



September Newsletter



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Hearing Voices Coping Strategies

The following are suggestions for coping with the experiences of hearing voices, and seeing visions and having tactile sensations. It is hoped some of these ideas can help you, or someone you care about, towards living positively with these experiences and to maintain a sense of ownership over them.

Remember that you are not alone: Research shows that 4% of people hear voices, this is the same number as have asthma. Voice hearers throughout history have included a great many influential people: religious prophets, doctors and psychologists, philosophers, artists, poets, explorers and politicians.

The following list was compiled by the Manchester Hearing Voices Group.

Be Prepared: Some people get a warning sign that the voices are about to start. For example, they know what can trigger

the voices or they hear another noise like whistling or an extra heartbeat. This can be used as a positive thing because you are forewarned. You can then learn to use relaxation and breathing techniques to calm right down. Decide if you want to listen to them, if you don't and you hear the whistles, distract yourself.

Don't Believe What The Voices Tell You: This can be difficult and takes a lot of determination, but you don't have to believe or do what the voices tell you. Be aware that sometimes the voices become nastier and more persistent when you stand up to them. This can be a sign they know their days are numbered.

Use Selective Listening: Some voice hearers find they hear positive as well as negative voices or that the same voices say both helpful and unhelpful things, so they develop their skills of selective listening, learning to take what is useful from the voices and ignoring the rest. For example, "I need to get to the shops before they close". There is a difference between this speech pattern and "We want you to go to the shops before they close". It is often the subtle switches between reminding yourself of something and interacting with the voices. Change statements like "We want you out of the house now" to "I'm going out".

Take Care of Yourself: Taking a regular bath or shower can be very therapeutic. This can be a challenge for some people when they are feeling low but it can be a great way to pamper yourself. Try playing relaxing music when you are taking a bath.

Use Stepping Stones: Set small goals to start with, such as getting out for a certain amount of time each day. Remember to reward yourself for your progress.

Being Busy: Keeping busy to distract yourself from the voices has proved useful for some people. For other people it has just been tiring and restrictive. Experiment with different activities and find what works for you.

Hearing Voices Group: Going to your nearest hearing voices support group can mean that you have time in the company of others who truly understand what it means to live with the experience of hearing voices. This can create a sense of fellowship and shared solidarity between group members which can minimize the sense of isolation that many voice hearers feel. Many people have found that the onset of voices was preceded by a traumatic incident in their lives. Groups can offer a safe place to explore these experiences.

Structure and Routine: Many voice hearers have discovered that planning, combined with good self-awareness, can be very helpful. For example, a person who tends to hear the voices in the afternoon can plan to get their cooking and cleaning done in the morning, and then rest in the afternoon.

Social Support Network: It is useful to build up a network of people in your life who can give you support at different levels of intensity at different times and in different ways. Your partner, siblings, Helplines, friends, relations and your doctor may be included.

Educating Others On How Best To Help You: It is useful to develop your communication skills so you can describe to concerned people how best it is they can help you. These should be people in your life who will want to support you in coping with your experiences, both in a professional and personal capacity. Give clear descriptions of what you find helpful and why, and how others can help you.

Develop Your Rules of Engagement:

Many people have increased their abilities to be assertive with their voices. This can involve making a contract with the voices. Saying something to them like “I am too busy to talk just now. “I will listen to you if you come back at 7 pm when I have finished my dinner”. Sometimes the voices stick with these contracts. Some people find ignoring the voices more helpful. Others have found just shouting and swearing at the voices makes them feel better. **Use A**

Mobile: Some people find that if the voices get nasty in public places they want to scream and shout at them, but this can be embarrassing. Try carrying a mobile phone or a realistic toy that is cheaper for these occasions – this way you can shout at the voices without attracting the attention of other people. This will also work if you find a public phone you can use if you need to.

Get Creative: Writing about, drawing or sculpting what you see and hear can be helpful to get a handle on your experiences. It can also help distract you away from the

voices. You can develop your creative potential and gain a sense of achievement. It can also be very relaxing.

Hobbies: If you feel up to going, common interest groups can be a great way to meet people and to learn. If that feels too much, drop-in centres can be a good way to jump-start getting back out again and meeting people.



Music: This is a popular coping strategy. Different styles of music can be helpful or unhelpful to different individuals. Learn what you find the most therapeutic. Some people have found that listening to music whilst wearing headphones can be a useful distraction from voices.

Journals: Keeping a diary of what the voices say to you and keeping a journal of your feelings can be a very helpful way to develop your self-awareness and find patterns of what makes you feel bad and what triggers your voices. Some people find that when they are with a helpful professional like a psychologist or a counsellor they may want to talk about their experiences, but find it hard to find the words. Some people have found that giving their diary to the professional can be a helpful way of explaining what life is like for them. Other people just like to write their problems out and not read what they have written, or just thrown it away. Be aware that what you write is your private property

and keep it in a safe place. Do not give it to anyone unless you choose to of your own free will.

Religious Activity: Some people have found spiritual activities useful for helping them to live with their voices. Be cautious though of cult groups or people that may try to pressure you in to becoming more involved than you want to. The first time you go to a new place of worship take a friend with you.

