



crazydiamond

Mental health training & consultancy will be running Master Classes this summer in Coventry

“Making Sense of Self Harm” July 4th 2009

“Making Sense of Psychotic Experiences” July 11th 2009

Venue; The Hylands Hotel. 153, Warwick Road, Coventry CV3 6AU
10.00am – 3.00pm
Coffee / tea provided

Cost; £95 plus VAT (total £109.25). Some concessionary places may be available. For further details please contact Barbara Hine on 07734 275634 or email crazydconference@aol.com

These workshops are open to anyone interested / working in or experiencing mental distress. We are a small and personal collective of experts by profession and experience working internationally in the wider fields of Mental Health, Social Care and Young People's Services. We provide training with practical helpful responses that avoid much of the psychobabble and over-professionalized language that is currently hampering much of psychiatry and psychotherapy. All our training is known for its -

- Practicality
- Innovation
- Mutual and human approach
- Humour & Plain Speaking
- Critical and honest approach
- Research breadth
- Links to workbooks and self-help approaches, many authored by ourselves

Marion Aslan is the co-author of the THRIVE Approach to Mental Wellness written with her colleague, Mike Smith. This fresh concept is currently challenging psychiatric services to re-evaluate recovery and what lies beyond. Drawing on her own experiences of using mental health services, psychosis and recovery, Marion's interest currently lies in developing work around the concept of thriving. Her recent publication, "The Art of Thriving - Beyond Recovery" critiques current medical approaches and looks at the changes necessary for people to thrive and reclaim their life. A teacher with 30 years experience, Marion is the Executive Director of ElleMental, *International Centre for Principles and Values of Recovery and Thriving* introducing and developing values led practice in many countries throughout the world, working with local people and communities and developing arenas of helpfulness and hopefulness.

Dr Mike Smith is a trainer, psychotherapist and mental health professional with 24 years international experience. He has developed many alternative approaches to understanding and helping mental distress and has authored many books and publications on the subjects of Self Harm, Voices and Psychosis. A former UK Nurse of the Year for his work & research in developing new practical approaches to self harm, voice hearing and psychic distress, many of Mike's articles have been published in nursing magazines and journals worldwide. He is also a frequent guest speaker on radio and television. Mike was awarded the Bethlem & Maudsley 750th anniversary award for the advancement of mental health care.