**Starting & Sustaining Hearing Voices & Paranoia Support Groups**

Hopes & fears of starting a group

Why start a group?

Therapy or therapeutic group

Ground rules & starting points

The role of the facilitator

Benefits of a group

Understanding group members & communication skills

Conflict management & coping with difficult members

Extending the group

Reviewing the group

What are the challenges & rewards?

Support for facilitators

For more details contact: Peter Bullimore

Email [peterbullimore@yahoo.co.uk](mailto:peterbullimore@yahoo.co.uk)

National Paranoia Network, Limbrick Centre, Limbrick Road, Sheffield S6 2PE

Tel 07590837694