Praying And Prayers Of Others: Some voice hearers have specifically described the benefits of praying and also having others pray for them in their struggles.

Change The Picture: If you see frightening images forming on carpets or curtains for example it can be possible to try and change the shapes of them to something neutral like a tree or flower.

TV And Radio: Some people find TV or a radio a useful distraction. Others find these interact with their voices and cause distress. But turning them off because of the voices can be allowing the voices to control you and your time. If you find that certain words or events on TV or radio trigger your voices or very difficult emotions try the afternoon.

Social Support Network: It is useful to build up a network of people in your life who can give you support at different levels of intensity at different times and in different ways. Your partner, siblings, Helplines, friends, relations and your doctor may be included.

Medication: Finding the right kind of medication for you can be helpful, but it can take time and be a process of trial and error to get it right. Finding the right dosage of medication can be a very important factor in determining how successful it will be for you.

Read And Learn About Hearing Voices:

Learn all you can about others who have had the experience. Useful books include “Accepting Voices” by Marius Romme and Sandra Escher. Also very helpful is “Working with Voices: Victim to Victor” by Ron Coleman and Mike Smith. Ron is a voice hearer who has been through the psychiatric system and survived to write this useful book with nurse Mike Smith.

Adrenalin Rushes: Some people like horror or action movies because of the climax of the film and the adrenalin rush. It gives them a distraction from the voices. If this works for you then be aware that such an adrenalin rush can make it harder to relax when you want to go to bed so you could use this strategy in the day and try to avoid it during the night.

Alternative Complementary Therapies: These are used to support or replace conventional medicines. There are a great range available including massage and acupuncture and many people find them helpful.

Self-injury Or Self-Harm: These have sometimes been described as coping strategies for the distress of hearing voices. If you use self-injury to cope with your voices, consider alternative forms of expression, or

more controlled self-injury like wearing a rubber band on your wrist and pinching it when you feel the impulse to harm yourself. Drawing on yourself with a red felt tip pen can be an alternative to self-harm, as can squeezing ice on your hands.

Being Aware of Substance Use: Some people have found that using street drugs or alcohol has such a negative impact on their voices that they choose to abstain. Beware of the risks associated with alcohol and drugs and how these could, or do, influence your voices.

Use Visualisation: Using creative or positive visualisation, i.e. imagining how you would like to be in various scenarios, can be a powerful helping tool. If you read and see the story in your head as you read you can use your imagination to create and manipulate these mental pictures. Construct a room in your head that only you hold the key to and use it to lock up your voices.

Celebrate: Reward yourself with some helpful treat each time you take control. When voices become less frequent people can find they are left with a void to fill. When this happens you can become anxious. The anxiety can invite the voices back. Be aware of these times, think positively, stay in control and use your social supports.

Web: www.hearing-voices.org



Challenging the Voices

You don't have to obey the voice.
You can question it, respond to it,
and choose your own actions.

Challenging voices doesn't mean arguing or trying to "get rid" of them.

It's about changing your relationship with them – reducing their power, impact, and distress.



1 Get curious, not reactive



Instead of immediately believing or fighting the voice, pause and ask:

- What is the voice saying?
- When does it show up?
- What's happening around me when it gets louder?

This builds awareness and creates space between you and the voice.

2 Question the voice



Gently challenge its authority:

- Is this 100% true?
- What evidence supports or contradicts this?
- Would I say this to a friend?

Voices often sound powerful – but they're not always accurate.

3 Talk back (if helpful)

I don't agree with that.
You don't get to decide that.
I'm safe right now.

Some people find it empowering to respond.

The goal isn't to win – it's to reclaim control.

4 Change how you relate to it



Try shifting your stance:

- Give the voice a name or character
- Imagine turning the volume down
- Visualise putting it outside the room

This creates psychological distance.

5 Look for meaning (optional)

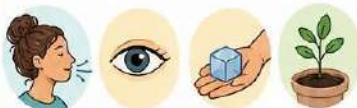


Sometimes voices connect to:

- Stress or overwhelm
- Past experiences
- Unmet needs

Not always – but exploring this can bring insight and compassion.

6 Ground in the present



Focus on your breath

Name 5 things you can see

Hold something cold or textured

Feel your feet on the ground

Grounding helps your nervous system settle.

7 Bring in support



- Talk to a trusted person
- Use peer support spaces (like Hearing Voices groups)
- Share what helps and what doesn't

You don't have to manage this alone.



Key message

You don't have to obey the voice.
You can question it, respond to it,
and choose your own actions.



You are not alone.
Your voice matters.
Hope and support are possible.



CEN

Childhood Emotional Neglect, or CEN, is common and invisible in our world today. It happens when you grow up in an environment where your feelings go unacknowledged. When your parents ignore your emotions, you learn to ignore your emotions, too. You enter adulthood disconnected from your feelings because you were never given the opportunity to learn the invaluable emotion skills.

Emotions are your greatest gift, but are futile if you aren't taught how to properly use them. Imagine being gifted a large sum of money at birth. If your parents don't teach you how to properly save and invest, your money can easily slip through your hands. You don't intuitively know what to do. You need someone to show you the way. The same idea applies to emotions. So, now, since your parents weren't able to teach you, let me be your guide.

