

[View this email in your browser](#)



IS FOR
INSULT



March Newsletter

Mind in Camden News

**New website on hearing voices:
workshop participants needed**

Rachel Rowan Olive

is an illustrator, researcher, and mental health service user/survivor with a particular interest in women's mental

hearing community to develop *Understanding Voices* – a new web resource that will help people find clear, balanced, comprehensive information about voice-hearing. They are very keen to see whether the draft website they have created is useful and accessible to voice-hearers and those who support them, and **are looking for feedback**. There is an online survey and/or a one day workshop in London on the 27 March. All participants will receive an Amazon voucher and travel will be reimbursed. To sign up, please [go here](#). If you have any questions, please email [Victoria Patton](#) at Hearing the Voice.

Self-harm & social media

Read a series of blog posts about social media & self-harm, by [Amy Chandler](#) & [Brigit McWade](#). "Whilst it is not my intent to characterise mediations of self-harm as benign or easy to engage with, I do strongly assert that to erase self-harm from sight, and to remove the opportunity of self-determination and peer support in a media that most young people use is a violence of its own."

questioning "Borderline Personality Disorder" She combines her artwork and research experience to facilitate training; her work has appeared in Asylum magazine, on the Mental Elf website, and in the Independent. She is a trustee of the National Survivor User Network. You can find her on twitter and Instagram as [@rrowanolive](#).

Dragon Cafe in the City: Programme Coordinator

[The Dragon Cafe in the City](#) are looking for a part-time programme coordinator, to run their fortnightly mental health and wellbeing events programme at Shoe Lane Library. The events series is known as Wellness Wednesdays and was inspired by The Dragon Café, Mental Fight Club (MFC)'s weekly arts and health programme in the Crypt of St George the Martyr Church in Borough. You can find out more [here](#).

New publications

Mohammed Abouelleil Rashed has published [a new book](#): *Madness and the demand for recognition: a philosophical*

"Unwanted unacceptable thoughts: most people have them & we should talk about them"

[Read an article](#) by Simon McCarthy-Jones about "unwanted unacceptable thoughts".

Administrator role at ISPS UK

[ISPS UK](#), which advocates for social & psychological approaches to psychosis, is looking for a part-time, freelance administrator/organiser to support their work. The role includes: maintaining their membership database and responding to telephone/email enquires and managing renewals; attending and minuting meetings of the committee and AGM; managing and recording financial transactions and maintaining accounts; helping maintain their website and social media presence; supporting planning and delivery of conferences and other events; and undertaking other administrative tasks as agreed with the Chair of ISPS UK and the committee members. It would suit someone with excellent organisational, book keeping and communication skills,

Heavy Metal Therapy: Reflections on developing a peer support community for metal heads

[An article by Kate Quinn](#) where she reflects on the creation of the peer support project Heavy Metal Therapy, a web-based resource of recovery stories, research, music playlists and blogs about heavy metal music and mental wellbeing. The project centres on the website heavymetaltherapy.co.uk.

New academic paper on hearing voices & trauma

[Open Access paper](#) on Beyond Trauma: A Multiple Pathways Approach to Auditory Hallucinations in Clinical and Nonclinical Populations, by T Luhrmann, Vaughan Bell, Ben Alderson-Day, Nev Jones, Phil Corlett and others. You can download it [here](#).

Mind in Camden Trainings



LHVN TRAINING

Exploring Mindfulness & Voices

with **Andy Phee**

3rd May 2019, 10.00–16.30, Conway Hall

[register here](#)

A day of practice, exploration and reflection, suitable for hearing voices group facilitators, mental health workers and people living with voices or distressing beliefs. The workshop includes mindfulness practices throughout the day and interactive exercises in pairs and small groups. We aim to explore

- Grounding and promoting safety
- Mindfulness practices in everyday life
- The breath and the body in mindfulness practice
- Mindfulness meditation practices and adaptations
- Mindful Movement
- Mindful listening and being with others mindfully

Additionally, there will be space to discuss

- Why mindfulness can be helpful

- When mindfulness may and may not be helpful
- Trauma sensitive mindfulness

- The current evidence base for mindfulness and voice hearing and paranoia
 - Materials to support mindfulness practice such as guided recordings
 - Mindfulness and other approaches and therapies.
 - Starting a mindfulness practice and practising together in groups
-

I is for Insult: questioning "Borderline Personality Disorder"

With [Rachel Rowan Olive](#)

17th June 2019, 10.00 – 16.30, Conway Hall

[register here](#)

This one-day workshop aims to strike a balance between questioning the construct and discussing practical approaches to some of the difficulties associated with it. This is to minimise the risk that in the context of ever-decreasing budgets, changes in theoretical approach could inadvertently restrict access to support.

