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July Newsletter

Mind in Camden News



TONIGHT
MELANCHOLY & RAVING

TONIGHT 8pm
Young, British and Depressed

outside the mental health system to share and connect through performance while also offering an opportunity for a few more established acts to showcase their material. We meet 8pm–10pm on the last Monday of the month in the upstairs dysfunction room at The Ship pub, 68 Borough Road, SE1 1DX.

***ANOTHER* NEW SPIRITUALITY & RECOVERY PEER SUPPORT GROUP**

Lived experience of mental health difficulties?

Spirituality or religion important / of interest?

The first such group began in April, in Newham. It was expressly for people who frame their difficulties in terms of spirituality. There is now a 2nd group, in Tower Hamlets.

These groups are:

- a monthly safe space
- to listen, witness, learn & support
- to share stories & any spiritual, religious and cultural perspectives

TOWER HAMLETS

Last Wednesday of the month

2pm - 4pm

(optional mindfulness: 1.30pm-2pm)

OK to have a mental health problem - but that's made us afraid of our emotions." Are de-stigmatisation campaigns are having unintended consequences? Sanah Ahsan investigates what treatment is available for young people, whether treatment is over-reliant on antidepressants, and whether it is offering medical solutions for emotional problems.

PARLIAMENT & MENTAL HEALTH

On Monday 22 July, disability rights activists staged a peaceful protest outside the government Department for Work and Pensions. The action drew attention to the rising number of deaths as a result of DWP benefit cuts. Ahead of the protest, artist and activist **Dolly Sen** wrote [a letter to Boris Johnson and Jeremy Hunt](#) to draw attention to this situation. Both failed to respond.

On Thursday 25 July (the hottest day in UK history) **the first parliamentary debate on the Independent Review of the Mental Health Act** took place. It included some unusual sharing from one MP, **Neil Coyle**, who told how his mum was detained for long periods of time under the Mental Health Act - you can [watch](#)

Enquiries: elft.SpiritualPeer@nhs.net
[Download flyer](#)

NEWHAM

2nd Friday of the month
3pm - 4.30pm
(optional mindfulness: 2.30pm-3pm)
St John's Church, Broadway,
Stratford, London E15 1NG
Enquiries: elft.SpiritualPeer@nhs.net
[Download flyer](#)

*The people who are crazy enough to think they
can change the world are the ones who
do — Rob Siltanen*

'DROP THE DISORDER' - THE BOOK!

You can pre-order your copy of the new
Drop The Disorder book [here](#). And [find
out about their upcoming events](#) in
different towns and cities around the UK.

Mind in Camden Trainings



LHVN TRAINING

Hearing Voices Group Facilitation 3-day Training

19th, 23rd & 24th September

10.00 - 16.30

Cardboard Citizens

[download flyer](#)

[register here](#)

up a new Hearing Voices Group or to co-facilitate an existing one:

- Exploring diverse understandings of voices, visions & 'psychosis'
- Coping strategies and pathways to recovery
- Rethinking power & empowerment
- Planning, launching & establishing safe and effective Hearing Voices Groups
- Practical group facilitation skills and problem solving
- Hearing Voices Network ethos

WHO IS IT FOR?

Anyone with the motivation and aptitude for working collaboratively and non-judgementally: professionals, service users, people with or without lived experience of voice-hearing, psychologists, MH nurses, O.T.'s, social workers, housing support workers, volunteers, NHS peer workers.

"One of the best trainings I have ever been on."

- Trainee from 3-day facilitation training March 2019

I is for Insult: questioning "Borderline Personality Disorder"

With Rachel Rowan Olive

27th September 2019, 10.30 - 17.00, Cardboard Citizens

[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"

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.

Paranoia & Beliefs Group Facilitation 3-day Training

2nd, 3rd & 5th December

10.00 - 16.30

Cardboard Citizens

[download flyer](#)

[register here](#)

This 3 day training course equips you with the knowledge, skills and confidence to set up a new Paranoia & Beliefs Group or to co-facilitate an existing one.

About Paranoia & Beliefs Groups

Hearing Voices Groups are internationally established, and a valuable source of support. But in 2011, Mind in Camden piloted a new and innovatory project (based on the work of Peter Bullimore in Sheffield) to develop **Paranoia & Beliefs Groups**. These groups can provide the same benefits as a traditional hearing voices group, but with the emphasis instead on exploring alternative realities and differing beliefs. There are currently 15 Paranoia & Beliefs peer support groups in London.