The 7 Invaluable Emotion Skills

Become aware. Living in the world today poses quite a challenge. With so many distractions pulling our attention toward the external world, we tend to rarely focus inward on ourselves. And that's the first step of building your emotion skills. You won't find your emotions outside yourself. They live within you, waiting to be acknowledged. Each experience you have registers in your body. Awareness of what's happening inside lays the foundation for all other emotion skills to take place.

Identify and name. Once you understand that emotions reside in your body and you start to notice and feel your emotions inside, you're ready to label your feelings. This can take some patience as you begin sorting out the nuances of each emotion: where you feel it, what sensations you have, and which emotions have similar or different qualities. Once you differentiate among feelings like joy, sorrow, fear, and anger, you can get even more specific. Instead of simply identifying that you feel "good," what word can best describe your internal experience? Do you feel relaxed? Pleased? Reassured? Attentive? It's important to pinpoint exactly what you feel.

Accept and validate. Do you ever get mad at yourself when you have an emotion you don't like? Do you ever regard your feelings as a sign of weakness? As a child, were you told that you were overreacting when you expressed your feelings? If

so, you're at risk of judging, rejecting, and even shaming yourself and your emotions. If this is the case, see if you can offer your feelings some curiosity, openness, and compassion. Look at each emotion as holding an important message you'd like to receive and understand.

Childhood Emotional Neglect (CEN) Healing Thought For the Week

A primary rule of assertiveness is that anyone has the right to ask you for anything; and you have the equal right to say no, without giving a reason.

Dr. Jonice Webb



Learn the story. By now, you have noticed your feelings in your body, identified what it is you feel, and accepted your feelings. Next, think about why you may be feeling this way. Old feelings frequently get activated by something happening in the present. Let's say you just had a big, angry reaction toward a friend. It can be helpful to think about why this is bothering you right now, but also other times when you had similar feelings. Because if you never processed them with emotion skills, these feelings have been stored in your body, easily rising to the surface without your awareness or understanding.

Sit with it. Imagine that each time you practice these emotion skills you're sitting on a bench with the emotion. You are getting to know it a bit better. But if you get up and leave the bench before it's done sharing with you, your emotion stays stuck on the bench. It needs you to stay with it. This can be quite challenging when your emotions are intense, unpleasant, or painful. It's common to get off the bench when it seems like too much, attempting to push it down with distractions like food, shopping, drinking, or whatever else might help it go away. But that doesn't work! Stay on the bench until you have gained understanding.

Manage it. Every emotion is important and needs to be heard, but not all feelings are helpful or should be acted upon. Remember that you are the one in charge. You get to decide what to do next. Consider the message your emotion is telling you. Is it healthy? Is it healthy to do what it's telling you? Or does this emotion just need understanding and

validation without action? You don't get to decide what you feel, but you are the one who decides what you do with your feelings.

Express it. Maybe your anger told you that you need to speak up for yourself, your joy told you that you should continue with a certain activity, your fear told you to protect yourself, or your guilt told you to apologize. People sometimes attempt to take action or verbalize their feelings before they've done the previous steps, creating more confusion or distress in their relationships. The more you understand yourself and your feelings, the better you'll be at expressing yourself to others.

Using the Emotion Skills to Change Your Life

Let's think about the seven emotion skills and you. Were you ever taught these skills? Do you use one of them, some of them, or all of them? Are some easier or harder to practice than others? How are you feeling as you learn about them? You can start practicing right now and use the skills to explore some of these feelings.

I hope you recognize you have great power inside of you in the form of your feelings. So many people don't know this and feel powerless as a result. Your miraculous battalion of emotions is waiting to be discovered. All you need to do is turn inward. And listen.

What Each Emotion is For

A GUIDE FOR THOSE HEALING FROM Childhood Emotional Neglect

Your emotions make sense. They are not random or too much. They are your inner wisdom, guiding you toward connection, safety, and the life you deserve.



Joy

Joy helps you notice what feels good, connect with what lights you up, and remember that you deserve pleasure and ease.



Sadness

Sadness helps you slow down, honor your losses, and ask for the comfort and support you need.



Anger

Anger helps you set boundaries, speak up for yourself, and protect what matters to you.



Fear

Fear helps you stay safe, notice what feels uncertain, and prepare for what you need.



Surprise

Surprise helps you stay open, adapt to change, and see new possibilities.



Disgust

Disgust helps you protect your well-being and recognize what doesn't feel right for you.

Dr. Jonice Webb

If your emotions were dismissed or ignored, it makes sense that you may not trust them now.

*You are learning.
You are healing.
You are enough.*



Every emotion has a purpose. When we listen with kindness, we build a stronger, safer relationship with ourselves.



Your emotions are not the problem.
Learning from them is the healing.

BE GENTLE WITH YOURSELF. YOU'RE DOING BETTER THAN YOU KNOW.

emotionalneglect.com

Mindful Anger



[Mindful Anger](#) strategies to help people access, process, release and resolve their anger.

