

NATIONAL PARANOIA NETWORK

TRAINING BROCHURE



The National Paranoia Network Logo is the Blue Horse of Trieste
It Symbolises the freedom from Asylums in the Franco Basaglia era in Italy

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About us

The National Paranoia Network was launched in 2004 in Sheffield by Peter Bullimore & Terence McLaughlin to help transform the understanding and support of people with mental health problems.

We offer world-class expertise and insight.

We deliver training around.

- Making Sense of Hearing Voices
- Working with Paranoia & Unusual Beliefs
- How to use the Maastricht Interview for Hearing Voices
- How to use the Maastricht Interview for Problematic Thoughts, Beliefs & Paranoia
- Advanced Maastricht Interview Training
- Starting & Supporting Hearing Voices & Paranoia Support Groups
- Identifying & Working with Childhood Trauma & Abuse

Training with the National Paranoia Network

Our workshops offer you effective learning experience through:

Expertise – all our workshops are delivered by experts with experience who have taught internationally.

Location – We can provide training or consultancy and support in a suitable venue within your workplace. We deliver training across the UK & Internationally. We deliver the Maastricht interview training on the BA Nursing course at Manchester, Cork, and Dublin Universities

Developing skills & careers - our workshops are specially designed to enable participants to gain new skills, broaden knowledge, improve your practice, and enhance your continuing professional developments (CPD). You will go back to the workplace having learnt a range of highly practical and relevant new skills and competencies.

Services – we can also provide custom designed workshops to meet your specific service challenges.

Workshop size

The workshops are generally organised to suit the venue size.

Workshop

These skills-based workshops provide participants with an understanding of useful ways to support a person who experiences hearing voices, paranoia, unusual beliefs or have been through traumatic experiences

Duration: One or two days (flexible delivery models are available)

Target audience: All mental health workers and colleagues in criminal justice and third sector agencies who work with people with lived experience of hearing voices and paranoia

Teaching and learning: The training includes presentations and experiential learning techniques to introduce and explore useful ways of supporting someone who experiences voice hearing, paranoia, or traumatic difficulties

Much of the day will focus on practical approaches to alternative realities, assisting service users to accommodate and understand their experiences in a less distressing context

Making Sense of Hearing Voices

Workshop content will include:

- How common is it to hear voices?
- Three stages of hearing voices & understanding the metaphor of voices
- Deconstructing voices
- Personal experience
- Voice profiling
- Thought stopping
- Short term coping strategies for voices hearer's
- Focusing Techniques
- Case Studies

Workshop outcomes

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

Working through Paranoia & Making Sense of Unusual Beliefs

Workshop content will include:

- What does Paranoia mean to you?
- The History of Paranoia
- The role of fear in Paranoia
- Identifying the role of neglect in paranoia
- Identifying the links between trauma and belief systems?
- The three stages of Paranoia
- Using the three stages (Case studies)
- Triggers & Warning signs
- Working with unusual beliefs
- Decoding beliefs
- Understanding body state information that can trigger paranoia
- Case studies
- Personal experience of recovery

Workshop outcomes

- Understand the meaning of paranoia
- Identify the role of fear in paranoia
- The importance of identifying neglect
- How to decode beliefs
- Understand the three stages of paranoia
- Look at identifying the meaning in someone's belief system and helping them work through them

How to use the Maastricht Interviews for Hearing Voices & Paranoia 2 or 3 Days

A Social & Biographical Approach to Hearing Voices & Paranoia a Lived Experience Perspective

Traditionally mental health professionals do not talk to people directly about their voice hearing or paranoia because it is believed that it reinforces socially unacceptable behaviour and madness. The tradition lets us believe that hearing voices/paranoia has no relevant meaning other than manifestation of an illness, usually schizophrenia. People who experience hearing voices/paranoia are mostly treated according to these traditional ideas, which means that the voices and other so called psychotic experiences like paranoia, intrusive thoughts etc and even self-harm are seen as symptoms of an illness, with the consequence that professionals try to treat the suspected illness and mostly not attend to the persons experiences and the consequences of those experiences for the individual.

Most voice hearers as well as people with paranoia feel that the traditional approach does not relate to their experience, but the reference alienates them from their experience and is not helpful. Hearing voices and the other experiences are meaningful experiences when we identify the problems that are the root of them.

SYNOPSIS

These workshops provide training for workers in mental health care to work with people who hear voices or experience paranoia. The method involves accepting and making sense of a person's experiences and tries to establish a link between what the voices say and the meaning of their beliefs related to their life experiences as a means of providing both relief and the possibility of recovery. The workshop also provides an opportunity for the workers to understand the underlying principles of this approach and evidence of success by interviewing people with lived experiences who have been through the interview process.

