



NPN

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If It is Good enough for Ghandi

What comes first, the madness or the art? J.J. Rousseau (1750) A discourse on the arts and sciences, J Dijon.

Many people are ashamed of their voices or feel bad about them, this in turn is a vicious circle and leaves the person more open to abuse or negative relationships with their voices.

There are however in history, many great and revered people who have heard voices and had some very different beliefs. There are also many more people who see their voices as an inspiration, there has been much debate and discourse in artistic circles about voice hearing as an in inspiration for many of the arts. Edwina McGrail in her book, Celtic Madness, sees her visions as an inspiration for her art many others have said similar things.

Many great leaders and thinkers have been troubled from time to time by voices but were also challenged and invigorated by the voices that they heard. Socrates had his demons, Joan D'Arc has a classic inspiration from the voices and visions she experienced but she and others explained these as direct from God. Ghandi wrote of the voices that inspired him to continue with his work. There are many people for whom voice

hearing is a part of their lives and many more who at periods of great distress and emotion hear voices for a short time. Hearing the voice of a deceased loved one is a very common and usually but not uniquely positive experience.

Most organised religions have been inspired by voice hearers, certainly up until about 600 years ago, about the time of the first asylum for the mentally ill, perhaps the two are not unrelated.

Many artists have been inspired by voices as well as plagued by them and the feelings that they led to. Poetry perhaps above all as a “window to the soul” may be the most sensitive way of conveying feelings and is greatly represented by people hearing voices, certainly it is said by many to be a great way of expressing emotions and describing the voices and the feelings that they elicit.

Understanding Anger

Of all human emotions, the one that people struggle with the most is anger. That's understandable!

After all, it's the emotion with the most potential to get us into trouble. It can be exquisitely uncomfortable, and it's the most difficult to control.

Many people find it easier to push anger down altogether (or suppress it) to avoid discomfort and conflict and to stay out of trouble.

Some wear anger like armor in hopes it will protect them from being hurt or mistreated.

Others go back and forth between pushing it down and erupting. In fact, these two things go together. The more you suppress your anger, the more intense it will be when it finally erupts.

If you were raised by parents who had low tolerance for your feelings (Childhood Emotional Neglect, or CEN), then you may be all too good at pushing your anger away; suppressing it and repressing it so that you don't even have to feel it.

In fact, you may – especially if you have CEN – be so uncomfortable with the A-Word that you can't even say it. *I'm frustrated I'm annoyed I'm anxious.*

you may say instead of, *I'm angry.*

If you're not comfortable with your anger, you're more likely to misread and mislabel it as something milder or more diffuse.

"Isn't stopping yourself from feeling angry a good skill to have?" you may be wondering.

The answer is actually NO.

Research has shown how very important anger is to living a healthy life.

Reasons to Make Friends With Your Anger

Anger is a beautiful motivator.

Aarts et al. (2010) found that people who were shown a picture of an angry face were more driven to obtain an object that they were shown later. Anger is like a driver that pushes you to strive for what you want or need. Anger carries with it the message, "Act!"

Anger can make your relationship better and stronger.

Anger, when used appropriately, can be very helpful in communication:

Baumeister et al. (1990) found that hiding anger in intimate relationships can be detrimental. When you hide your anger from your partner, you're bypassing an important message that he or she may very much need to hear. Of course, it's important to take great care in how you express your anger. Try your best to calibrate it to the situation and express it with as much compassion for your partner as you can.

Anger can help you better understand yourself.

Anger can provide insight into ourselves if we allow it.

Kassinove et al. (1997) asked a large sample of people how recent outbursts of anger had affected them. Fifty-five percent said that getting angry had led to a positive outcome. Many respondents said that the anger episode had provided them with some insight into their own faults. Anger can help you see yourself more clearly. And it can motivate self-change.

Anger helps you negotiate.

Anger can help you get what you want.

In a study of negotiation by Van Kleef et al. (2002), people made larger concessions and fewer demands of participants who were angry than ones who were not angry. Anger makes you more powerful, especially when it's justified and expressed with thought and care.

If you grew up emotionally ignored or in an environment that did not have the room or tolerance for you to get angry (CEN), some small part of your brain probably screams "STOP!" as soon as you get an inkling of anger. The reality is that it's not easy to turn that around. But you can do it. Start thinking of anger as a helpful emotion, not something to avoid. Pay attention to your anger and try to notice when you're feeling it. Stop saying "STOP!" to your anger. Instead, listen to your anger's message, consciously manage your angry feeling, and let your anger motivate and energize you. Anger, when properly managed and expressed, is power. So, when you suppress your anger, you're suppressing your power.

