



## The Recovery Education Unit

In association with the National Paranoia Network

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

Dates: 9th , 10th, 11th March & 23rd, 24th, 25th March 2020

#### Workshop 1 Maastricht interview, hearing voices, day 1 and 2 (9th, 10th March 2020)

**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 (23rd, 24th March 2020)

##### 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. Our academic team have a wide range of expertise, including lived experience of mental health problems, which we use to develop and provide education which is designed to challenge traditional notions and promote contemporary thinking about mental health practice.

We hope to equip people interested in mental health with a framework to enable them to develop the skills, knowledge and attitudes necessary to help people recover and to influence recovery implementation within their area of interest.

All our courses are funded by Health Education Yorkshire & Humber (Specialist Skills Development) Please contact us for further information on how to apply.

#### Our Other Courses

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

Recovery & Values Based  
Practice

Recovery Focussed Family  
Work

Solution Focused Workshop

#### Online Courses

Recovery in Mental Health  
An on-line Introduction

Mental Health Awareness

#### How do I apply?

Places are offered on a first  
come first served basis.

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



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

### Two three day workshops

**Dates: 9th, 10th, 11th March & 23rd, 24th, 25th March 2020**

**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 (11th March for voices & 25th March 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.**

**A small number of places are funded by Health Education Yorkshire specialist skills development (please contact us for details.)**

### Who Are We?

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

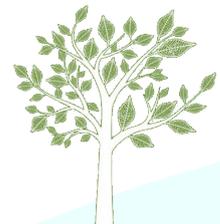
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**Please Contact us for More Information** ▶▶▶

[www.recoveryeducationonline.org](http://www.recoveryeducationonline.org)



### Recovery Education Unit

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**Old Fulwood Road,**  
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**S10 3TH.**

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Recovery & Values Based  
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