

Edward Knight, PhD, CPRP

Meditation and Mental Health Recovery



Dr. Knight is Vice President of Recovery, Rehabilitation and Mutual Support for a large behavioral managed care organization, a researcher and nationally known trainer in psychiatric rehabilitation. He is a sociologist and Certified Psychiatric Rehabilitation Practitioner. He is a person living in recovery with a diagnosis of schizophrenia. He has been institutionalized and has been homeless. He is a steward of The Healing Circle, a Zen Peacemaker Circle and practices meditation and storytelling as tools of recovery.

Tuesday, December 3rd
7pm-9pm

First Unitarian Universalist Church of San Diego

4190 Front St, San Diego, CA

Donations will be gratefully accepted

Dr. Knight will briefly cover the basic, very hope filled research on recovery from schizophrenia, bipolar illnesses, depression and anxiety disorders. He will briefly discuss the research on role of peer mutual support in recovery. Finally, he will discuss the role meditation and the precepts can play in recovery from serious mental illnesses. There will be a brief guided meditation and a question and answer period.

“A person receiving a diagnosis of schizophrenia loses hope and enters a state of anguish caused by an experience of meaninglessness, hopelessness and helplessness. Much of this hopelessness is not due to the disease but to the mental health systems designed to treat it. Mental health systems are set up for maintenance and usually communicate that life is without hope of significant accomplishment once serious mental illness has set in. Yet, experience shows that recovery from mental illness is possible. Experience teaches that with expectations of recovery and proper support, people can regain their lives and their independence.” Dr. Ed Knight

The Spirit of Recovery

Without inner peace, nothing else matters; with inner peace, nothing else matters.