And why would you do that?

Voices

The voices are still talking to me
They are not as cruel as they used to be
The flood of tears that never care
Will I ever be the same?
Am I really going insane?
Sit with my mathematician
All in the head
My soul is not dead
Just departed a while
Underneath a pile
Of unresolved emotions
Ask me a question
But don't shout
We'll work it out
Come back in a while
With real style
We know the cover
Is not the book
But it's important to give
The right suggestion

Notes for Loved Ones

Psychosis can be traumatic not only for the sufferer but also for the family and loved ones who have shared and witnessed the experience as well. Often family members observe that their child is not coping with life as well as they were before. They might confuse symptoms with 'typical teenage behaviour', for example, social withdrawal, moodiness, increased irritability, lack of motivation, etc.

It is true the 'prodromal' or early signs of psychosis often mirror behaviour typical of teenage angst, so what is different and how can we help?

The answer may lie in the individual's experience of psychosis and how it affects their lives. Sometimes voices can serve a purpose and help a healthy young person get through a stressful time. Other times they can be an indicator that things have become more serious and support from outside of the family may be needed.

The reality of witnessing a loved one endure a psychotic episode and the resulting pain and upset felt by family members is difficult to imagine unless you have experienced it. Many family members describe initial feelings of confusion and denial. They might want to

desperately find something to blame the experience on like drug use or their child's peer group.

Feelings of loss and confusion in relation to how their child or loved one has changed are also common emotions described. Many early interventions for psychosis teams offer support to the families, as well as to the people living with the condition.

Family members are hugely important to helping the individual get better, however living with someone with psychosis can be challenging, both mentally and physically so make sure you look after you too.

Looking after yourself

- Recovery from psychosis varies from person to person. For some of the experience doesn't last long but others may need to accept and learn to live with it. The most important thing is to be able to recognize when you need some help and ask for it.
- If you are experimenting with drugs or alcohol, remember they can make you more vulnerable to mental health problems. Quitting can be really hard if these substances are a big part of your social scene. Some websites can offer advice on how to handle social situations you may find tricky.

- Try to relax and look after yourself; do things you enjoy and find comforting; create a calm space at home by surrounding yourself with the things you find reassuring; eat healthily, go to bed at a reasonable time and exercise helps too.
- Sometimes using a journal to write (or draw) about feelings can help. You could make a list of 20 things that will lift your mood.
- Keep away from things that stress you out or are freaky – like horror films or computer games that leave you feeling unsettled.
- If you are self-harming, consider it a coping strategy for the intense emotions you are feeling. If you are going to cut yourself or self-harm do it safely, use a clean tool, cut away from the artery and dress and clean the wound afterwards to prevent infection. Make a crisis plan to help in these desperate moments. Write a list of things that can help. Who might be comforting to speak to? What would happen if you gave yourself permission to cut, but you tried to put it off for ten minutes first.
- Go and see your GP if you have any worries. Be honest about what is happening. If necessary, your GP can refer you to a specialist team of doctors, psychiatrists and nurses who can help you.

- If you're with a partner, see what help they're prepared to offer. Will they read to you before bedtime or give you a massage? They have their own need for sleep too, but it is worth asking what they can do to help you.
- Avoid alcohol and non-prescribed drugs. If you're not sleeping, it's tempting to 'Knock yourself out' just to get through the night. But it rarely works. As well as carrying dangers of addiction, alcohol usually makes you wake up to go to the loo in any case.

You may be wondering whether to take sleeping pills. It's certainly worth talking to your G.P. as well as to any other professionals you're involved with. Problems with sleep can also be a symptom of depression and if you're depressed your doctor may prescribe you with an anti-depressant to help you sleep and lift your mood. Doctors claim anti-depressants are successful in treating depression. Other types of sleeping pill can be addictive and are usually only prescribed on a short-term basis. It is worth talking to your G.P., seeing what advice they offer, then weighing up whether any of it seems useful to you. Remember that pills alone are not the answer for dealing with abuse and are not a substitute for a good support team. The mental health charity MIND publishes independent factsheets on medication which are well worth consulting when making your decision.

