



The Recovery Education Unit



In association with the National Paranoia Network

Present two three day workshops

The Maastricht Interview: Social and biographical approaches to voice hearing and problematic thoughts, beliefs & paranoia - a lived experience perspective

Dates: 17th, 18th, 21st March & 4th, 5th, 7th April

Workshop 1 Maastricht interview, hearing voices, day 1 and 2 (17th & 18th March)

Synopsis: The traditional approach to working with voice hearers focusses upon inabilities and deficits, rather than individuals' inherent ability to understand and cope with their voices and other experiences.

This course is grounded on acceptance of lived experiences of voice hearing. Participants will be taught to employ the Maastricht Interview, an assessment tool developed by Dr Sandra Escher and Professor Marius Romme, which provides a structured method for understanding and working with a voice hearer's experience.

Workshop 2 Maastricht interview, thoughts beliefs and paranoia, day 1 & 2 (4th & 5th April)

Synopsis:

This workshop provides training for people with lived experience to train mental health workers who are working with people who have paranoia problematic thoughts and beliefs. The method involves accepting and making sense of the experience 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 the approach through tracing its history and evidence of success, and develop practice of interviewing and basic skills in working with people with lived experience.

Who is it for? This course is designed for people who are working in mental health and psychiatric services such as social workers, support workers, nurses, psychiatrists, psychologists and psychotherapists. The course is accessible for people in part or full-time work. **It consists of an initial workshop over two consecutive working days**, followed by a one day workshop .

Course facilitators:

Peter Bullimore is a voice hearer who spent ten years as a psychiatric patient enduring many bouts of severe paranoia. Through learning holistic approaches and with support of the Hearing Voices Network he was able to reclaim his life from the system. He facilitates a hearing voices and paranoia support group in Sheffield. He also runs his own training and consultancy agency, Asylum Associates, and is the founder member of the Paranoia Network.

The Recovery Education Unit is based at Fulwood House in Sheffield and is part of Sheffield Health and Social Care Trust.

We are a small team of mental health workers and service users and our courses are designed to challenge traditional notions and promote contemporary thinking about mental health practice.

We focus on what it is really like to experience mental health problems and be on the receiving end of services, and how we can recover.

All our courses are funded by Health Education Yorkshire & Humber (Specialist Skills Development) and open to application from people using services and staff in the Yorkshire and Humber region. (You may be eligible for funding, please contact us for further information)

Our Other Courses

Postgraduate Diploma,
Recovery in Mental Health
(Leading to MSc in Advancing
Professional Practice)

Recovery & Values Based
Practice

Recovery Focussed Family
Work

Online Courses

Recovery in Mental Health
An on-line Introduction

How do I apply?

Places are offered on a first
come first served basis.

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Course details: The course encourages practitioners to explore the experience of voice hearing and/or problematic thoughts, build trust, openness and understanding in their work with people who hear voices or experience problematic thoughts. It will enable practitioners to: Assist people to overcome the shame of talking about their experiences.

Acknowledge and validate the experience of voice hearing.

Support people to overcome feelings of shame related to talking about their experiences.

Support the person to gain a better understanding of why they hear voices or experience problematic thoughts.

Beyond the construct, day 3 (21st March for voices & 7th April for problematic thoughts)

Synopsis: The third day will look at how to use the information gathered from the construct. We will use various approaches which include emotional therapy, voice dialogue and inner child work.

Price £350 for each 3 day course, please specify which course you are applying for in your application.

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Who Are We?

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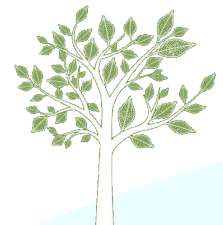
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Please Contact us for More Information ▶▶▶

www.recoveryeducationonline.org



Recovery Education Unit

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