

# Facilitating a Maastricht Approach Collaboration Centre in Ireland

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# National Paranoia Network Training in Ireland

- We have been delivering training on Starting Hearing Voices Groups, Making Sense of Paranoia & how to use the Maastricht Interview for Hearing Voices in
- Dublin
- Cork
- Galway
- County Mayo
- Limerick
- Portrane
- Psychiatrists have attended in Dublin & Cork

How could we build on this?

Could we start a Maastricht Alternative  
Approach Centre in Ireland?

# We have already established them in

- Sheffield in a day service this was the first one
- On the wards in Derby & Chesterfield (12 clients worked with 10 discharged)
- A Peer led service at Bradford Mind
- Vermont USA
- Connecticut USA (Currently being established with Advocacy unlimited & will be Peer Led)
- Brisbane Australia (Currently being established in Queensland health trust)

*We established the National Centre in Telford England last September, they are already undertaking the interview with people from around they world this can be done over Skype or telephone they are currently doing the interview with 2 people from Ireland. Reports & Constructs are emailed to the person*

Feedback from the Sheffield Centre  
A Professional Journey of Discovery  
and Recovery

# Principles

- Inspire Voice Hearers and staff (Hope)
- Mainstream integration of HVN (the 'inside')
- Improved choice and accessibility in services
- Expert by Experience as a colleague
- Challenging 'Us and Them'

# Principles

- Trauma informed (life story)
- Understanding relationship and context (non technological paradigm)
- Sustainable by engaging staff and management (evidence they understand!)

# Before the Training

“I would tend to avoid it fearing I could not deal with what they said, or I might upset them”

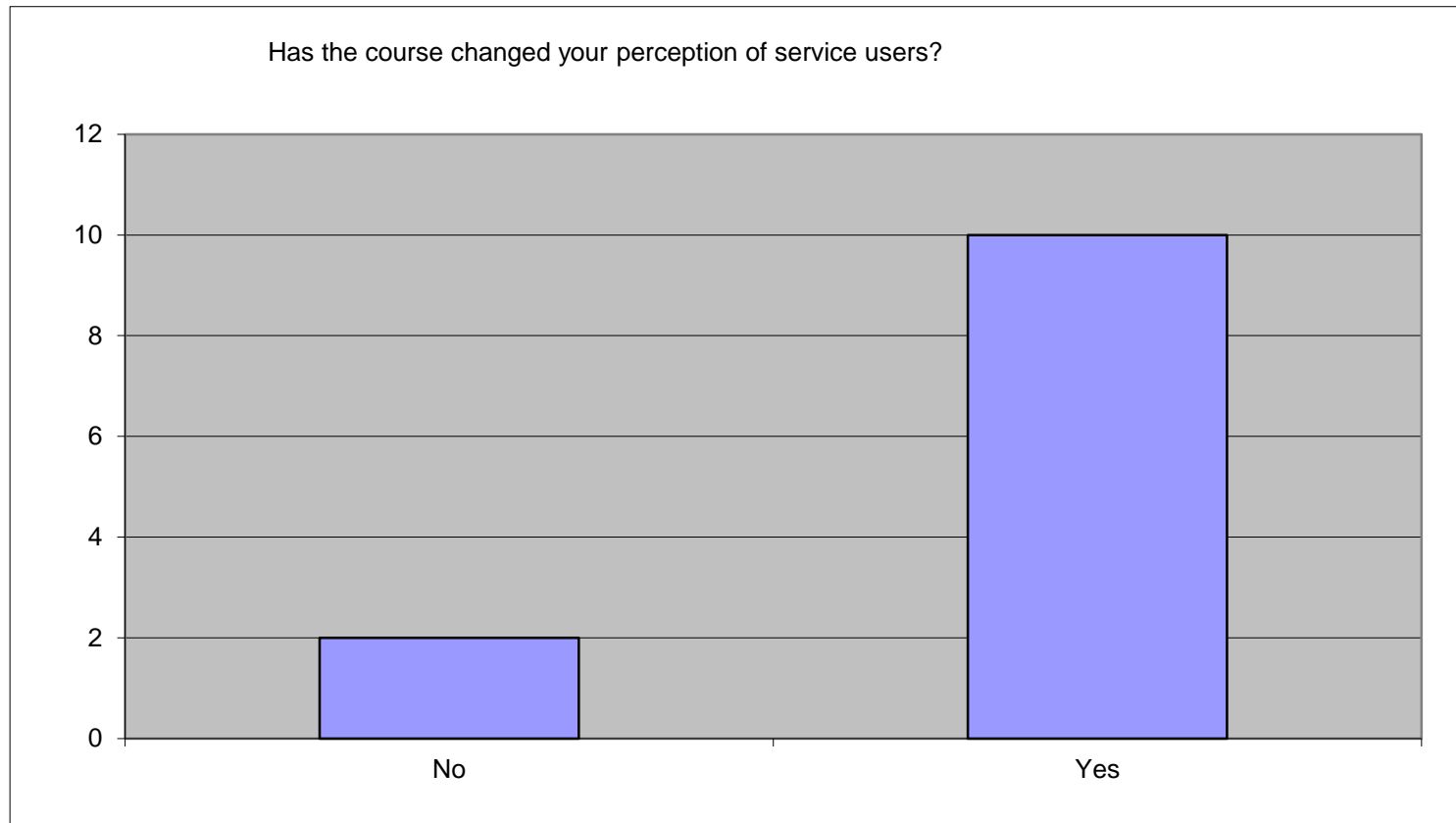
“I am happy to listen about voices but less confident about being able to help further”.



