

In Recovery is anything possible everybody can be an angel

CARe conference Prague

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expert by experience, social work&
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Social Pedagogue; Co developer CARe approach,
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expert by experience (associate degree),
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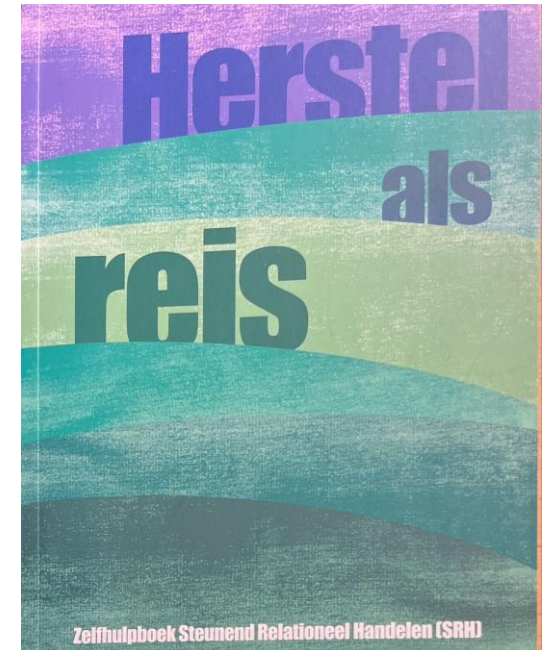
www.herstelangels.com

what do we do?

WHO are we?

- Selfcare and Recovery Angels
- Recovery as journey: selfcare book with trainers manual (yet only in Dutch)
- Everybody can be an angel

first a
startup
exercise



Trauma leads to a broken connection: with **yourself, your body** and the **world**.

WOT



PTSD

PVG

cortisol

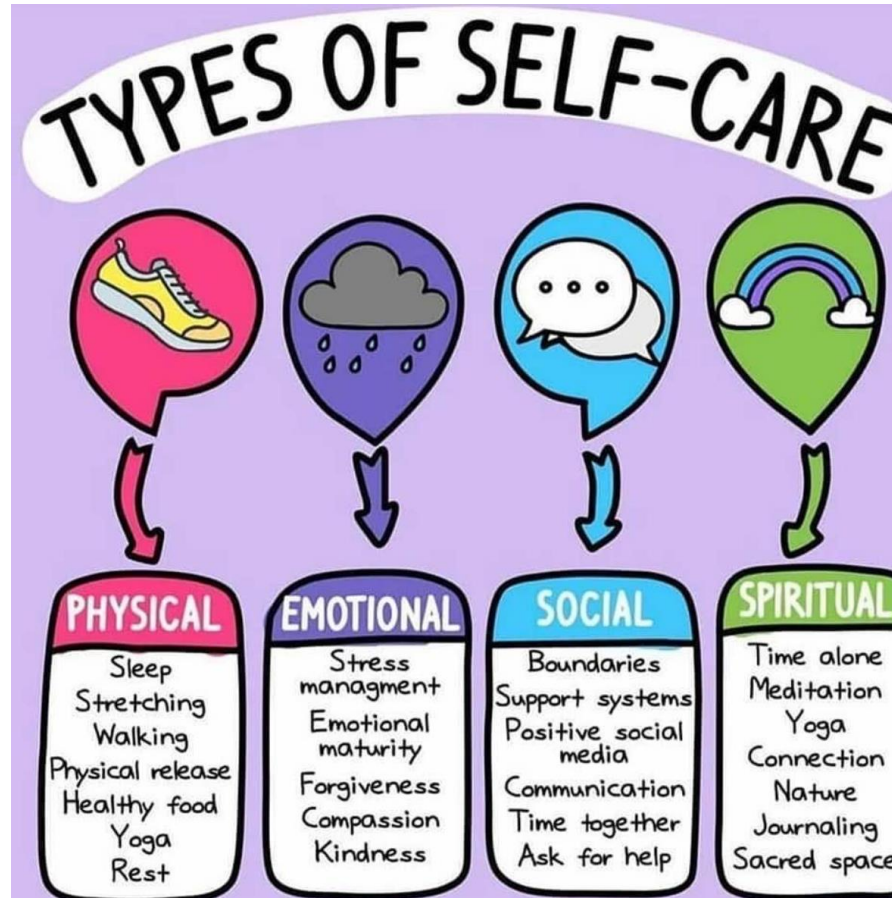


physical

emotional

financial

work



social

spiritual

personal

space

you can find all in **Herstel als Reis**

Examples: how to connect to yourself with the 5 senses

				
feel	taste	hear	smell	see
pet your pet	eat an ice-cream	hum	use essential oils	look at people
hug	suck on a candy	Listen to Dirk as his guitar weeps	enjoy the smell of: fresh baked bread	admire the nature around you
take a hot or cold shower	Eat your favorite dish	Listen consciously to sound	take a deep breath	read to your favorite book
wear soft comfy clothes	eat mindful	Make a feel good play list	enjoy the smell of fresh coffee	look at the shine of a flame