Below is a mindfulness-based exercise, which helps you tap into your anger and any other accompanying emotions:

- Find a quiet spot and focus on your breathing.
- Stand with your feet a short distance apart. Make sure they line up with your hips. Notice the support of the floor, and really feel how it sustains you. “Dig your feet and toes into it.” Bend your knees slightly.

- Pull your shoulders back. Take several slow breaths. “With your hands, knead the skin on your arms, neck, and shoulders.” Pay attention to the sensations in your body.
- Visualize an incident that triggered your anger. Picture the details, until you can feel the anger arising.
- Say, “I am angry.” Say it in various ways, “louder, softer, faster, slower.”
- Notice what happens in your body when you’re practicing the various ways. For instance, do you feel hot, clammy, cold, confused, fatigued, floating, faint, nauseated, sweaty, shaky, stiff, tense or weak?
- Check for any feelings other than anger. Name them aloud, one at a time, such as “I am hurt,” “I feel embarrassed,” “I am heartbroken,” “I feel anxious,” “I am scared,” or “I am ambivalent.”
- After you’ve mentioned all the feelings you’re feeling, relax your stance. Take several deep breaths.
- Journal about this experience. For instance, you can start with: “It’s safe to be present in my body. It’s safe to feel my feelings.” Explore how just writing these sentences feels.

According to Brandt, when you're able to tap into your anger — or any emotions — you're able to examine the message, *before* you figure out how to respond.

Feeling your feelings may not be easy. It may not come naturally to you — especially depending on your earlier experiences. However, you can learn to feel your emotions in safe and healthy ways and to process them in safe and healthy ways.

Anger management: 10 tips to tame your temper

1. Think before you speak

In the heat of the moment, it's easy to say something you'll later regret. Take a few moments to collect your thoughts before saying anything — and allow others involved in the situation to do the same.

2. Once you're calm, express your anger

As soon as you're thinking clearly, express your frustration in an assertive but nonconfrontational way. State your concerns and needs clearly and directly, without hurting others or trying to control them.

3. Get some exercise

Physical activity can help reduce stress that can cause you to become angry. If you feel your anger escalating, go for a brisk walk or run, or spend some time doing other enjoyable physical activities.

4. Take a timeout

Timeouts aren't just for kids. Give yourself short breaks during times of the day that tend to be stressful. A few moments of quiet time might help you feel better prepared to handle what's ahead without getting irritated or angry.

5. Identify possible solutions

Instead of focusing on what made you mad, work on resolving the issue at hand. Does your child's messy room drive you crazy? Close the door. Is your partner late for dinner every night? Schedule meals later in the evening — or agree to eat on your own a few times a week. Remind yourself that anger won't fix anything and might only make it worse.

6. Stick with 'I' statements

To avoid criticizing or placing blame — which might only increase tension — use "I" statements to describe the problem. Be respectful and specific. For example, say, "I'm upset that you left the table without offering to help with the dishes" instead of "You never do any housework."

7. Don't hold a grudge

Forgiveness is a powerful tool. If you allow anger and other negative feelings to crowd out positive feelings, you might find yourself swallowed up by your own bitterness or sense of injustice. But if you can forgive someone who angered

you, you might both learn from the situation and strengthen your relationship.

8. Use humour to release tension

Lightening up can help diffuse tension. Use humour to help you face what's making you angry and, possibly, any unrealistic expectations you have for how things should go. Avoid sarcasm, though — it can hurt feelings and make things worse.

9. Practice relaxation skills

When your temper flares, put relaxation skills to work. Practice deep-breathing exercises, imagine a relaxing scene, or repeat a calming word or phrase, such as "Take it easy." You might also listen to music, write in a journal or do a few yoga poses — whatever it takes to encourage relaxation.

10. Know when to seek help

Learning to control anger is a challenge for everyone at times. Seek help for anger issues if your anger seems out of control, causes you to do things you regret or hurts those around you.

INSPIRED BY ART

My love of art goes back to when I started school it was the only thing; I was any good at as I was slow at learning to read and write. I still have a painting I did when I was ten years old it is on my bedroom wall a picture of William the Conqueror.

When I had my breakdown in 1987, I was extremely ill, and I did some abstract paintings which I have always wished I had kept in my time at the hospital.

To placate my parents, I tried to gain employment far too early after the life changing ordeal I had gone through. After being a glorified pot washer, I packed in my job and within six months I was on sickness benefit again. I moved out of my mum's house in 1989 and it was art that helped me recover little by little. I would do paintings and on Mondays I would take what I had done that week to my dad's house to show him and get his world-famous beans on toast for my troubles. The paintings were usually portraits and were good, bad, and indifferent but I felt inside I had achieved something, it basically gave me a sense of self-worth.

In time some of my paintings actually looked like the people they were supposed to be, even though I remembered doing Tom Cruise and it looked like Peter Beardsley the former England footballer. Slowly through art I rebuilt my life after the major breakdown and came to accept in some things I was what other people would term mad. I had never been a confident person but talking about my life at Carmel care

centre helped me understand my emotions and telling my life story to groups of people made me feel a better person and the thing in the back ground to all this development was me doing my paintings.