# After the training

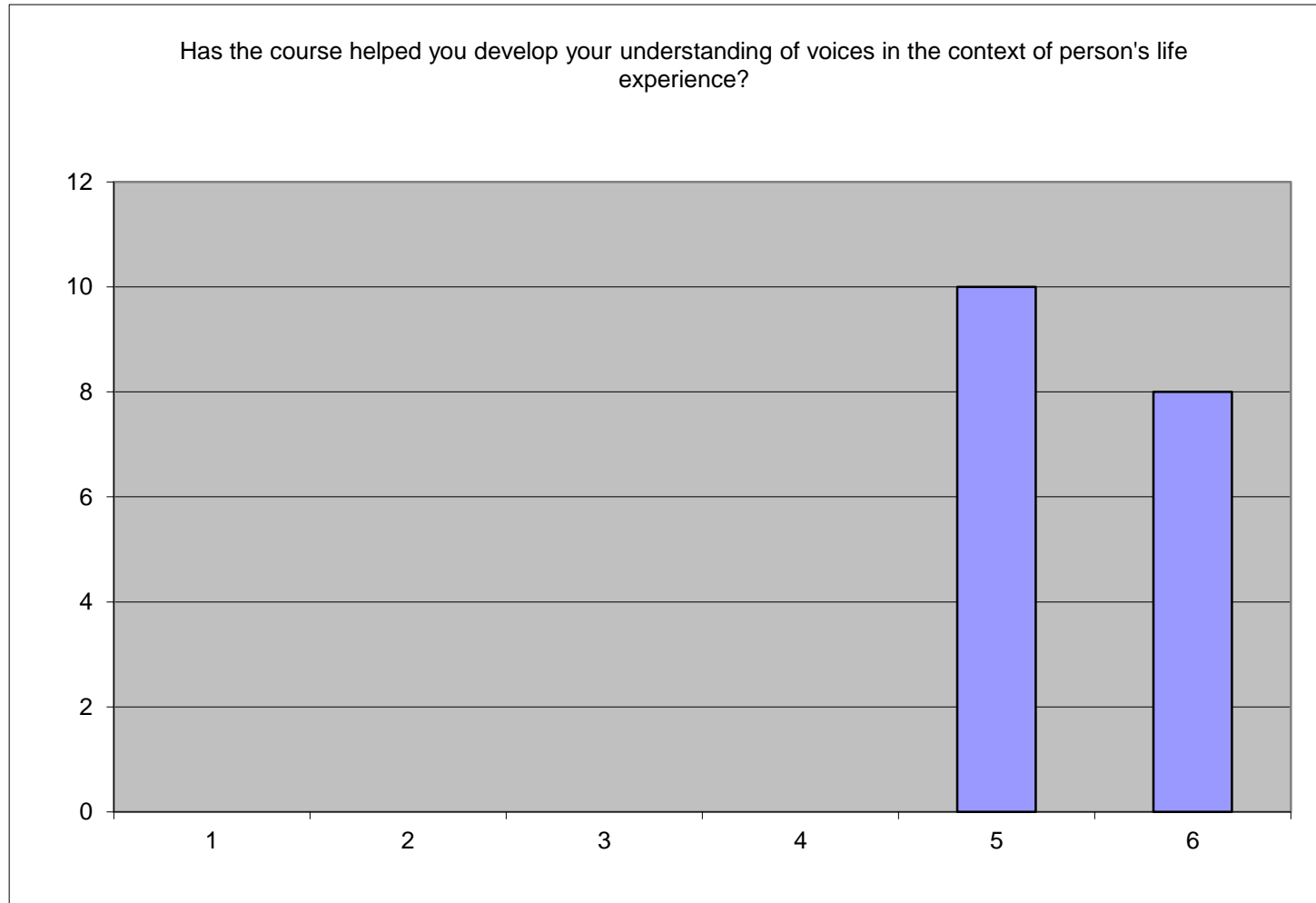
- “Able to see patient voice hearing from a different perspective – fresh optimism about how to help them”.
- “Having worked with someone for 5 years with voices I have felt useless most of the time because I’ve not known how to help”.
- “I feel it re-generated the realisation of how people’s difficulties emerge/link”.