DE HERSTEL
★ ANGELS ★

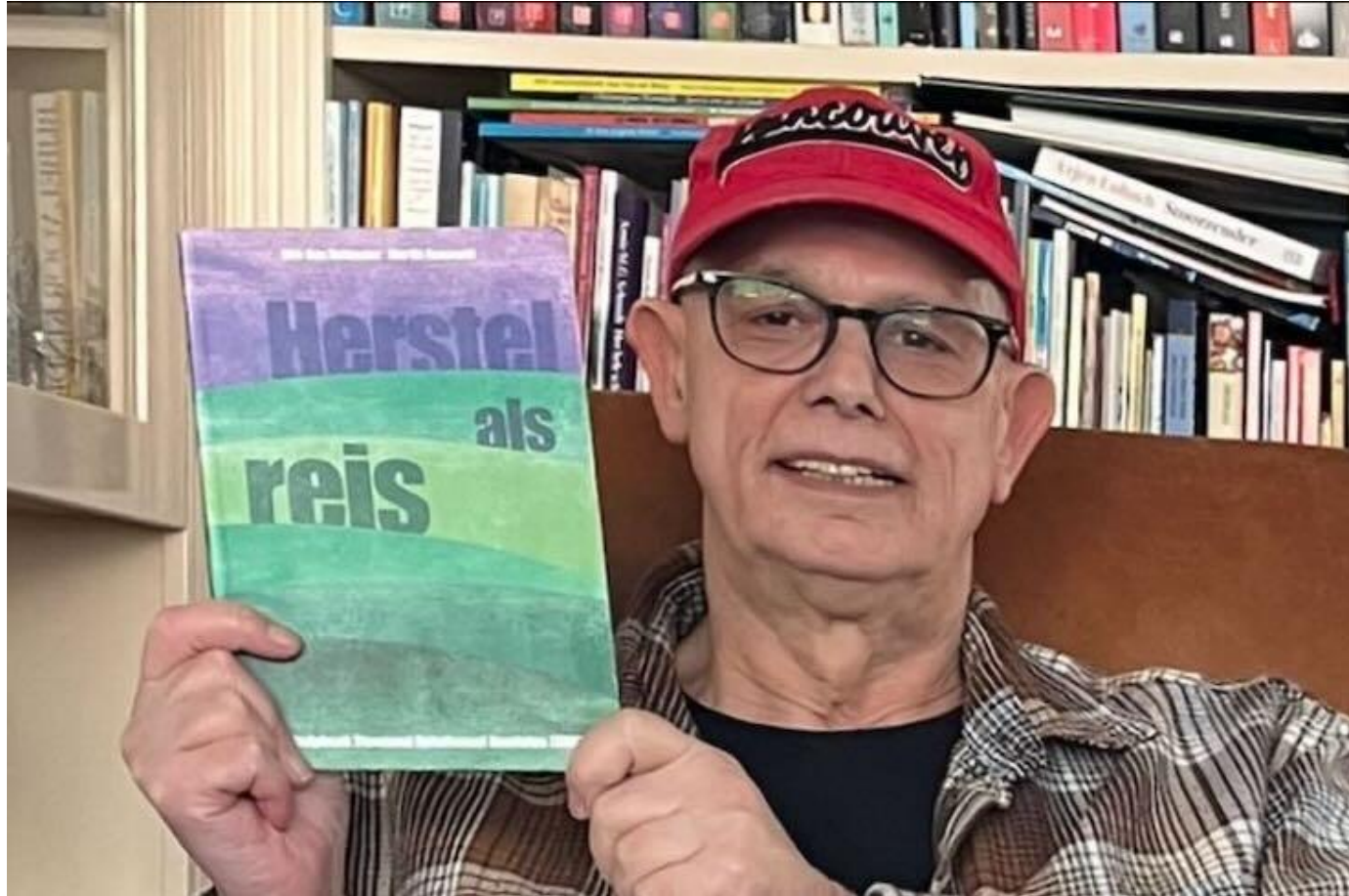
**Give an
example of
every sense**

Feel	Taste	Hear	Smell	See

**introduce
yourself to the
person left to
you by using
your examples**



the circle is round



why was I exhausting myself
all those years? working
seven days a week?

always about
rehabilitation and care

always about the others:
My clients
My students

eventually I understood
it all was about me

A nice process: the making of the trainers manual 'recovery as journey'

- a **workbook** for participants → **Herstel als Reis: Recovery as a journey**
- a manual for Trainers: almost ready (in Dutch)

a training for trainers with lived experience





Main Points of the book (the method):



- **Based on research about: what do people in recovery **SELF** find important about the support they need?**
- **The results of the activities in the book can be used to build up your **recovery-or life story****
- **In the book is an article about how to write a recovery story**