I had been a painter for the council which was the most intensely depressing period of my life, but I survived somehow. The night I was sectioned in March 1987 I daubed paint on the curtains before the police came to take me to hospital, paint seems to follow my life around and it certainly did the night I threw paint all over the room at my old school. The thing about me is I link work to being depressed so I know it is not for me which in this society is bound to cause friction at some point. Art is something which I wrote about once before it is what is held above us all and not our obsession of money. When man painted his hand on the wall of a cave that started the world we have now, which is a giant leap from daubing paint on a wall. I myself did a leap with my run around Hillsborough Park but Mickey a work colleague was always saying "Don't do the crime if you can't do the time" my Dad called it the crime of the century!

To become a better person art has let me grow which is something we all need to do. In the last ten years I have done over ten thousand paintings which makes me feel great about myself. I have not always liked myself in fact in my time working for the council I hated everyone and the person I hated the most was myself. Of course, things in life are not always easy but there are only two paths to take constructive or destructive. In my case I chose constructive and that is

why art means so much to me, it is always waiting for me to find it and enrich my life when I have done rubbish paintings, I still get satisfaction out of just doing them and it's on to the next one. For me art is the greatest thing in the world and that is why I truly love art.

W.D. Clay



Buddhism and Hearing Voices



As a youth I spent a lot of time in church. My mother believed that I had a guardian angel looking over me. We were very spiritual. I looked at my world with the perspective of good and bad being something inherent in each person. The good people were always good, and the bad people could not help themselves from being bad. I grew up looking at everyone with this lens of good and bad and always trying to protect myself from those who would do me harm.

Because of this perspective I was very guarded and I looked at everyone very skeptically. I needed to protect myself from the bad people who only appeared to be good. This view even affected my politics as well. I looked at politicians whose actions I disagreed with as being inherently evil people. Evil people who only pretended to be good to get elected.

At age 54 I became a Buddhist and I began to understand something that I had only begun to question some 5 years

before: that there is no such thing as good or bad people. That all people have an inherent Buddha nature and a fundamental darkness. And that I can use my Buddha nature to connect with the Buddha nature of others. I also learned that I could change my environment by changing myself. That a change in myself creates a change in those around me.

Prayers for the happiness of those who created the most misery in my life seemed counter-intuitive; why would I want these people to be happy? Yet we are all connected.

When I pray for someone else's happiness, I am the first one to change. As a voice-hearer the same principle holds true. My voices are neither good or bad nor are they inherently evil. My voices have echoed memories of the past and given me visions of the future. But how I treat my voices is up to me. My voices will respond accordingly to how I treat them. The actual proof of this for me was when I worked at a hospital. One of my voices was that of a psychiatrist at the hospital. The doctor would speak with me politely and ask my advice. I treated the voice respectfully because a psychiatrist could hospitalize me or have me fired. So, by being respectful to the voice of the psychiatrist I was able to advocate for myself for the first time with my voices. I was able to set boundaries for the voice to only speak with me after work while waiting for the bus. By being respectful with this one voice I was able to change the dynamic with all my voices since then

Yoga Section

So, it really felt like we needed some structure and containment. Those of you who have been longer term subscribers might remember a 7-month journey into the chakras, with micro practices relating to each one. This month we are going “back to school” and exploring how to deal with fearfulness and anxiety, two things that can frequently come up with paranoia. This came up as the other articles relating to kundalini yoga were published and I privately expressed my concern about this without reference to a teacher or guide.



Kundalini yoga is a form of healing that works through seven different chakras. If you remember those infographics, each chakra represents a different level or layer of human experience. My concern was that working with “kundalini” can be very destructive without a lot of support. I have the support of very experienced teacher trainers through Tara Judelle and the school of Embodied Flow TM. I also work very closely with a psychologist, the co-creator of EF who is a teacher trainer in somatic psychology: Dr Scott Lyons. Kundalini yoga shouldn’t be attempted without spiritual and emotional support which is why I thought a great way to assist would be to offer some short practices that relate back to the body, since spiritual awakening unchecked can easily become spiritual psychosis. Kundalini destabilises and shakes up everything, and working somatically means anchoring

back down to earth in the body. For me, at least, the bones represent the foundation of material support. Without our skeletons we would be a bag of meat and that sturdiness and strength enables us to stand up, face challenges and since the bones are key players in healing and hormones too, communicate what we need and how to fix the things that are not working for us.

In my experience with paranoia, psychosis and PTSD your mind and thoughts become your biggest enemy. Choosing to slow down, as I've stated many times, presses "pause" on any dangerous actions. Choosing to slow down and practice something embodied, to give an area of your body that attention; especially one that we don't often think about like the bones can be powerfully grounding and restorative. This is what I relate to muladhara, the first bodily chakra in our journey of seven.