# Attitude of Staff to Voice Hearers



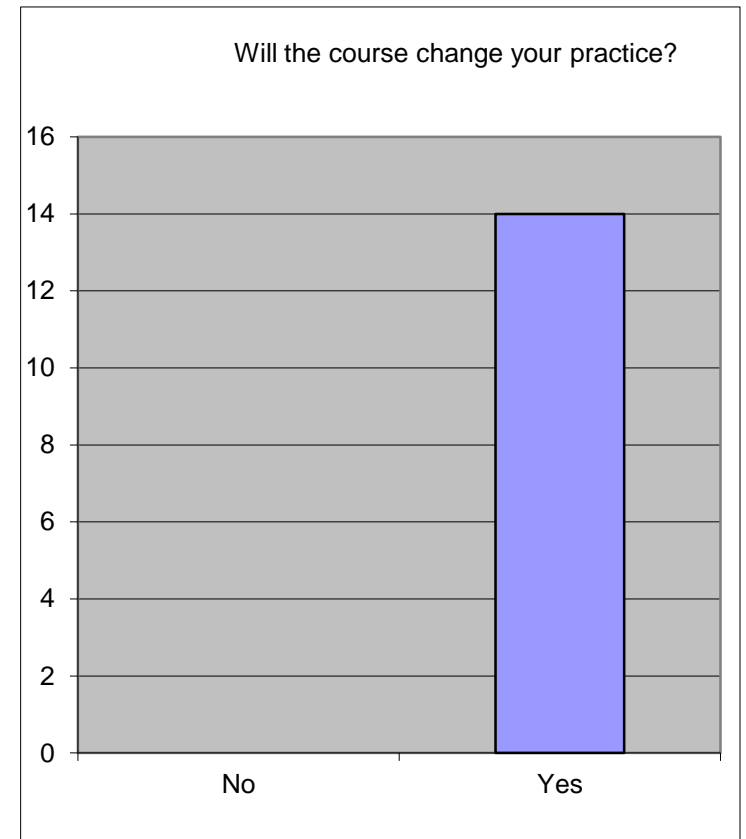
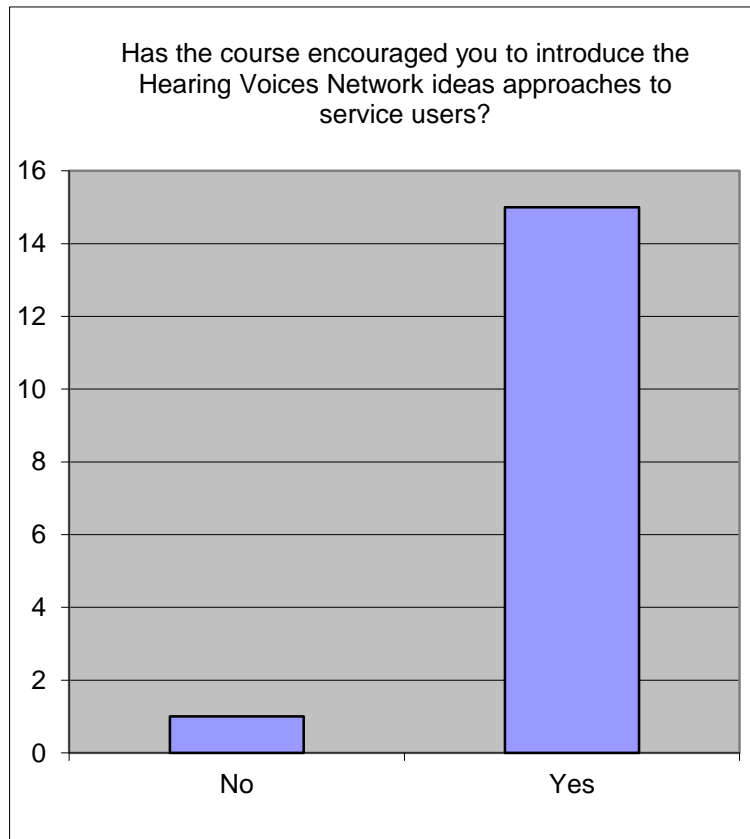
- “I would never have believed you could use this (Maastricht Interview) with someone who has learning difficulties”
- “Normalisation of the phenomena instead of illness model – very good”.
- “Reinforced the resilience of people that do hear voices”