What we will cover:

- Feminist and queer issues around "Borderline Personality Disorder"
- Is Complex Post Traumatic Stress Disorder a viable alternative to "BPD"? What might ICD-11 mean for those currently diagnosed?
- Everyday trauma: day-to-day erosion and the idea of "a stable sense of self"
- The multiple meanings and functions of self-harm

Who is this training for?

Anyone with a personal and/or professional interest in "Borderline Personality Disorder" and related issues such as self-harm, suicidality, and trauma. It is not a therapeutic workshop but survivors / service users and clinicians, support workers, etc., are welcome.

About the trainer

Rachel Rowan Olive is an illustrator, researcher, and mental health service user/survivor with a particular interest in women's mental health. She combines her artwork and research experience to facilitate training; her work has appeared in Asylum magazine, on the Mental Elf website, and in the Independent. She is a trustee of the National Survivor User Network. You can find her on twitter and Instagram as [@rrowanolive](#).



VOICE COLLECTIVE TRAININGS

working with children and young people who hear voices, see visions, or have sensory experiences others don't

Voice Collective Group Facilitation

15th, 23rd & 24th April

[BOOKINGS HERE](#)

This innovative and interactive 3-day course will help you to develop the skills necessary to launch and co-facilitate a Voice Collective peer support group for young people under the age of 19 within your organisation. It combines personal and professional experience to cover the following areas:

- Understanding 'hearing voices' and other related experiences
- Making sense of different models of understanding these experiences
- Developing a toolbox of coping strategies to support young people in their recovery
- Setting up, launching and sustaining a Voice Collective peer support group
- Practical skills for group facilitation
- Managing challenging situations in groups

This course is aimed at those already familiar with the Voice Collective ethos and approach to voice-hearing, and who intend to use their learning to launch and facilitate Voice Collective peer support groups within their organisations. This could include: psychologists, youth workers, support workers, nurses, therapists, OTs, social workers, mentors & more. **Young people (aged 16+) with lived experience of voices/visions, and who wish to train to co-facilitate groups, are particularly encouraged.** We welcome joint applications between workers and young people.

[A Fresh Approach to Understanding Young People who Hear Voices \(Level 1\)](#)

13 May

[BOOKINGS HERE](#)

This half day workshop presents a fresh approach to voice-hearing. Founded in lived experience and the work of the Voice Collective project, it includes:

- Exploring what it feels like to hear voices as a young person
- The impact voice-hearing can have on a young person's home, school & social life
- An introduction to the Hearing Voices Network ethos & approach to unusual sensory experiences
- Ways to open up conversations about voices, helping young people to feel heard
- Simple youth-friendly coping strategies

Voice Collective trainings are for professionals working in youth-specific organisations, for those who regularly support young people who hear voices in their work, or for parents, carers & family members of under-19s who hear voices.

VOICES UNLOCKED TRAININGS

working with people in prisons, forensic secure units & IRCs with people who hear voices

[Supporting People who Hear Voices in Forensic & Detention Settings](#)**10 April, London**

This one-day awareness training will specifically develop skills enabling people to work in a one-to-one capacity with those who hear voices. This workshop is *free* for those who work in an Immigration Removal Centre, Prison or Forensic Unit (medium-high secure). We welcome enquiries from staff in all roles inclusive of officers and safer custody departments, mental health and healthcare teams.

[Supporting People who Self-Harm in Forensic & Detention Settings](#)**22 May, London**

Topics covered include:

What is self-harm and why might someone do it?

The relationship between self-harm, emotions and traumatic life events

Ways of safely opening up conversations about self-harm

Coping strategies for those who want to stop or reduce their self-harm

Self-care strategies for staff

This workshop is free for those who work in an Immigration Removal Centre, Prison or Forensic Unit (medium-high secure).



More Mind in Camden News

LHVN NETWORK MEETING

Please tell your group members about these meetings and encourage them to attend, it is a meeting for group members as well as facilitators.

Tuesday 4th June 2019

2pm at Conway Hall

Speakers: Gabrielle, Lauren, Janey, Onoride, Rachel, Ros and Theo from the Talking Sense group and the Mungo's West London café group

Facilitators and group members from the Talking Sense group and the Mungo's West London café group will discuss the experience of holding a Hearing Voices group in a café, including some of the benefits and challenges. There will also be an opportunity to discuss how self-referring impacts on both group attendance and conversation.