- In the book: exercises to relax your sympathetic nerve system

One exercise for example : **(trainers lead the way)**

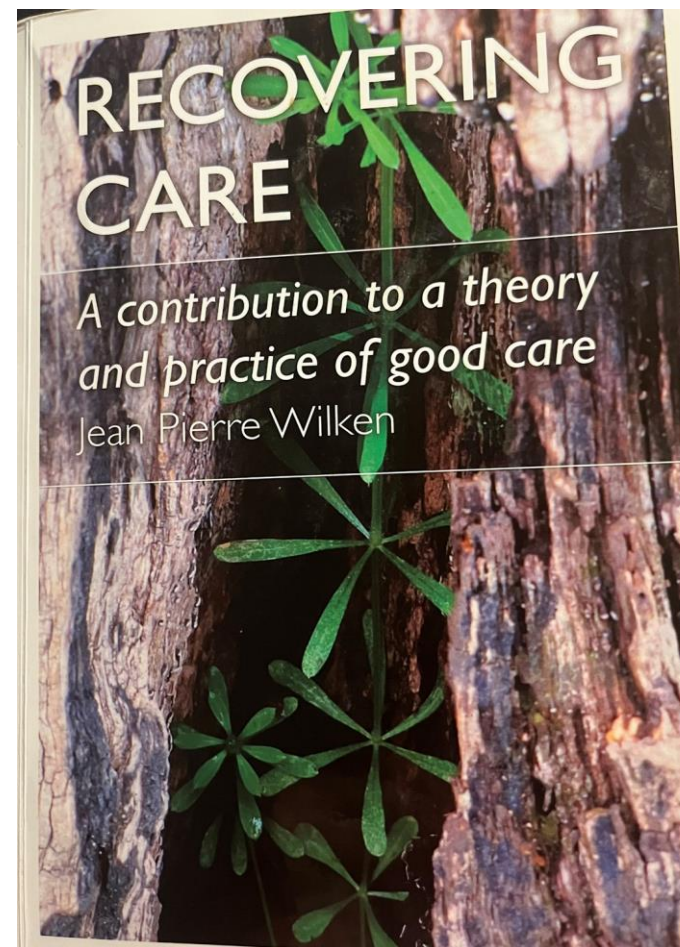
- **Rub from shoulder to elbow**
- **rub your face, jaws and cheeks.**
- **rub your hands**



Jean Pierre Wilken did research about what people in recovery themselves need. This is what he found:

Four core activities in supporting recovery:

- Connecting
- Understanding
- Ensuring
- Strengthening





Connecting



Ensuring



Understanding

Examples.



Strengthening

the Strengths Matrix

I want

Wishes, ambitions, dreams

I can

Talents & skills

I am

**personal qualities
values, beliefs, passions**

I have

**Personal and material
resources:
people who support me,
materials and stuff that is
important to me (mine gitaar)**

I know

**Personal experiences and
knowledge:
experiential knowledge**



**the Recovery Angels:
stand up for people who
are abandoned by
everybody**

www.herstelangels.com

Everybody can be an angel

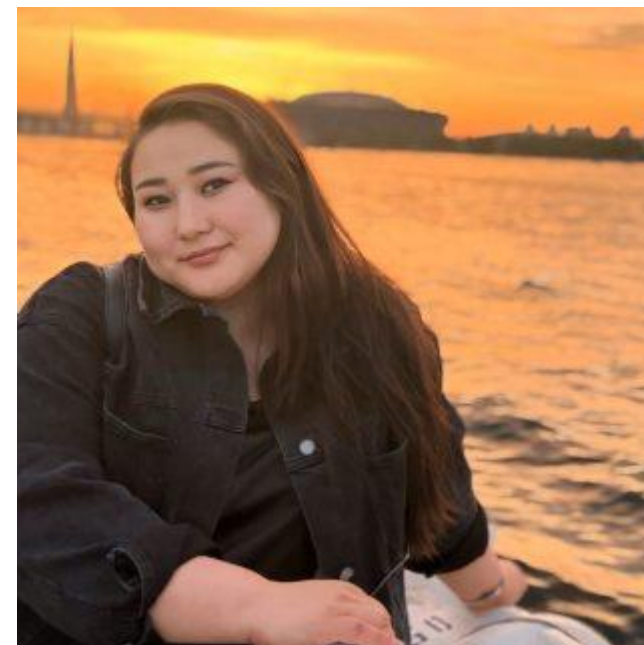
- a lot of people fall through cracks of society
- Andries Baart speaks of **socially redundant people**
- also: **relatives** are often unheard.
- ANYONE should be there for them
- we are looking out for them and just be with them
- And: we ask awareness (Presentations, workshops internet etc.)
- they are our **friends**, not clients/patients

RECOVERY
CAN ONLY
TAKE PLACE
WITHIN THE
CONTEXT OF
RELATIONSHIPS;
IT CANNOT
OCCUR IN
ISOLATION.

— Judith Lewis Herman

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everybody can be an



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