



Hearing Voices & Working Through Paranoia



Suncare -Targeted Community Care - Mental Health Program in collaboration with HACC Counselling Program

Supported by Commonwealth Respite & Carelink Centre

Presents **Peter Bullimore**

DATES

16th & 17th January
2012

VENUE

**Kedron Wavell
Services Club –
Community
Centre Room**

**375 Hamilton Road,
Chermside**

(Ground Level / Separate
Dwelling next to KWSC)

Entry via Kittyhawk Drive off
Hamilton Road

REGISTRATION

8.30 am

COURSE HOURS

9am to 4pm

Fully Catered Event
*Please advise of dietary
requirements upon booking
confirmation*

International Mental Health trainer and presenter, UK Chair of Hearing Voices Network, Co-founder of the Paranoia Network UK and expert by lived experience!

Peter presents his 'approach to understanding and working with people who experience paranoia and unusual beliefs and effective ways to help people understand and live fulfilling lives while experiencing hearing voices'.

This Workshop would be suitable for:

- ✧ Carers and Interested Families / Friends **GOLD Coin Donation**
- ✧ Individuals / Consumers **GOLD Coin Donation**
- ✧ Mental Health Professionals, Allied Mental Health Workers, Service Providers, MH Peer Support Workers & Direct Workers

Mental Health Professionals Guide to Cost

One Day Registration \$ 70.00
Two Day Full Registration \$120.00

RSVP by: Friday 16 December 2011 (Spaces are limited)

FURTHER INFORMATION

Please Contact Toombul Mental Health Team
Free call™ 1800 052 222

Email - toommh&yc@suncare.org.au
or contact Sheryn O'Grady on the above number



PETER BULLIMORE



Peter Bullimore, the UK chair of Sheffield's Hearing Voices Network and business manager for *Asylum*, a magazine for democratic psychiatry, is the co-founder of the Sheffield-based Paranoia Network, a self-help organisation for people experiencing extreme paranoia and delusions.

Peter is a Trainer and Educator and consultant to the UK Mental Health Services. He has a lived experience of recovery from Schizophrenia. Across the UK, Peter uses his experiences with madness (diagnosed with paranoid schizophrenia) to provide frank and enlightening training.

He shares his experiences, including violence, extreme deterioration and sexual abuse, and how he worked with his voices to recover and join with the world's leading psychiatric survivor activists.

COURSE INFORMATION

This course will include information about:

- Working with fear: importance of understanding fear
 - Traditional assumptions about paranoia
 - Problems with traditional assumptions: society's belief systems. When does a belief system become a problem?
 - Three stages of paranoia and breaking the cycle of threat: identify the 3 stages; what is the most problematic from a system's view?
 - Working through paranoia
 - Unusual beliefs
 - Working with delusions
 - Decoding beliefs: people's belief systems and how they build a belief system to keep themselves safe
 - Thought insertion and ideas of reference: ego-dystonic thoughts
 - Case studies
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REGISTRATION FORM

Hearing Voices & Working Through Paranoia - Peter Bullimore

Workshop Dates:

1. Day One: Monday 16th January 2012
2. Day Two: Tuesday 17th January 2012

TAX INVOICE ABN 36 301 121 574

Guide to Cost:

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- ✧ Mental Health Professionals, Service Providers, MH Peer Support & Direct Workers:
1 Day Registration \$ 70.00
2 Day Full Registration \$120.00

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Please Email or Fax Registration Form to: Email : toommh&yc@suncare.org.au Fax: 3256 8522
Suncare will confirm all bookings via email

For further information please contact Toombul Mental Health Team Free call™ 1800 052 222

REGISTRATION INFORMATION

Please use **BLOCK** letters and **Black** or **Blue** pen to complete this form

Title: _____ Family Name _____ First Name _____

Position: _____

Organisation: _____

Mailing Address: _____ Post Code _____

Contact Number: _____ Fax: _____ Mobile: _____

Email Address: _____

PAYMENT METHOD Please note cost is inclusive of GST

Please tick

- 1 Day Registration \$ 70.00** **Special dietary requirements** _____
- 2 Day Full Registration \$120.00**
- Cheque enclosed Payable to **Suncare Community Services, PO Box 1374, Toombul Qld 4012**
- Direct Deposit: **Suncare Community Services BSB 014 650 A/C No. 110 130 455**
Please include the Reference - MHP _____ (insert service provider name)

CANCELLATIONS: Cancellations should be submitted in writing to *Suncare Community Services Inc* prior to the date of the course. Such notifications can be emailed to: toommh&yc@suncare.org.au Cancellations received will receive a refund less \$10.00 administration charge. Cancellations not notified to *Suncare Community Services Inc* prior to course commencement will be charged at full price. Substitute delegates may be accepted provided they meet the criteria set for the course and *Suncare Community Services Inc* has been notified of this change.

Registrations close 16 December 2011. One (1) registration form per person.

Office Use Only: Date Received / / **Name:** _____

Invoice / Receipt No. _____