Practice

Your bones are so much more than some dried up support structure. They are most well-known for the shape they provide to our bodies, but in truth bones support nearly every other organ system in the body, and it's not in the way that you think. Firstly, we have in our bone marrow stem cells - a type of totipotent cell that has the capacity to become any other cell in the body. Our bones are therefore essential to regenerate and heal the body. We lose these cells as time goes on, often because our bones become unhealthy as life goes on. Secondly, bones are an integral

part of our endocrine system and receive and transmit hormones in relation to controlling blood sugar, and fight or flight response. But how do we take care of bones? Their honeycomb structure means that they are porous and can warp with stress and pressure over time. To make sure that they stay healthy, we must release the tension in the bones, and the easiest way is, you guessed it, dance!

Somatic Kundalini Bone Dance

1. Tap your wrist bones together and feel the resonance of bone
2. Knock your heels to the ground
3. Bring your weight into your feet or sitting bones and stand or sit upright
4. Let the music move you
5. How does it feel?

Next month We continue our somatic journey through the chakras with SVADHISTANA, the seat of the identity, creativity and sexuality.

I hope this helped!

love, *Jazmine*

jazminali.com

A Practical Guide to Effective Non-Medical Prescribing in Mental Health

WEDNESDAY 11th NOVEMBER 2026

VIRTUAL, Online

In December 2025 the NHSBSA reported a further increase in the prescribing and dispensing of mental health medications in England.

This conference will look at national developments in non medical prescribing in mental health, improving and maintaining prescribing competence and the use of the national prescribing competency framework in mental health. The conference will update delegates on the 2025 new NMC Principles for Advanced Practice, and the implications of the recent 10 year plan for health which prioritises the use of pharmacogenomic insights in mental health prescribing. Extended sessions will focus on developing your skills as an effective non medical prescriber and case studies will demonstrate established practice in non medical prescribing on acute inpatient wards, for dual diagnosis, early intervention in psychosis, forensic mental health, learning disabilities and physical health monitoring. The conference will also look at developing non medical prescribing including auditing your prescribing practice, deprescribing, involving people in

prescribing decisions, prescribing decision making and supporting the expansion of non medical prescribing practice in mental health.

<https://www.healthcareconferencesuk.co.uk/virtual-online-courses/non-medical-prescribing-in-mental-health> or click on the title above or email kerry@hc-uk.org.uk

Follow the conference on X @HCUK_Clare #NMPMental

Improving Care Diabetes and Mental Health in Adults

WEDNESDAY 11th NOVEMBER 2026

Virtual, Online

Despite long term evidence of the benefits of integrated diabetes and mental health services and care the disconnect continues. The new HSSIB investigation (Feb 2026) shows that, in practice, adults with insulin-treated diabetes who are known to community mental health services are not always under specialist diabetes care when they should be, are sometimes discharged after "did not attend" without adequate consideration of risk. People with diabetes are not getting enough psychological and mental health support, and people with mental health

problems and co-occurring diabetes are not getting adequate assessment, care, education and treatment. There remains variable integration and information-sharing between mental health and specialist diabetes services — despite recognition of the safety risks. The result is a preventable gap where psychological need and physical risk collide, and people can come to serious harm because care isn't joined up and personalised around them.

For more information <https://www.healthcareconferencesuk.co.uk/virtual-online-courses/diabetes-and-mental-health-in-adults> or email emily@hc-uk.org.uk

[Saving Young Lives](#)

[Preventing Suicide in Children and Young People](#)

THURSDAY 12th NOVEMBER 2026

VIRTUAL, Online

Saving Young Lives: Preventing Suicide in Children and Young People will focus on the urgent national priority of reducing preventable deaths by suicide and improving

mental health support for children, young people and families. The conference comes at a critical time. In May 2026, the Department of Health and Social Care launched a call for evidence to inform a new cross-government Mental Health Strategy for England, setting a clear direction towards prevention, earlier intervention, faster access and whole-system support. DHSC has highlighted the need to shift mental health care from crisis response to earlier, more proportionate help, with particular focus on children and young people, school and college-based support, community services, neurodivergent children and young people, and groups experiencing inequalities in access and outcomes.

<https://www.healthcareconferencesuk.co.uk/virtual-online-courses/preventing-suicide-in-young-people-children> or click on the title above or email emily@hc-uk.org.uk

Follow the conference on

X @HCUK_Clare #savingyounglives

[Reducing and Improving the Use of Restrictive Interventions & Practice](#)

[Managing Acute Disturbance, Violence and Aggression using Least Restrictive and Proactive Approaches](#)

TUESDAY 24th NOVEMBER 2026

VIRTUAL, Online

This virtual conference will focus on reducing restrictive interventions in line with national guidance to improve care and support. The conference will also delegates on practical steps to reduce restrictive practice, implement the CQC recommendations, and bring you up to date on legal developments including the Mental Health Units (Use of Force) Act.

For further information and to book your place visit

<https://www.healthcareconferencesuk.co.uk/virtual-online-courses/restrictive-interventions-practice> or click on the title above or email emily@hc-uk.org.uk

Follow on X @HCUK_Clare #ReducingRestrictivePractice

[Improving Services & Outcomes for Children and Young People who Self-Harm](#)

THURSDAY 26th NOVEMBER 2026

VIRTUAL, Online

Through case studies and expert advice this conference will explore how we can support people who self-harm by ensuring a compassionate approach, understanding the

common causes and drivers, as well as developing safety plans with a path to recovery.

