



## Making Sense of Unusual Experiences: Voices, Visions & Paranoia

A two-day skills based workshop delivered jointly by Paranoia Network UK, Hearing Voices Network, Sheffield, and the Institute of Mental Health.

### Venues

14 and 15 November 2012  
Duncan Macmillan House, Mapperley,  
Nottingham

10 and 11 December 2012  
Bevan House, Springwell Road,  
Leeds

**Facilitators:** Pete Bullimore, Chris Tandy and Kieran Fahy

### Workshop Content

#### Day 1

- Understanding paranoia through the history of psychiatry
- The problem with diagnosis
- Making sense of paranoia
- The three stages of paranoia
- Making sense of 'delusion'
- Trauma and paranoia

#### Day 2

- History of understanding voices and visions using a psychiatric perspective
- The difficulty with diagnosis
- Limitations of traditional therapy
- The three stages of voices
- Trauma and unusual experiences
- Understanding voices and visions
- Helpful approaches

### Workshop Outcomes

#### Day 1

- Gain a contemporary understanding of paranoia and other alternative beliefs.
- Gain a critical understanding of current bio-medical constructs of paranoia.
- Construct collaborative understanding of paranoia with service users in a respectful, ethical and therapeutic manner.
- Understand the potential connection between trauma and paranoia.

#### Day 2

- Take a critical and thoughtful perspective on traditional ways of understanding voice hearing and visions.
- Understand the potential pitfalls of the claims made from other therapies.
- Take a respectful and ethical approach to the experience of voice hearing and visions.
- Understand the potential connection between trauma and voice hearing and visions.
- Develop new ways of talking to and working with people who experience voices and visions.

This workshop is targeted at all mental health workers, criminal justice personnel, third sector agencies and people who experience voices, visions and paranoia. Costs are £10 (non-waged), £30 (part-time employed), and £75 (waged).

**Apply now:** Suzanne Howard, Workshop Administrator, 01777 247284, mobile 0791 7837430 and email [suzanne.howard@nottshc.nhs.uk](mailto:suzanne.howard@nottshc.nhs.uk)