How hearing voices groups helped me and others

I was lonely as a child because I was an only child, and my mum didn't want me because she was raped, and I came out of the rape. I was a 60s child, and, in those days, I don't think they had any rape counselling for people to go to. Bringing up a child on your own those days would be considered taboo as you would be frowned upon.

I remember my mum never wanting me over loving me, it was my fourth birthday, and I woke up thinking what would I get for my birthday? Would it bring me happiness, joy, the doll I've always wanted? But alas it brought me nothing but pain, hurt, neglect and loneliness. I was locked up in a bunker for up to two days and two nights and I felt so isolated because I had nobody to talk to about what was happening. I heard hundreds of positive voices from the age of 4-7 years old, they were friendly. I feel like I would be dead if they weren't this friendly because they gave me survival techniques, they told me how to keep warm to get food. I had no friends at school, I was quite lonely. My mum and my gran constantly dished out physical abuse on me, I got bullied at school and teachers never understood what was happening and if they did, they just didn't seem to care, all they were wanting was to

get my grades up. You had to concentrate, but my mind was elsewhere due to my voices and paranoia.

When I was 13, my mum died by an accident that I was blamed and felt responsible for, it was a hard time because my voices multiplied to thousands and I had a conflict of emotions, I was glad she wouldn't hurt me anymore, but I was also grieving for a mum's love that I never had. I was put in a children's home where the people who should've protected and looked after me just hurt me, so I couldn't trust anyone due to this, because every time I put my trust in someone, they just ended up betraying me.

I then went to live with my gran until the age of 17, she then died so I became homeless, I joined a devil worshipping cult outside where the homeless unit was, they seemed really nice at first. I felt a sense of belonging. But as fate would have it for me it was a false sense of longing, as like the people before in my life, they just betrayed and hurt me.

Aged 20, I had the first of my four children, my son and when he was placed into my arms, I felt for the first time in my life, love as this little boy was going to grow up and love me as much as I love him.

I then went on to have two more daughters but due to my youngest child's dad I had to leave him because of violence, so I moved to Stirling to start a new life, but it was disastrous as there I was raped by who I thought was a friend and memories of my past resurfaced to haunt me.

I then moved to Manchester and I met my now ex-husband, who at first, I thought, was a loving person but he turned out to be violent.

In 2003, I had the last of my children and due to me having my baby, I got a health visitor, who showed me compassion and empathy and shared things about herself and her life. For once I felt I could trust again, she stayed with me for the next two years, but she knew that she had to leave soon, so she looked online and found the Hearing Voices Network and realized that they had Hearing Voices groups. There was one in Manchester where I stayed. So that Friday I went and didn't know what to expect, I found that it was a place where I could take my mask off and be me, there were people that understood what I was going through, we went through similar experiences, we were able to give each other advice if we wanted it, we would never force advice on anyone, we would never say you know. We would ask the person if they would like the advice

because if they went through similar things and they weren't coping, I would say maybe if you would like to try what helped me. I'm not saying that one shoe size fits all but if you'd like to give it a try. You don't have to speak if you don't want to, you could just listen, as no one will force you and we accept all explanations and beliefs.

An example I could give you after I ended up facilitating and co-facilitating the Manchester group, I was asked by some students that I taught in university, if I could start a group in low and medium secure hospitals that they worked in and there was a patient there who the staff were worried about because he stopped eating, his voices claiming to be god told him that he can't eat, he had to make sacrifices for God. So, I thought about it and used his beliefs as a way of helping him as he used to walk around the ward with his bible as he was raised in a religious household and he had quoted passages of the bible. I told him that God wouldn't want this kind of sacrifice and he didn't need to make a sacrifice as God Sacrificed his only son for the sins of humanity and he didn't have to make that sacrifice, his eyes lit up and he noticed two yoghurts and he had asked to take them to his room, I said yes. I learned the following week when I returned that he had ate the yoghurts and started eating again.

In another group that I ran, I helped one person by keeping them safe, they could not sleep, and they felt they could only sleep when they were attending the group, so I saw this as a way of letting this person sleep where they felt safe, it was only for an hour and a half, but at least he was able to rest. So, groups can be, not only for listening to but can be a source of safety too.

For me groups are a source of support, coping strategies and most importantly to be listened to and believed and we accept all explanations of what the voices are to people and what they mean. I was never judged, the groups supported me, believed in me and made me feel welcome. I feel proud to be part of the Voices group as an attendee and facilitator. Most of all, I'm proud of who I am today.

Kate Crawford

Stand up to The Voices.