This conference focuses on improving services and outcomes for children and young people who self-harm. The event will look at the latest national developments in self-harm interventions including current initiatives to reduce the gap in service provisions.

<https://www.healthcareconferencesuk.co.uk/virtual-online-courses/self-harm> or click on the title above or email aman@hc-uk.org.uk

Follow the conference on X @HCUK_Clare #SelfHarm

[Deprivation of Liberty: Looking Towards the Liberty Protection Safeguards](#)

THURSDAY 26th NOVEMBER 2026

VIRTUAL, Online

The Government has committed to a new consultation on Liberty Protection Safeguards in 2026, with the aim of improving protection and creating a simpler, more effective system. LPS were originally designed to replace DoLS, operate more closely alongside care planning, extend safeguards to 16 and 17-year-olds, and cover settings beyond hospitals and care homes. However,

implementation has been delayed repeatedly, and DoLS remains the current legal framework.

This conference will focus on improving practice within the current Deprivation of Liberty Safeguards system, while preparing health and social care professionals for the anticipated Liberty Protection Safeguards consultation and future reform.

For further information and to book your place visit

<https://www.healthcareconferencesuk.co.uk/virtual-online-courses/liberty-protection-safeguards-mca> or click on the title above or email emily@hc-uk.org.uk

Follow the conference on X @HCUK_Clare #LPS2026

[Mental Health Act 2025](#)

[Preparing for Implementation in Practice](#)

FRIDAY 27th NOVEMBER 2026

VIRTUAL, Online

The Mental Health Act 2025 received Royal Assent in December 2025 and is now law. It amends the Mental

Health Act 1983 and introduces the most significant reforms to mental health legislation in England and Wales for decades. The changes are designed to strengthen patient choice, autonomy and dignity; tighten the criteria for detention; improve safeguards around treatment; increase access to advocacy; and create a clearer legal framework for care, treatment planning and involvement of families, carers and nominated persons.

Implementation will be phased. Some provisions came into force in 2026, including changes affecting restricted patients and further provisions from April 2026 extending Human Rights Act duties to certain private care providers delivering NHS-funded mental health care. However, many of the major reforms will require secondary legislation, revised Codes of Practice, workforce preparation and service redesign before they are fully implemented.

<https://www.healthcareconferencesuk.co.uk/virtual-online-courses/reforming-the-mental-health-act> or click on the title above or email emily@hc-uk.org.uk

Becka Miller

Marketing Administrator

Healthcare Conferences UK Ltd

Maastricht ³ INTERVIEW

FOR

PROBLEMATIC THOUGHTS, BELIEFS & PARANOIA

Let's
talk about
it.



MAYFAIR COMMUNITY CENTRE
CHURCH STRETTON,
ENGLAND



WEDNESDAY 21 OCTOBER –
THURSDAY 22 OCTOBER



9:30 AM – 4:30 PM

OVERVIEW

Join us in Maastricht for a professional, in-person training event exploring tricky thoughts, beliefs, and paranoia. This event offers an opportunity to learn from leading experts, engage in meaningful discussion, and develop a deeper understanding of complex thinking patterns in a supportive and respectful environment.

WHAT TO EXPECT



Engage in meaningful discussions about tricky and confusing thought patterns



Learn from world leading experts in the field of paranoia and problematic beliefs



Share insights and experiences in a supportive and respectful environment



Gain practical perspectives to better understand and make sense of your own experiences

ABOUT THE EVENT

Join the Maastricht Interview for Problematic Thoughts, Beliefs, and Paranoia

Looking to understand and explore thought patterns that might be tricky or confusing? This in-person event in Maastricht is your chance to dive deep into how we think, especially when paranoia and unusual beliefs pop up.

The training is offered in a supportive environment which allows us to chat, learn from world leading experts, and share insights with others interested in the challenging topics of Paranoia and Problematic Beliefs.



Don't miss out on this eye-opening experience with Peter Bullimore and his team, in partnership with **Neuro SENter**.

BOOK YOUR
PLACE!

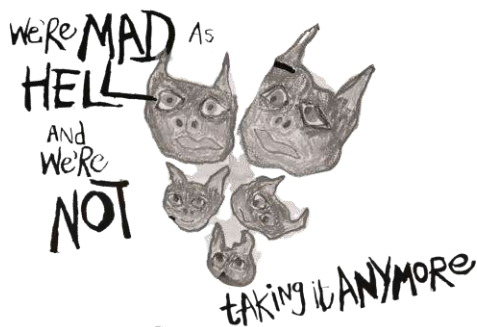
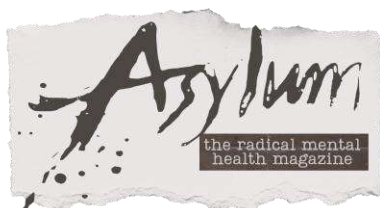


TICKETS & INFO:

<https://www.eventbrite.com/e/maastricht-interview-for-problematic-thoughts-beliefs-and-paranoia-tickets-1986715969947?aff=ebdssbdestsearch>



Come as you are. Leave with new perspectives. Let's explore the mind—together. ♥



Since 1986, Asylum Magazine has provided a forum for discussing mental health politics, practice, and policy, influenced by democratic psychiatry and progressive social movements, including psychiatric survivor and Mad liberation movements.

