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EXPLORING MINDFULNESS & VOICES

April Newsletter

Mind in Camden News

Exploring Mindfulness & Voices

A day of practice, exploration and reflection with [Andy Phee](#)

Friday 3rd May at Conway Hall

'Cool to Believe'

5 Years Celebration

I know it's OK to feel not OK

Andy Phee was involved with Hearing

Voices Groups when they first arrived in London from Holland via Manchester in the mid 1990's. He is also a professionally trained teacher of mindfulness, who brings a wealth of experience on the frontline of statutory services.

Links to talks/articles by Rufus May on Mindfulness & Voices

- 30-minute [video](#) of a talk given by Rufus at Copenhagen in 2012
- *Mad in America* [article](#): Living Mindfully with Voices
- Extract entitled '[Hearing Voices & Mindfulness](#)' co-authored with Eleanor Longden

Sascha Altman Dubrul

will be visiting the UK from the USA at the beginning of June, and we offer him the warmest welcome for what promises to be a rich source of mutual learning. He will be delivering a [training](#) for Mind in Camden (advertised below) in [T-MAPs \(Transformative Mutual Aid Practices\)](#) and another for ISPS (also mentioned, in the events section). He's best known as a co-founder of [Icarus Project](#) an online community 'Building radical mental health supports in a world

Pete Coward & Jeremy Darby (and, of course, its group members) has been running at [Bowhaven](#), East London, since early 2014. Pete and Jeremy were trained by Molly Carroll working 2012-2015 as Development Worker for Mind in Camden's Paranoia Project. The group have written a brief account of themselves which you can [read here](#).

The group meets every Wednesday 1pm to 3pm. Both facilitators are service users and anyone interested in attending a meeting are welcome to give them a call on 07718 589 432 (Pete) or 07925 145 536 (Jeremy). Alternatively, you can [email](#).

New publications

New academic paper on Recovery Narrative as genre

[The Recovery Narrative: Politics and Possibilities of a Genre](#) by Angela Woods, Akiko Hart & Helen Spandler, published during March in *Culture, Medicine and Society*. This important piece of work questions some of the assumptions we may not have noticed, but which can be found

and illness. Sascha's intellectual and creative interests lie at the intersection of the public mental health system and the [Mad Underground](#).

Rachel Rowan Olive

is an illustrator, researcher, and mental health service user/survivor with a particular interest in women's mental health. She will be delivering training in June entitled [I is for Insult: 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](#).

Reflections on #Docsplaining (by John Launer)

Are you a doctor wanting to learn how to patronise patients? Or a patient interested in how doctors can be so annoying? Here at last is [the definitive guide to #Docsplaining](#).

The Guardian newspaper

recently ran an article entitled [Are Sexual Abuse Victims Being Diagnosed with a Mental Disorder They Don't Have?](#)

Interesting take on mental health peer support

Published on the King's Fund blog last month. Their website is undergoing some difficulties, but if fixed, you can [read it here](#).

Mind in Camden Trainings



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

About the trainer

Andy Phee has been practising mindfulness for over 20 years. After completing Mindfulness Based Cognitive Therapy teacher training at the Oxford Mindfulness Centre, he now teaches MBCT and has regular supervision from a member of the team at the Centre for Mindfulness Research and Practice at Bangor University. He also teaches mindfulness to young offenders as part of a small pilot project with national Mind. Additionally he studies and teaches ACT (Acceptance and Commitment Therapy), and works part-time as a community mental health nurse in the homelessness sector.

Creative Strategies for Peer Support Engagement

with **Sascha Altman DuBrul**

3rd June 2019, 10.00–16.30, Conway Hall

[register here](#)

About the workshop

Join Sascha Altman DuBrul in this interactive workshop examining an emerging engagement framework being used in peer support communities in the United States. [I-MAPs \(Transformative Mutual Aid Practices\)](#) has been developed for peer workers and clinical staff to better collaborate with service users and each other. The strong emphasis on creative self-disclosure, grounded reciprocity, understanding of interdependence, and clarity of power dynamics in the clinical relationship is part of methodology for evolution within the mental health system.

About the trainer

Sascha Altman DuBrul is the co-founder of the [Icarus Project](#), a network of peer based mental health support groups and media project that is actively redefining the language and culture of mental health and illness. He has a Masters in Social Work and worked from 2016–2019 as a Recovery Specialist and Trainer at Columbia's Center for Practice Innovations at the New York State Psychiatric Institute. He is currently Training Director for the [Institute for the Development of Human Arts](#). Sascha's intellectual and creative interests lie at the intersection of the public mental health system and the [Mad Underground](#).

[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

- 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.

[Supporting Young People who Hear Voices & Use Drugs or Alcohol](#)

There has been increasing awareness of the relationship between drugs and hearing voices in young people, but much less is said about what it might be like for a young person who uses drugs and hears voices, and even less about ways to support a young person in this situation.