Be Assertive: If your voices say for example, that you're a complete loser, try and challenge the voice, tell it "so what? What's it got to do with you?" Or "naff off, what's your problem?"

Simple

Something simple may stop the voices in their tracks. Assert yourself over them. How dare they try to take control over your life? Don't give them permission to do this. Attempt to gain control. Tell them that they may come when YOU say, not when they say. They may try frightening you or threatening you. Remember these voices are not physical. They only become tactile when we give them permission to do so by giving them our control and power.

Positive

If when you stand up to the voices, you begin to find that they are getting nastier, see this as a positive thing. You are getting more confident at dealing with them. That is why they are coming at you with a vengeance. Stay in there, gain reinforcements from others around you, distract yourself and don't get drawn into their

conversations. It is hard going and can sometimes be tedious and exhausting.

Celebrate

Celebrate each time you take control. When the voices are becoming less frequent you may feel that there is a void that they used to fill. Fill that void with something you choose, something pleasant. One voice hearer noticed the voices had not come at a regular time and began to worry in case they were going to appear. In effect this was inviting them back in again, be aware of these times. Try not to get anxious. Think positively and stay in control.

Take each Day at a Time.

All the way through this publication, strategies have been brought together to help or empower people recovering from a “voice hearing or seeing visions, experience if it works for you, use it, if not try something else. Whilst self- empowerment and recovery are one of them end products to aim for, it may be important to remember that recovery from these experiences may mean for some people moving on.

Risk, so-called “Therapy Courses” and what we all need to do to eliminate criminality.

Right, 10 years ago, The Judge didn't like what you'd done, so sentenced you to 3 years. This would do nothing to sort out why you had been such an idiot in the first place, not help you to get your life together, nor keep your fragile social support network in some semblance of working order – no it just added to the total sum of human misery – an expensive way of making things worse. Talk about 'not thinking straight' But then things really do go bad, instead of you serving 18 months as you would have done in normal pre-Blair times, you end up in a ghastly, peculiar British legal limbo such as an IPP where your release back to normality depends on people and panels who have so little acquaintance with or understanding of crime, especially violent crime, that it boggles the mind. From a medical viewpoint not only would this seem to obliterate a huge number of legal 'safeguards' but it twists so called 'treatment courses' into grotesque parodies that are frankly medically insupportable.

I always thought that 'double jeopardy' meant you cannot be tried for the same crime twice. But I've lost count of the number of Tribunals and Panels I've attended where the unfortunate prisoner is re-exposed

to all the 'evidence' that came up in the original trial, including some that didn't, while being repeatedly grilled on the fore, the grime, and the very criminality of what happened 10, 20, or even in one appalling case, 30 years before.

In one sense, despite its obvious illegality, it's not surprising. Legal minds, especially judicial minds are trained to look backwards – what actually did happen on that fateful occasion? Whereas what these assorted panels should be doing is looking forwards, peering into the future, trying to judge the likelihood of similar gore being repeated. Its exactly what you'd expect if you asked non-medics to do brain surgery and the results are often just as randomly destructive.

Let's take a closer look at violence, the risk of which zombifies legal minds. I knew nothing about violence when I asked as a consultant psychiatrist in Parkhurst Prison on 1st July 1991 – but I learned fast. Talking for 2000 hours unaccompanied over five years, to 60 murderers including 6 serial killers – things become a lot clearer. The first thing that strikes you is that the perpetrator is a hopeless witness – ask him or her why s/he murdered and the answer flounders. "He/she just had it coming", "A red must came down", "I just lost it –

I wasn't thinking straight.", "It was the drink/drugs."
Nothing at all to hang your hat on.

So, if the violent offender doesn't know why s/he offended who does? Theories abound. Listening to some judges' reasonings curdles the blood. Agatha Christie could not have been more wrong, either. The essential point is that violence is 'un-thought0through' it bursts out like social vomit. In technical t4ems it's irrational – reasoning has been left behind. There is reason for it, manifestly but the perpetrator doesn't know what that is – so obviously if your job is to curtail violence in yourself or others, then the first thing you have to do is find out what that reason was and then put it right.

Violence in reality, turns out to be vastly simpler than generally imagined. But it and indeed crime in general are so emotive, so traumatic so frightening that sensible thought evaporates 0 zombification all round. If you can think about it calmly, it's obvious – as one potential serial killer put it "if you have a tantrum when you're 4, you stamp your foot on the floor, if you're 24m somebody dies." How many prisons courses tackle growing up emotionally?