Design by Maximilian Pogrzeba, adapting Nicola Piletti's art cover for Asylum Winter 2023.

"Makes any other mental health magazine look like Women's Weekly"

-Dolly Sen, activist, artist, and author of DSM69

"One of the most consistently thought-provoking voices on mental health in the UK... And still a bit Punk."

-Vaughan Bell

- ▷ What: We publish voices that the system ignores. Your perspective is the substance of this magazine.
- ▷ Who: We welcome contributions from service users, survivors, activists, friends, family members and frontline workers.
- ▷ Content: Critiques, poetry, creative writing, artwork, cartoons, and personal experiences regarding mental health policy and practice.
- ▷ Privacy: Contributions can remain anonymous.
- ▷ Support: Email us at editors@asylummagazine.org.

Asylum Magazine is volunteer-run, and not-for-profit. We depend on your support and subscriptions.

Receive the magazine in hard copy or digital via PCCS Books:

www.pccs-books.co.uk/asylum-magazine
or call 01600 891 509

Visit asylummagazine.org to access back issues and sample articles for free.



Every person
is a story

Copenhagen 2026
17 & 18 November

Intervoice
World Hearing Voices
Congress



Manchester Hearing Voices Group

Thursday 3pm -4.30pm with Paul

Meeting ID 88460268952 Password 375878

Sundays: HVN USA on ZOOM 6:30p - 8:00p USA Time with Cindee.

11.30pm – 1.00 am UK Time Meeting ID 827 5463 8654 No Password Needed

Saturdays Texas USA HVN Meeting on ZOOM

10am-11.30 USA Time with Paul

4pm-5.30pm UK Time

Meeting ID 85737775621 No Password Needed

Families/friends can contact families@usahearingvoices.org for support groups.

Sheffield Hearing Voices & Paranoia Support Group.

The group runs face to face every Monday

11.00am-12.00pm at the Gardner's Rest

105 Neepsend Lane,

Sheffield S3 8AT

Contact peterbullimore@yahoo.co.uk Tel 0759083769

Online Hearing Voices Group in Ireland

An online group for people who hear voices or experience paranoia and unusual beliefs. Please contact derekpwalsh.dw@gmail.com for further information. The group meet every Sunday at 6.15pm over Zoom.

The group link <https://us06web.zoom.us/j/81086179561>

Unusual beliefs group St Mungo's

Every Thursday 2.30-3.30

93 Shirland Road, London W9 2EL

Contact Helen Claire Taylor (tayloh15@lsbu.ac.uk)

Hearing Voices Group – Hull & East Yorkshire

Every first Monday of the month

- 11:00am – 1:00pm
- Townend Court (Old Building), Cottingham Road, Hull, HU6 8QR

The group is open to any adult who hears voices or has similar sensory experiences and follows Hearing Voices Network principles. Sessions are non-clinical and focused on shared understanding and peer support.

- Maximum group size: 12 people per session
- Ages 18+
- Booking required in advance, session by session

- Book via the Humber Recovery College website once registered:

<https://humberrecoverycollege.nhs.uk>

☎ For enquiries or help with booking: 01482 335959

This group replaces the previous "Talking Heads" listing for Hull.

Doncaster Hearing Voices Group

The Wellness Centre
45 Montrose Avenue

Intake

Doncaster

DN2 6PL

Tel: 01302618507



The MuslimVoice.org.uk

At The Muslim Voice UK, we strive to be a dynamic and inclusive platform amplifying the voices, stories, and perspectives of Muslims across the world (we've had attendees from Colorado).

Our mission is to foster understanding within and beyond Muslim communities, challenge stereotypes, and ensure that authentic narratives are heard from a mental health perspective. The Muslim Voice UK invites you to engage, explore, and connect.

Join us. Be part of a movement where voices are heard, stories matter, and change begins.

Info@themuslimvoice.org.uk

Tennessee Voices and Paranoia Collective

Meeting location: Nashville Public Library Bellevue Branch,
720 Baugh Rd,
Nashville,
TN, 37221

Time: Tuesdays at 3:30 starting on March 4th.

The group will be a hybrid meeting. [Join Zoom Meeting](#)

<https://us02web.zoom.us/j/83043345272?pwd=QkVETKEJ5IZtVz32kUa6xXMWVvazdpE.1>

Meeting ID: 830 4334 5272

Passcode: 095416

Brave Brothers is a community-led organization with a mission to **redefine men's mental health and wellness**, placing emphasis on suicide prevention, domestic and family violence awareness, and holistic well-being inclusive of voice hearers. The charity strives to **break down stigma**, promote healthy mindsets, and advocate for integrating mental health into overall wellness. All of this underpins their broader goal of advancing health, social, and community welfare.

The Brave Brothers motto reflects a proactive, compassionate stance: "**listening to and working with men... before it's too late.**" bravebrothers.org