Please let us know if you will be attending.

VOICE COLLECTIVE

For children and young people who hear voices, see visions or have other sensory experiences that others don't.

On **Wednesdays, 5.15-6.30** we run a **peer support group for 16-25's** who hear voices.

It's a space for young people to connect with other who might be going through something similar, to share experiences, advice and support. The group is co-facilitated each week by 2 members of the Voice Collective team to keep it safe & confidential.

Self-referral form [here](#). Any questions get in touch on info@voicecollective.co.uk

Lastly, Voice Collective recently set up an **online forum for young voice hearers** (up to 25), their families and professionals who work with them to connect & share experiences, advice and support: The forum is moderated 365 days a year by the Voice Collective team to keep it safe, confidential & anonymous - you can choose a nickname when you apply to join. The online discussion spaces for young people, families and professionals are 100% separate. **See flyer attached.**



F.E.E.L. – FRIENDS of EAST END LOONIES presents:

[Psychiatry: An Abuse of Human Rights?](#)

22 March, 7pm Kingsley Hall

A workshop on the Mental Health Act Review and CRPD

[Making Sense of Voices](#)

22 March, York University

This one day conference is being hosted by the Department of Health Sciences and the Department of Social Policy and Social Work at the University of York. The aim is to think about how we make sense of voice-hearing, reflect on therapeutic practices and explore approaches that assist voice hearers in living well with their voices. [Download the flyer here.](#)

[An introduction to the Open Dialogue Approach](#)

27 March, London

Seminar with Nick Putnam providing an introduction to Open Dialogue.

[Compassionate Mental Health: Safe Space for Suffering & Joy](#)

1 April, London

Changing the script around mental health, challenging stigma and raising expectations. Speakers include Will Hall, Akiko Hart, Joseph Berke, Malcom Stern and Andy Bradley. You can book [here](#).

3 April, Oxford

A workshop organised by the Educational Voice-Hearing Network in St Catherine's College, Oxford. Places are free. Demand for places is expected to be high, so early booking is advised. To book a place [click on this link](#).

[#EmergingProud Through NOTES](#)

12 May, 2pm, online

International #Emerging Proud Day 2019
Live Online Launch Party!

[REGISTER HERE](#)

[The 2019 Skellern Lecture and Journal for Psychiatric and Mental Health Nursing Award](#)

13 June, London

Free Public Lecture (but booking essential) by Professor Mick McKeown, on 'Making the most of militant and maverick tendencies for mental health nursing'.

"Mental health nursing faces a crisis of legitimacy necessitating critically inspired remedies. I draw upon critical social theory, my own work, activism and anecdotes to suggest alternative futures. In a spirit of persuasion, provocation and poignancy I present workplace democracy, inclusive of workers and service users, as a utopian, yet realisable, means of organising services, capitalising on relational nursing skills; congruent with democratic and dialogic therapy, education and research and aspects of new left populism.

is our complicity within an alienating psy-complex of biomedicine and social control operating under an overarching neoliberal polity and risk society. Democratic aspirations complement a call for a new politics of mental health, or a revisiting of some old politics. A case is made for critically engaged academics, practitioners and their trade unions, in alliance with community, service user and survivor activists, to take these ideas forward in practice, education, research and popular protest. Though defending the Welfare State from neoliberal assaults is a priority, it is, on its own, insufficient. We need to build solidarity relations between mental health stakeholders that can get beyond the hurt and harms of psychiatry as we know it. To these ends, a grass-roots process of truth and reconciliation is advocated."

[Working With Shame](#)

22 June, Amnesty, London

We all know about shame, we all know what it feels like, but what actually is it? How is it different from guilt? What purpose does it serve? What problem does it solve? How does it manifest in, and how is it affected by, our neurobiology? Most importantly, how can we work with it to alleviate it?

[Drop the disorder: a disorder for everyone](#)

[Events around the UK](#)

These one day events discuss the critical questions of the day around the biomedical model in mental health. Events coming up in York, Cumbria and Wolverhampton. You can find out more [here](#).

[International ISPS conference 2019: Stranger in the City](#)

On the circular relationship between alienation & psychosis, & the healing power of human reconnection

If you want to submit an abstract you can do it [here](#).

[The International Consortium on Hallucination Research](#)

11–13th September, Durham

Save the date: the Open Day, open to the public and organised by Hearing the Voice, will be on the 11th September. We will let you know when it's open for registration.