Next, another legal 'no-no' When you picked up that spade, did you intend to dig, or to kill? Again, I always

thought that intent or motive mattered in law. Obviously not when those legal minds deciding the level of risk of future violence are besotted by the seductive PCL-R. Professor Hare, author of this self-important test, omits all reference to intent or motivation whatsoever, either in the test itself, or in its extensive manual. He doesn't think intent exists so those relying on the PCL-R must ignore it too. Legally proper? It's like surgeons saying, 'why bother about a bit of mud?' So, what does lie at the root of violence, of criminality indeed of all insanity? It's so simple it's easily overlooked. It's the ostrich-syndrome, sticking your head in the sand when you're scared – 'not thinking straight', irrationality – all driven by fear. Parole Boards and Tribunals would be better employed exploring this, rather than coercing their supplicants into underground so-called 'therapy courses'. Violence and all other irrationality come from fear, from vulnerability, from weakness. Ease away all the fears if you can, and the human mind blossoms, as it should. It's all I do in my "kick-start Cognition Clinic." Parkhurst prisoners taught me many wonders, but the astonishing thing is that deep, deep down they didn't want to murder. Michael Howard of course, didn't believe them neither did Blair, Straw, Reid nor Blunkett. Do you?

Dr Bob Johnson

Altering the balance of power: working with voices

Peter Bullimore

Those who are referred to me are often people no-one else will see, who have fallen through cracks and who don't have access to conversations anymore. People stopped listening to them long ago or, alternatively they stopped talking.

Sometimes not talking makes sense, especially if everything you're likely to say is going to be pathologized and taken as another reason to increase your medication. These are the people with whom I most wish to work, because I know what life is like when hostile voices are raging.

For me, the first step is to establish a relationship with the person I'm talking to. I don't mean patronizing them, I think there is a big difference. Often, especially, when meeting with people who are not talking themselves. I share stories from my own experience. I speak about how I went through a period of abuse and that I heard voices and that I spend the best part of ten years in the psychiatric system. I try to highlight the theme that the person I am seeing is not the only one. I think it often makes a real difference that they know I have stood in the place they are now.

In meeting with someone who is hearing voices, I am really interested in asking the question, “What do you want with your life?” We explore what the person has done in their life, what haven’t they done, and what they want to do. We also create a profile of the voices.

I worked with a lad, Alan, in a drugs rehabilitation center who was only twenty-one and was hearing voices. Alan was into anything and everything that he could get his hands on. When I went to see him, I asked him some questions so that he could tell me about his life. I wanted to know about him and what he’d been through.

Alan told me that he had begun to smoke cannabis and drink beer when he was ten years old. This seemed pretty young to me, so I was keen to hear what was happening for him at that time. Alan told me that he’d been significantly bullied at school until one day he hit one of these bullies over the head with a baseball bat and put him in intensive care. This had terrified, Alan. He had thought this other young man would kill him when he came out of hospital and this was when his smoking and drinking began. When I asked Alan, what had happened when the other young man had recovered, he told me that nothing had happened. The other young man had not retaliated. I was at a bit of a

loss to see how this then led to heroin and crack use, until Alan said that while this other young man didn't do anything to him, from that moment on it was like he was always around.

Initially, I thought that Alan meant that he was stalking him and watching him, but then he said "no I don't mean that he was always in my head. I could hear him all the time saying what he was going to do to me.'

Alan had started hearing this voice at age ten and because of it he began to take drugs to cope. Whenever Alan was clean the voice came back, and when I first saw him, he was hearing many different voices.

In my experience whenever someone is hearing a lot of voices, maybe even up to thirty or forty, the best thing to do is to identify the dominant voice, for Alan this was the voice of an older man who would scream at Alan throughout the night, keeping him awake. So, we began to work with this dominant voice.

I asked Alan if he would be interested in looking at the content of what this voice was saying. Apparently, this voice was screaming 'stay say on your arse where you are and die or go out into the world and take a shot and die.' This voice had convinced Alan that he was going to die, that there was no point in going on.

There are two ways in which I work with voices. Either a voice can become a friend, someone to work with in reclaiming a life; or a voice may be a foe, an opponent, whose influence needs to be reduced. Because I have my own experiences of voices, I try to work out what may be possible with a particular person's relationship with their voices. And of course, we talk about this together.

