

# LONDON PARANOIA AND BELIEFS PROJECT



## GROUP FACILITATION TRAINING

**4 DAYS:** Fri 9th, Thurs 15th, Fri 16th & Thurs 22nd May  
10am–4.30pm

THE CLAREMONT PROJECT, 24-27 White Lion Street,  
Islington, London N1 9PD

### ABOUT THE COURSE

- Are you interested in facilitating a peer support group for people who struggle with paranoia and beliefs?
- Do you belong to a group or organisation that is already hosting a pilot group?
- Or are you part of an organisation who are committed to developing a peer support group with us as part of our Paranoia & Beliefs Project?

The *London Paranoia & Beliefs Project*, in partnership with the National Paranoia Network, has developed an innovative training course to give facilitators the necessary skills and confidence to set up and sustain a Paranoia & Beliefs Group.

The course covers the following main areas:

- Understanding the experience of 'Paranoia' and the distress that can be related to beliefs
- Different ways of making sense of paranoia and beliefs
- Developing a repertoire of coping strategies to help people take back control of their lives
- Helping people explore their beliefs in a peer support group context
- Practical skills for group facilitation
- Setting up, launching and sustaining Paranoia Peer Support Groups

### ABOUT THE TRAINERS

Molly Carroll & Rachel Waddingham both have experience of paranoia and/or overwhelming beliefs and developing peer support approaches

### FEES:

- FREE (People with lived experience of paranoia)
- £170 Voluntary Organisations
- £220 Statutory Organisations

### TO BOOK YOUR PLACE:

Contact John Wetherell  
for an application form

by emailing  
[jwetherell@mindincamden.org.uk](mailto:jwetherell@mindincamden.org.uk)

or calling  
**020 7241 8978**

### ABOUT THE PROJECT

Mind in Camden's *London Paranoia & Beliefs Project* is working to develop a sustainable London-wide network of peer support groups for people who struggle with paranoia and/or beliefs.

We work in partnership with the National Paranoia Network.

It is part of the wider London Hearing Voices Project, which has years of experience supporting the development of peer support groups for people with overwhelming experiences.