

# Psychosis and Trauma

## A one day conference

Friday 6<sup>th</sup> March 2015  
9.30am -3.30pm

Friends Meeting House, Friargate, York, YO1 9RL

**The conference is aimed at people who are experiencing mental health problems, their families and professionals. The day will focus on exploring psychosis as an understandable response to difficult and traumatic experiences.**

### Speakers will include:

**Bob Johnson.** Bob specialises in the non-drug treatment of psychotic symptoms, by pursuing and eradicating earlier traumas. He is a Consultant Psychiatrist, has a degree in psychology and was chosen to be the first Head of Therapy at Ashworth Maximum Security Hospital in Liverpool. Bob has recently closed his clinic to concentrate on organising the many videos he is working on. His mantra is "*empowering intent detoxifies psychoses*", based on Truth, Trust and Consent. His two books are *Emotional Health* and *Unsafe at any Dose: Exposing Psychiatrist Dogmas so Minds can Heal*.

**Peter Bullimore.** Peter is a voice hearer who has reclaimed his life from psychiatric by learning holistic approaches and with support from the Hearing Voices Network. He is currently undertaking a research post at Manchester University, runs his own training and consultancy agency, Asylum Associates, and is the founder member of Paranoia Network.

**Angela Kennedy.** Angela has been a Consultant Psychologist in the NHS for 24 years and is a trauma therapist working in Tees, Esk and Wear Valleys NHS Foundation Trust (TEWV). She is currently the lead for specialist psychological therapies team, working with people who experience enduring psychotic symptoms. She is actively creating systems for services to be "trauma informed" and is project lead for compassion focused management culture in TEWV. Angela is on the board of the European Society for Trauma and Dissociation and is psychological therapies lead for the North of England Clinical network.

**Isabel Clarke.** Isabel is a consultant clinical psychologist, with 20 years' experience in the NHS. She is currently the lead for a project to embed a psychological therapeutic approach across the acute care service in the NHS Trust she works for, and is introducing a formulation led approach into IAPT for those who fail to respond to the NICE prescribed protocols. The psychology of spirituality, the centrality of spirituality to mental health issues and the light that the relationship between psychosis and spirituality can shed on this, are particular areas of interest to her. Her books, the edited, *Psychosis and Spirituality; Consolidating the new Paradigm* (Wiley 2010) and *Madness, Mystery and the Survival of God* (2008, O-Books) explore the themes of spirituality, mental health and being human. Visit her website: [www.isabelclarke.org](http://www.isabelclarke.org) for more information on publications and activities.

## Programme

- 9.30 - 10.00**      **Registration and refreshments**
- 10.00 - 10.15**      **Welcome and introduction**  
*Karen Flowerdew, Consultant Clinical Psychologist, York Recovery Services*
- 10.15 - 11.15**      **Using anger to combat the pain of psychotic symptoms,**  
*Bob Johnson*
- 11.15 - 12.00**      **Identifying Trauma and Making Sense of Psychotic Experiences,**  
*Peter Bullimore*
- 12.00 - 12.15**      **Discussion**
- 12.15 - 13.15**      **Lunch (not provided)**
- 13.15 - 14.00**      **Trauma, Transitions and the Transliminal: Taking Experience**  
**Seriously in Psychosis,**  
*Isabel Clarke*
- 14.00 - 14.45**      **Development of Trauma Informed Services,**  
*Angela Kennedy*
- 14.45 - 15.15**      **Plenary/discussion**
- 15.15 - 15.30**      **Summary and close**

This event is free but places are limited so please register online as early as possible by visiting

<http://tinyurl.com/psychosis-trauma>

Please note that lunch will not be provided.

For more information please contact Rob Allison, Department of Health Sciences on 01904 321689 or email [rob.allison@york.ac.uk](mailto:rob.allison@york.ac.uk).