



**Presents**

## **WORKING THROUGH PARANOIA AND MAKING SENSE OF UNUSUAL BELIEFS**

*A one-day workshop to help you learn new approaches to understanding and working with people with lived experience of paranoia and unusual beliefs.*

### **The workshop focuses on:**

- The history of paranoia
- What does paranoia mean to you?
- The role of fear in paranoia
- Identifying the links between trauma and belief systems
- The three stages of paranoia
- Using the three stages (case studies)
- Triggers and warning signs
- Working with unusual beliefs
- Decoding beliefs
- Understanding body state information that can trigger paranoia
- Case studies
- Personal experience of recovery

### **Workshop outcomes**

On completion of this training, participants will be able to:

- Take a critical and thoughtful perspective on traditional ways of understanding paranoia and unusual beliefs
- Understand the potential pitfalls of the claims made from other therapies
- Take a respectful and ethical approach to the experience of paranoia and unusual beliefs

- Understand the potential connection between trauma and the experience
- Develop new ways of talking to, and working with, those that have these experiences

## Who should attend?

- Mental Health Workers/Professionals
- Consumers
- Carers
- Teachers, Lecturers, Students, Councilors, GPs
- Anyone who supports or works with people with lived experience of paranoia and unusual beliefs.

**(Ref: PM3)**