led by different volunteers trained in the Recovery method. All of the leaders suffer from nervous symptoms and use the Recovery method in their daily lives.

What software is required?

The only software required is Java which is available from the Sun Microsystems web site at <http://www.java.com/en/> . It is recommended to use Mozilla Firefox but I have tested IE and it works. Apple users must be OSx or higher.

How do I get a username?

When you navigate to the Recovery International Chat page you will find the link needed to obtain a user name right below the sign in message for creating a new user account. Click the link and follow the instructions. The registration process will send you a verification number which you may need to refer to the first time you enter into the chat room. Follow the link and instructions emailed to you, your account will then be displayed.

What if I forget my password or username?

If you forget your password click on the link that says “Forgotten your password?” and follow the instructions. If you forget your username you can either, create a new user account or contact Chris Brooks at brooks@lowselfhelpsystems.org. Chris will get back to you as soon as possible.

What can I talk about?

The open chat room is available to chat about any subject pertaining to stress, anger, feelings, emotions, mental health, depression etc. At times, there will be an experienced Recovery members in attendance who may be able to help you with any questions you may have about the Recovery Method.

Is there anything I can not chat about?

We do not chat about sex, politics, religion, legal issues or medication. If you want to chat about these subjects there are plenty of other organization’s chat rooms you may attend. Obscenity and rude abusive behavior will not be tolerated.

What are all the different rooms about?

“Recovery International Chat Room” is the default chat room and is open to anyone. The Online leader room is a password protected room and reserved for discussion among on line group leaders. The Practice room is available for people who may not be proficient in chatting and want to practice their skills in a non busy, smaller environment. This room is limited to 6 people at a time. You can also practice cutting and pasting examples which are skills you may need in the meeting rooms. At times special rooms may be set up for special functions so don't be surprised if they show up from time to time.

What if somebody comes on line who is distressed beyond our help?

It is important to remember we are not trained health care professionals or trained interventionists. They can seek help by calling 911, 1-800-SUICIDE, or calling their health care professional.

What are the qualifications to be a leader?

Potential Online and assistant leaders should be proficient in the use of chat rooms or willing to learn. The Potential leader or assistant leader must take the needed training to become an on-line meeting leader. Training requirements for leadership will depend upon the knowledge and experience of the potential leader delivering the Recovery Method. Potential leaders and assistant leaders will have to obtain the approval of their area leader before becoming an on line leader. Any Recovery Leader must be a paid up member of Abraham Low Self-Help System/Recovery International. The leader and assistant leader of the on line meeting must also attend monthly leader training meeting either by phone or one line on a regular basis.

How do I become a leader?

Anybody who wants to be a leader or assistant leader of an online meeting should contact Chris Brooks at brooks@lowselfhelpsystems.org.

How can I open a chat room to conduct my own on line meeting?

Any individual who wishes to open an on line meeting must be trained in the online meeting procedures and be proficient in the delivery of the Recovery Method. The meeting will need one group leader and one assistant leader. The leader and assistant leader should decide on a day of the week and a time for the meeting to be held. Notify Chris Brooks, he will set up the required training, obtain the meeting room, verify the time the meeting is to take place and procure the password for the meeting. At this time we are setting a limit of 12 people in a meeting.

How can I get into a meeting room?

Online meeting rooms will be open and restricted to 12 people. These rooms will hold a Recovery meeting where the Recovery Method will be demonstrated and examples will be given. Just click to the room to enter.

What if I have further questions?

Contact brooks@lowselfhelpsystems.org