It was an excellent course, the content was sophisticated and clearly explained. A great mix of learning about technical models etc in a comprehensive but not patronizing way, combined with sharing of real experiences. (Feedback from trainee in 2018)

Who is it for?

Anyone with the motivation and aptitude for working collaboratively and non-judgementally: professionals, service users, people with or without lived experience of voice-hearing, psychologists, MH nurses, O.T.'s, social workers, housing support workers, volunteers, NHS peer workers.

www.voicecollective.co.uk

@VoiceCollective

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

Advanced Working with voices (Level 3)

2 September, Amnesty UK, London

[BOOKINGS HERE](#)

Introduction

Those of us who support children and young people who hear distressing or difficult voices are constantly developing, finding new ways to approach voice-hearing with young people and support them towards their self-defined recovery. Each young person and family is unique – one size does not fit all.

About This Workshop:

We require applicants to have attended either our 'Supporting Children and Young People who Hear Voices' training course, or our 'Voice Collective Group Facilitation' training course. Using examples drawn from attendee's prior experience of working with young voice-hearers, the workshop explores the following topics:

- Developing trust and therapeutic relationships with young people who may not trust easily
- Understanding 'taboo voices' (voices that talk about things the young person – and society – find very difficult, including violence & sexuality)
- Finding safe ways of talking about voices and visions with young people in distress
- Working with different, and often conflicting, perspectives on a young person's experiences
- Working with alternative belief systems (e.g. cultural or spiritual perspectives)
- Using creativity to support conversations
- Applying this learning within the workplace

Supporting Young People who Hear Voices & Self Harm

25 September, Amnesty UK, London

[BOOKINGS HERE](#)

About the course:

Whilst awareness of the prevalence of self harm has grown in recent years, it remains a

this challenge can be amplified. This training will demystify the relationship between voices and self-harm, and provide space to explore:

- Self-harm and voice-hearing from the perspective of a young person
- The potential functions of self-harm and how this can be related to voice-hearing
- The relationship between self-harm, voice hearing, emotions & traumatic life events
- Ways of safely opening up conversations around self-harm and voice-hearing
- Coping strategies to reduce distress and promote empowerment

This workshop is suitable for:

Young people (16+) with lived experience of voices, visions, other sensory experiences or self-harm. Anyone working with, or supporting, children or young people who hear voices and self-harm.

[Advanced Working with voices \(Level 3\)](#)

14 October, Amnesty UK, London

for description of this course, please see 2 September (above)

[BOOKINGS HERE](#)

[Understanding & Supporting Young People with Paranoia or Unusual Beliefs](#)

21 October, Amnesty UK, London

[BOOKINGS HERE](#)

About this workshop:

This workshop will provide an innovative approach to understanding and supporting young people experiencing paranoia or unusual beliefs. Through a combination of discussion, practical activity and role-play, it will cover:

- Understanding paranoia and unusual beliefs & the impact these experiences can have on young people
- Making sense of the different explanatory frameworks for paranoia and unusual beliefs
- How to open up conversations with young people about their experiences
- Practical coping strategies for managing distress
- Supporting recovery and resilience



More Mind in Camden News

LHVN NETWORK MEETING **Wednesday 4th September 2019**

2pm - 5pm

NOTE NEW VENUE ADDRESS

Mind in Camden
Barnes House
9-15 Camden Rd
NW1 9LQ

[Please let us know](#) if you will be attending, and encourage your group members to attend. It is a meeting for group members, and anyone interested, as well as facilitators.

Speaker: **MICK MCKEOWN**

Mick is Professor of Democratic Mental Health at the University of Central Lancashire, and has had a lengthy career as a mental health nurse and researcher, with a longstanding interest in issues of power and equality. He takes a critical view of mental health care. Mick's co-authored article with lead author Helen Spandler *[Exploring the case for truth and reconciliation in mental health services](#)* published in the *Mental Health Review Journal* was selected in July 2018 as an Outstanding Paper in the 2018 Emerald Literati Awards.

VOICE COLLECTIVE

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

Peer support group for 16-25's who hear voices

Wednesdays, 5.15-6.30

Self-referral form [here](#)

The group is co-facilitated each week by 2 members of the Voice Collective team to keep it safe & confidential.