[World Hearing Voices Congress](#)

11–13th November, Quebec, Montreal

The 11th World Hearing Voices Congress will be held on November 11 to 13, 2019 in Montreal, Canada.

A flyer will be available very soon that you can transmit to your networks. As with previous conferences, the first day will be dedicated to Intervoice's member networks on 11th November.

The Quebec Association for Psychosocial Rehabilitation is hosting the World Hearing Voices Congress as part of its 19th biennial conference.

The main theme will be *Uniting our voices – to face the future!* the sub-themes will be “inspiring approaches,” “sense of voices”, “spirituality”, “rights”, “diversity”, “experiential knowledge”.

More details will be provided with the call for proposals shortly.

[F.E.E.L. – Friends of East End Loonies](#)

LARC
62 Fieldgate Street,
Whitechapel E1 1ES



Opportunities (including for research participants)

By advertising opportunities to participate in research, we don't endorse or recommend either the study or the process.

Research into human rights on inpatient units: have your say

From Tarun Limbachya: "You are being invited to participate in a research study exploring people's experience of how their human rights were considered and/or denied during admission to a psychiatric inpatient ward. The research is being conducted by Tarun Limbachya, Trainee Clinical Psychologist, under the supervision of John Read, Professor of Clinical Psychology at the University of East London.

While there is some research that examines people's experience of psychiatric inpatient wards, there is very little research which specifically focuses on people's experiences of how their human rights were considered and/or denied. This study aims to find out more about these experiences and their impact on people. This is important because having greater knowledge of this topic will hopefully help to improve the experience of people admitted onto inpatient wards.

anywhere in England, Scotland and Wales in vouchers (Amazon and Love2Shop) or I am willing to travel within 100 miles of London to meet you at a location that suits you.

If you are interested in taking part or would like to find out more about the study, please contact me, [Tarun Limbachya](#). Interviews will be taking place from June 2019."

Participants needed for research exploring the experience of therapeutic services in prison

A message from Florentine de Raaij of City University: "We are looking for volunteers to take part in a study which aims to explore how individuals with mental health distress feel they were therapeutically supported whilst in prison. You would be asked to take part a semi-structured interview, lasting approximately an hour." For more information about this study, or to take part, download [the flyer](#) or download the [participant information sheet](#).

Survey from the Advocacy Project for a new mental health magazine project

A message from Bonnie Studd of the Advocacy Project: "We are seeking participants in a survey <https://www.surveymonkey.co.uk/r/5PHJDC9> for people who live or work in London, who have lived experience of mental health issues, and their carers.

[Speakeasy](#) was a magazine which ran from 2010 to 2018, in mental health hospitals in Kensington & Chelsea and Westminster. Written by and for service users, it provided a means for people in hospital to get their voices heard - by contributing poetry, artwork, stories and points of view. It closed in 2018 as funding ended. [The Advocacy Project](#) would like to seek new funding for a similar mental health magazine project. Your feedback will help us find out whether there is interest in having such a magazine. Please have a look at examples of our Speakeasy magazines [here](#) and [here](#), and fill in our short survey."

[HEAR](#) are based at King's Cross and are looking for people to help with administration, events, policy and campaigns and more! If you want to help Londoners to work pan-equality and intersectionally to challenge discrimination and improve human rights, please drop HEAR a line letting them know your background, skills, interests and why you are interested in volunteering, or send a CV to Mhairi by emailing mhairi@reap.org.uk .

Maastricht World Survey On Antipsychotic Medication Withdrawal

Have you taken antipsychotic medication (such as Zyprexa, Seroquel, Abilify, Risperdal, Haldol, Geodon, Stelazine, and others), for any condition or diagnosis, with or without other medications? And did you ever stop taking antipsychotics, or try to stop taking them? Are you 18 years or older? If yes, you can [take this survey](#). More information [here](#).



Translators needed!

Do you speak: Vietnamese or Pashto?

Mind in Camden's Voices Unlocked runs Hearing Voices groups inside Immigration Removal Centres. If you can help by translating a 3-4 page document into Vietnamese or Pashto, please email [Akiko](#). We are able to offer £20 supermarket vouchers in return.

[Subscribe](#)

[Past Issues](#)

[Translate](#) ▼

[RSS](#) 

This email was sent to <<Email Address>>

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

London Hearing Voices Project · Barnes House · 9-15 Camden Rd · London, Greater London NW1 9LQ · United Kingdom