Delivered by trainers with lived experience of using drugs and hearing voices, this training will look at:

- the relationship between hearing voices and drug & alcohol use in young people
- ways of understanding and talking to young people about drugs, alcohol and hearing voices
- drug & alcohol use as a 'coping strategy', or way of coping with difficult voices
- new ways to support young people with hearing voices and drug & alcohol use

Supporting Young Offenders Who Hear Voices or See Visions

24 June

[BOOKINGS HERE](#)

According to the MoJ, 25% of women and 15% of men in prison hear voices, see visions, or have other unusual sensory experiences. Among young offenders, this figure is likely to be much higher. Some young offenders find their voices or visions comforting or reassuring; others, especially if they have experienced abuse, trauma or adversity, can find them overwhelming or distressing. Such distress can lead young offenders to self-harm, use alcohol/drugs or isolate themselves, however, with support they can and do recover.

About this workshop:

This innovative 1-day workshop is brought to you by Voice Collective at Mind in Camden. Founded in lived experience, and the work of our prisons and detention projects, this workshop will present a fresh approach to voice hearing. Providing an introduction to the Hearing Voices Network ethos and approach to voice hearing, it will equip participants with increased understanding, skills and confidence to open up conversations with young offenders about their experiences, and provide support to those in distress.

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

[BOOKINGS HERE](#)

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

[BOOKINGS HERE](#)

This course will provide a space for staff to explore ways of understanding and supporting people who self-harm in forensic and detention settings.

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).

Supporting People with Unusual Beliefs in Forensic & Detention Settings

21 June, London

[BOOKINGS HERE](#)

about their beliefs may bring up anxiety in us – should I challenge them or should I listen? If I don't challenge, will this be 'collusion'? In a forensic setting, this might also carry additional weight because of concerns around 'risk'.

In this training, we will explore:

- Understanding and reframing paranoia and beliefs
- Ways to cope with distressing beliefs
- Safe ways of talking about distressing beliefs
- Our personal reactions to people with strong beliefs, and how this can impact on our work with them
- Reflection on risk and on the challenges of creating and maintaining peer support groups in these settings

How to apply:

To apply, please fill out [an Eventbrite application](#). We'll then be in touch at a later date to confirm your booking.



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.

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

Hearing Voices groups in cafes

Facilitators and group members from the Talking Sense group and the Mungo's West London café group will hold a discussion based on the experience of holding a Hearing Voices group in a café - including benefits and challenges - e.g. how self-referring impacts on both group attendance and conversation.

Please let us know if you will be attending.

VOICE COLLECTIVE

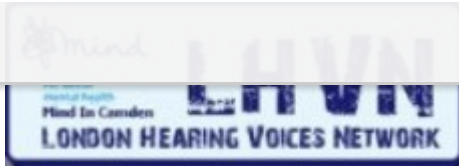
For children and young people who hear voices, see visions or have other sensory experiences that others don't.

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.**



Events & Conferences

[Advanced Studies Seminar on 'Relating to Voices'](#)

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](#).

[Melancholy & Raving](#)

runs on the last Monday of the month - next event 29 April
in the upstairs room at [The Ship](#) pub, 68 Borough Road, SE1 1DX
It's a **free** mental-health-inspired Variety Night, organised and hosted by community comic and former service user Kym Winstanley.

[ECT protest outside N.I.C.E.](#)

10 May 14.30-17.30

N.I.C.E. 10 Spring Gardens, St James's, London, SW1A 2BU (tube: Charing Cross)

speakoutagainstpsychiatry@gmail.com

[#electroshock](#)

[#EmergingProud Through NOTES](#)

12 May, 2pm, online

International #Emerging Proud Day 2019

Live Online Launch Party!

[Extreme Experiences - Mental Illnesses or Dangerous Gifts?](#)

8 June, Manchester

This is a talk for people interested in exploring experiences of “mental illness” outside of a traditional medical model framework. Those of us who are more sensitive and tend towards extreme experiences have abilities that can be cultivated into gifts.

Sascha Altman DuBrul is the co-founder of the Icarus Project (www.theicarusproject.net), a network of peer based mental health support groups and media project that is actively redefining the language and culture of mental health and illness.

[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."

[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](#)

29 August – 1 September 2019, Rotterdam, Netherlands

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

[Call for proposals](#)

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 [Intervoices](#)'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”.

F.E.E.L. - Friends of East End Loonies

FEEL meets the third Monday of each month

6.30 – 8.30 pm

LARC

62 Fieldgate Street,
Whitechapel E1 1ES



Opportunities

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

Volunteer Peer Support Group Co-facilitator Opportunity

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 training courses (Hearing Voices or Paranoia & Beliefs) is desirable but not essential. We particularly welcome applications from people of colour. To express your interest please contact kayleigh.whitfield@mungos.org

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.

Participation will involve an interview of about 40-60 minutes at the University of East London. To make it as convenient as possible, I can reimburse you for your travel from 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

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](#).

HEAR: Equality and Human Rights Network - is looking for volunteers

The [HEAR](#) Network is an informal network of London organisations and community groups working to advance equality, understand intersectionality, fight discrimination and achieve social justice. If you want to help (with administration, events, policy and campaigns), 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!

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Do you speak Vietnamese or Pashto?

Within Camden's Voices Unlocked runs Hearing Voices groups inside immigration

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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.

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