LEARNING OUTCOMES

By completion of the workshop, delegates will have had the opportunity to demonstrate the ability to:

1. To talk to a person who has lived experiences of voices or paranoia about his/her experiences in a comprehensive way
2. Have knowledge of different frames of reference about voice hearing/paranoia in relation to historical evidence and epidemiological data and be able to discuss these.
3. Demonstrate competence in the use of the Maastricht interview and recording the experiences of the person
4. Understand and be able to identify the role of the interviewer. The interviewer role needs an ability to extract information and be an objective listener, suppressing therapeutic ambitions or comments.
- 5 Demonstrate competence to enable the person with lived experiences, to make a normalising relationship with their voices/paranoia in which the person feels interest, acceptance, and respect.
- 6 Demonstrate competence in identifying and exploring those strategies that enhance control of their experiences.

7. Demonstrate competence to identify the possible relationships of a person's experiences with the individual's life history and in the understanding of metaphors in what the voices say and how to decode beliefs

8. Demonstrate the competence of teaching the main elements of recovery from distress with voices/paranoia

9. Demonstrate that the aim of the course for the professional is the difficult and sensitive task to change their attitude towards hearing voices and paranoia

Day 1

- There will be a maximum of 20 workers and 2 or 3 people with lived experience of hearing voices & paranoia present, they will come from the National Paranoia Network
- There will be a presentation and overview of how to use the Maastricht Interview
- Workers will work in groups and they will interview a person with lived experience using the Maastricht Interview and they will then be required to write a report of the interview the information will be carefully distilled and used to form a construct of the experience

Day 2

- The workers will interview a second person and write up the second interview
- They will then have to develop a construct of the experiences of the people they interviewed
- They will look to answer two questions depending on the interview used

The Hearing Voices interview

1. What do their voices represent in the person's life?
2. Whom do the voices represent?

The Problematic Thoughts, Beliefs & Paranoia Interview

1. What fears in the person's life do the experiences represent?

2. Who or what created the fears in the person's life?

- a. They will then be asked to feed them back, and they will be compared to the reports and constructs, that have already been completed by Professor Marius Romme & Dr Sandra Escher
- b. If there are any mistakes they can be rectified and the worker will have a correct report and construct, as a guide to use in their practice

Day 3 (Optional day)

The third day of the Maastricht training we would look at how we would use the information from the construct to help the person identify issues in their lives and how to work through them to help them gain more control of their experiences

Advance Maastricht Training (Two-day course)

This workshop provides advanced training for professionals and workers in mental health care who have undertaken the Maastricht Interview for people who hear voices or the problematic thoughts, beliefs, and paranoia interview. This course involves identifying the barriers to implementing the interview, overcoming them to enable the process to begin and develop an understanding of the other person's experience, from their perspective. This workshop also provides an opportunity for workers to understand the metaphor of a person's experience by using reflective questioning. How the worker can keep control of the session if the client goes off on a tangent and identify why the person might do this, it will also look at how we respond to disclosure of abuse and traumatic experiences. We will look at how we respond, acknowledge, and empower the person

Outcomes

- Attendees will gain more confidence in implementing this approach
- Understand the experiences from a metaphorical perspective
- Learn how to deal with dissociation
- Be confident to acknowledge and respond to disclosure of trauma

Starting & Sustaining Hearing Voices & Paranoia Support Groups 2 Days

Hopes & fears of starting a group

Why would you start a group?

Therapy or therapeutic group

Ground rules & starting points

The role of the facilitator

Benefits of a group

How groups help with a person's recovery (Lived experience example)

Understanding group members & communication skills

Conflict management & coping with difficult members

Coping Strategies

Extending the group

Reviewing the group

What are the challenges & rewards?

Support for facilitators

On completion of the course each participant will be able to:

- Identify the factors that create a positive learning experience within the group
- Discuss how group dynamics can influence participants experiences
- Feel more confident when dealing with difficult group members
- Learn skills to encourage group members to feel confident to talk about their experiences in a safe environment
- Reflect on their facilitation skills and be aware of their own personal style.
- Recognise their own strengths and areas for development
- Transfer the learning from the training environment back into their working context.

Working with Childhood Trauma & Abuse 1 or 2 days

This workshop will enhance your skills in asking about, understanding, and working with persisting fears so as to eliminate them.

This workshop is open to professionals, voluntary sector workers, criminal justice personnel carers and people with self experience or anyone who has an interest in Trauma & Fear

Topics will include:

- Understanding the role of trauma in mental health looking at the evidence from the big studies & working through the fear and trauma
- Why traumas persist from infancy: a new model of human emotional development.
- Identifying how children are set up by abusers
- Awareness of Infantism and the role of Truth, Trust and Consent in neutralising it
- Identifying frozen terror, blockages, and barriers, generating trust
- Facilitating Disclosure
- Solution focussed questions

- Silent ways a child might tell
- Identifying the consequences of trauma in present experiences and dealing with it
- Dealing with triggers
- Working through guilt
- Dealing with dissociation & flashbacks
- Growing emotionally to challenge their fears

Learning Outcomes

- Identifying the impact of trauma
- Helping someone with their emotional growth
- Identifying someone's triggers
- How to work with guilt
- Separating out and working through multiple traumas
- Identifying dissociation & how to help with body flashbacks
- Become confident in asking about childhood trauma

For more information on training and costings

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