

PARANOIA & BELIEFS TRAINING

FOR HEARING VOICES GROUP FACILITATORS

UNDERSTANDING AND SUPPORTING PEOPLE WITH PARANOIA AND BELIEFS

TUESDAY 24TH FEBRUARY 2015
10.00am – 5.00pm
Registration 9.30am

JOACHIM ROOM
COLLEGE OF ST HILD & ST BEDE
DURHAM DH1 1SZ

THE COURSE IS FREE OF CHARGE

TO BOOK YOUR PLACE:

Go to this webpage:

<http://goo.gl/forms/7B9NwVfUvX>

Or for further information, contact
John Wetherell: 020 7241 8978

jwetherell@mindincamden.org.uk

ABOUT THE COURSE

- Are you currently facilitating a Hearing Voices Group and would like to explore more about the relationship between voices and beliefs?
- Are you interested in finding out about the experience of paranoia or having beliefs seen as unusual?
- Would you like to explore ways of supporting yourself or other people to cope?

On this course we will explore:

- The relationship between sensory experiences (like voice-hearing) and broader concepts of reality (beliefs about the world, the future and ourselves).
- Our own perceptions of 'reality' and how this affects the way we listen to, and support, others.
- Some of the tensions and challenges that can arise when someone has a strong belief that is not shared by others around them
- Ways of talking about, and working with, distressing beliefs within groups
- The social context of these experiences

ABOUT MIND IN CAMDEN

Mind in Camden has been working since 2005 to develop a network of over 40 Hearing Voices Groups across London. For three years from January 2012, we ran a funded project delivering *Paranoia & Beliefs Group Facilitation* training courses several times a year. By the end of January 2015, this will have resulted in 20 Paranoia & Beliefs groups Londonwide — peer support groups for people who experience 'paranoia' and the distress that can be related to beliefs.

ABOUT THE TRAINER

Molly Carroll has lived experience of paranoia and overwhelming beliefs, and of developing peer support approaches in this area.