

Two-Day Workshop

Working with People Experiencing Positive Symptoms of Psychosis

A Psychological Approach

Facilitated by:

Debra Lampshire *Experienced-Based Expert*

www.auckland.ac.nz/en/about/news-events-and-notice/news/news-2016/12/mental-health-experience-leads-to-supreme-award.html

Helen P Hamer RN, PhD, FNZCMHN

helenhamer.co.nz

The content of this skills-based workshop is grounded in a Cognitive Behaviour Therapy approach to enhance the personal skills and resilience for people who experience positive psychotic symptoms, particularly auditory hallucinations.

The skills taught in the workshop include normalising and validating, focusing, interpretation and evaluation of voice hearing, and the explanations the clients have for their voices. The workshop models the consumer-clinician-alliance in both the teaching and in the clinical delivery of psychological strategies for fluent voice hearers.

Teaching objectives

- Develop the skills to interpret the voices using the techniques of CBT
- Explore the role of voice hearing and the explanations given to those voices by voice hearers
- Practice the normalising and validating skills required to work effectively with the client group
- Understanding the role that voice-hearing plays in clients' lives, and the consequences of reducing the frequency and distress caused by voices
- Develop skills to use the techniques in a group and within individual practice

Dates: 6 & 7 July 2017

Time: 09:30 to 16:00

Venue: Suncourt Hotel and Conference Centre, 14 Northcroft Street, Taupō, New Zealand.

A special room & cooked breakfast rate is available for participants, please book directly with Suncourt Hotel.

Cost: \$250.00 (*GST inclusive*) per person for the 2 days (*lunch & refreshments provided*)

For further details or to register a place contact Helen Hamer,

helen@helenhamer.co.nz

Registration and Payment details

Title/Name:

Organisation:

Address:

Phone:

Email: *please print clearly*

PAYMENT DETAILS *tick one*

I enclose a cheque payable to "Helen Hamer & Associates Ltd" for \$250.00

For Direct Credit: *please include your name or organisation on the transfer*

ANZ – 06-0115-0331213-00

Signature *conference attendee* :

Please return this form with your details (and cheque payment) to -

Helen Hamer & Ass. Ltd. PO Box 34832,

Birkenhead, Auckland 0741

or by email attachment to address below, or scan and send as an email attachment

All enquiries to: helen@helenhamer.co.nz

Terms and Conditions of Workshop Participation

1. A completed registration form and full payment is required 15 working days prior to the first day of the workshop
2. An administration fee of 50% of the full registration cost will be deducted from any refunds after 15th June 2017
3. Confirmation of registrations will be acknowledged by email
4. If you are unable to attend a workshop a substitute participant may attend in your place at no extra charge, please provide written notification
5. While all efforts are undertaken to ensure workshops go ahead as scheduled, we reserve the right to cancel or reschedule

Helen Hamer & Associates Ltd. Consultancy, Research, Supervision, Training

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