

# LONDON PARANOIA AND BELIEFS PROJECT



## GROUP FACILITATION TRAINING 4 DAYS

22nd, 24th, 29th & 31st January 2014, 10.00 - 4.30pm

Amnesty International, 17-25 New Inn Yard, London EC2A 3EA

### ABOUT THE COURSE

- Are you interested in facilitating a peer support group for people who struggle with paranoia and beliefs?
- Do you belong to a group or organisation that is already hosting a pilot group?
- Or are you part of an organisation who are committed to developing a peer support group with us as part of our Paranoia & Beliefs Project?

The *London Paranoia & Beliefs Project*, in partnership with the National Paranoia Network, has developed an innovative training course to give facilitators the necessary skills and confidence to set up and sustain a Paranoia & Beliefs Group.

The course covers the following main areas:

- Understanding the experience of 'Paranoia' and the distress that can be related to beliefs
- Different ways of making sense of paranoia and beliefs
- Developing a repertoire of coping strategies to help people take back control of their lives
- Helping people explore their beliefs in a peer support group context
- Practical skills for group facilitation
- Setting up, launching and sustaining Paranoia Peer Support Groups

### ABOUT THE TRAINERS

Molly Carroll & Rachel Waddingham both have experience of paranoia and/or overwhelming beliefs and developing peer support approaches in this area.

### FEES:

- FREE (People with lived experience of paranoia)
- £150 Voluntary Organisations
- £200 Statutory Organisations

### TO BOOK YOUR PLACE:

**Contact John Wetherell  
for an application form**

**by emailing  
[jwetherell@mindincamden.org.uk](mailto:jwetherell@mindincamden.org.uk)**

**or calling  
020 7625 9042 (option 3)**

### ABOUT THE PROJECT

Mind in Camden's *London Paranoia & Beliefs Project* is working to develop a sustainable London-wide network of peer support groups for people who struggle with paranoia and/or beliefs.

We work in partnership with the National Paranoia Network.

It is part of the wider London Hearing Voices Project, which has years of experience supporting the development of peer support groups for people with overwhelming experiences.