Any questions get in touch on info@voicecollective.co.uk

Online forum for young voice hearers (up to 25).

More info [here](#)

Download flyer

Also for their families, and professionals who work with them. 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.

**Events & Conferences****International ISPS conference 2019: Stranger in the City**

29 August – 1 September 2019, Rotterdam, Netherlands

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. To find out when it's open for registration, keep checking the [ICHR website](#).

One-day free event: Engaging With Voices

26th September, London

The speakers will be Elisabeth Svanholmer, Rufus May & Charlie Heriot-Maitland

World Hearing Voices Congress

11-13th November, Quebec, Montreal

The 11th World Hearing Voices Congress will be held from 11th to 13th November 2019 in Montreal, Canada - hosted by *The Quebec Association for Psychosocial Rehabilitation* as part of its 19th biennial conference.

[A flyer is available](#) 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 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”.

[How Does the Power Threat Meaning Framework relate to those who perceive](#)

17 January 2020, London

Come and take part in an inclusive, non-hierarchical 'Open Space' innovative event – organised by [Emerging Proud](#) – have your voice heard. Every attendee will have the opportunity to speak.

**[Compassion Focused Therapy
for people with attachment trauma and a diagnosis of personality disorder](#)**

24 February 2020, Milton Keynes

This one-day event will feature one of the UK's leading clinicians in CFT, Kate Lucre. Attendees will be shown the science, clinical applications and latest research findings of Compassion Focused Therapeutic work with people who have received a personality disorder diagnosis.

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

Discussing the critical questions of the day around the biomedical model in mental health. Multiple events upcoming all the time. Next up will be Birmingham & Cardiff. You can find out more [here](#).

[F.E.E.L. \(Friends of East London Loonies\)](#)

Meet the 3rd Monday of the month at LARC 62 Fieldgate St, Whitechapel E1 1ES Campaigning for fairer & compassionate mental health care since 2007. Humane therapy, not drugs tyranny! Working together, greater results can be achieved.



Opportunities

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

Volunteer facilitator available

Kelly Stanton writes:

“I’m currently looking to support a Hearing Voices group in either East or South London or in Essex. I have completed the 3-day Hearing Voices training but have not yet supported a group. I also practice mindfulness and have been working with vulnerable adults for 8 years. If your group needs an extra pair of hands please do contact me on 07741256887”

'Putting Power into Participation' focus group

[Shaping Our Lives](#) and the University of Essex are looking for people with lived experience of using services to take part in a focus group in London on **Friday 20th September**. They want to find out about how involvement and participation can lead to direct policy change. This workshop will explore ways in which service users might be enabled to directly challenge policy decisions that affect them. The emphasis will be on identifying processes in and around participative democracy. Details of the focus group:

Date: Friday 20th September 2019

Time: 11am to 3pm

Venue: Voluntary Action Islington, 200a Pentonville Road, London N1 9JP

who wish to accept it. Contact Becki Meakin on 07956 424511 or at

becki@shapingourlives.org.uk

The role of early experiences in hearing voices.

Opportunity to help understand the relationship between early childhood experience and hearing voices

Studies show that 10% of the population hears voices at some point in their lives. Based on research we know that voices are often related with (negative) life experiences. Furthermore, there is some evidence that the actual content of voices is also related those specific life experiences. How this works in not clear yet. Our idea is that thoughts and feelings voice hearers have about themselves might play an important intermediate step in this relation. The goal of this study is to map those feelings and idea to gain a better understanding of voice content. Sign up to take part in the study [here](#).

Exciting opportunity to shape London wide mental health services

[The Advocacy Project](#) are working with NHS England and [Healthy London Partnership](#) to recruit people with lived experience of mental health difficulties (individuals and carers) to feed into a London-wide mental health project called the Adult Mental Health Transformation Programme. **This is a voluntary position.** For more details [click here](#) or [download an application form](#).

Volunteer Peer Support Group Co-facilitator Opportunity

St Mungo's are looking to recruit a volunteer with lived experience to co-facilitate an established, fortnightly peer support group within a high support, residential mental health project in North Camden. This role would ideally suit someone who has their own experience of attending groups. Attendance on either of the Mind in Camden facilitator

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. 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](#).

Maastricht World Survey On Antipsychotic Medication Withdrawal

Have you taken antipsychotic medication (such as Zyprexa, Seroquel, Abilify, Risperdal,

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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](#).

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