In this instance, I thought a lot about the voice that Alan was hearing. In considering its content, I believed that with some work, this could become a positive voice. I asked Alan about the age of the voice and he said, "I think it's about sixty, It sounds like an old man." So I said, "Right who is an old man you trust and you like?" Alan thought about this for a while and said, "Well perhaps my next-door neighbour, my pal's granddad. He used to roll us cigarettes and offer us cans of beer. He was a nice bloke." So, I said, 'Could this voice be his?' And Alan said "No I couldn't make the voice his, because he wouldn't say those things to me. I like him and I trust him'. And I said, 'But the things he is saying, do you think they could be warnings? Do you think they could be well-intentioned?'

We tried to look and analyse the content. 'Right stay sat on your arse where you are and die' – what could this

mean? 'What's the eventuality if you keep doing what you have been doing? If you stick with the drugs, you're going to die, you're going to be a junkie. That sounds like a warning to me. He's telling you to get your shit together and get out of here. Finish the rehab and get on with your life. What do you think? Could that be true? Could that be a positive?' And Alan thought about this and agreed. Then we spoke about the second phrase 'Or go out into the world and take a shot and die'.

When we talked about this, we realized that 'take a shot' could refer to taking a shot of heroin or getting shot in relation to a drugs deal gone wrong. We agreed that there wasn't much hope in either of these paths and that again the voice could be a well-intentioned voice of warning. What then were other options for action? When I asked Alan what he wanted to do with his life, he said 'I wanted to be a carpenter, I loved it, I'm fantastic at woodwork.'

So, I went to the local College and explained the situation and they said Alan could enroll on a carpentry course as long as he was clean off drugs.

Alan and I kept working together and writing out our discoveries. We established that this voice was a warning: That he needed to get his act together and get

out into the world. When I told him about the carpentry course, Alan realized there was another possible meaning to the phrase 'take a shot and die'. Perhaps it means that Alan was going to go out into the world and give it his best shot even if it kills him. He's now enrolled at College. I still have contact with his mother, and she tells me that he's now in his third year.

Alan still hears voices but sometimes now he hears a woman's voice who he can trust. He works hard at figuring out and changing the meanings of the content of the other voices. It might take him hours, but he says it's worth it because he no longer fears them.

The Hearing Voices Network Ireland (HVNI) is pleased to host the Intervoice Congress 2021 in Cork, Ireland, from

1 – 3 September 2021.

We are planning a hybrid type format (delegates joining us in Cork and delegates joining us virtually/online, with events online and events in Cork). Of course, everything depends on Covid19 related restrictions (travelling, social distancing etc) now and in the future. With this ongoing uncertainty, we are interested to find out about the nature of the attendance at the 2021 Intervoice Congress. It will help us in planning the Congress events.

Thanks for taking the time in completing this brief survey:

<https://forms.gle/LbBYFLHQVr1WHP4s8>

**Unshared Experiences, Risk-taking and Emotional Coping –
*Psychological study***

Chance to win a £25 voucher or 6 credits

We are recruiting participants for our online study which examines the relationship between different experiences that others may or may not share, feelings about these, your perspectives on risk taking and how you cope. Taking part in this study will involve completing a survey.

This will take approximately 25-30 minutes.

Psychology students at the University of Southampton can earn 6 credits for their participation, non-university participants can be added into a draw for a £25 amazon voucher.

Please follow this link to take part:

<https://www.isurvey.soton.ac.uk/38683>



Maastricht Interview Training for Hearing Voices & Problematic Thought Beliefs & Paranoia Is available online from the National Paranoia Network. Other training available online Working through Paranoia, Making Sense of Hearing Voices & Working with Childhood Trauma

It can be delivered across the world for more information and costings Email enquiries@nationalparanoianetwork.org

Online Hearing Voices & Paranoia Support Groups Join our online Hearing Voices & Paranoia Support Group Meetings on ZOOM

Thursday 3pm -4.30pm with Paul Meeting ID 88460268952 Password 375878

Sundays: HVN USA on ZOOM 6:30p - 8:00p USA Time with Cindee 11.30pm – 1.00 am UK Time Meeting ID 827 5463 8654 No Password Needed

Saturdays Texas USA HVN Meeting on ZOOM 10am-11.30 USA Time with Paul 4pm-5.30pm UK Time Meeting ID 83079149464 No Password Needed

Monday Sheffield Hearing Voices & Paranoia Support Group with Emma & Lyn On ZOOM 11am- 12pm UK Time Meeting ID: 558 685 8263 Password 6DyVca