# Staff developing awareness



- “Helped me understand how complex the nature of trauma can be and how many ways it affects people”.

# Influencing practice



- “I can already see the potential of utilising this approach in our teams”
- “Hearing voices not necessarily linked to schizophrenia as previously thought”

# 6 months later.....

- 1/7 completed a Maastricht interview
- 3/7 consulted directly with Peter
- 4/7 had referred clients to Peter
- 5/7 referred to HVN group
- 6/7 Worked personally using HVN approach
- 17 clients referred for Maastricht work with Peter



# 7 months of MAC

- 17 referred, 12 service users attended
- Average age 37 (20-58)
- 10 White British/ 7 BME
- 9 Male/8 Female
- 15 diagnoses

# 7 months of MAC

- Two day's every 2 weeks (Approx 6 contacts a day)
- New patient DNA 5/17 (30%)
- 88 attended appointments (F/U DNA 13%)

# 12 months later.....

- 2 professionals (nurses/social worker) champions of Maastricht interview in CMHT
- 9 service users in paid employment
- Extension of pilot to another CMHT
- Integration of MAC into EIS
- Acute services commissioning MAC
- CEO committed to supporting the project

# Service user feedback

- All strongly agreed they found MAC helpful
- Challenging work (draining but worth it, supported)

# Feedback

- Relationship with voices changed in positive way (Acceptance, helpful, protective)
- Distress reduced and ability to cope improved
- Views about why they hear voices changed in helpful way (reduced stigma)

# Feedback

- Relationship with professional support improved
- Valued one to one time with peer above all

# Testimonials – Dr Ken Blatt – Psychiatrist Hartford CT USA

*“In 2013 I participated in MIA training with Peter , Kate & Shaun when he crossed the pond to Hartford CT, USA> A few months later I was sent by my urban MH center to continue training in Sheffield UK with Peter and his group for a week.*

*As a psychiatrist for almost 40 years I found the MIA for voice hearers and for those with problematic beliefs to be a powerful approach to share and hold space with another. The interviewer must surrender their preconceived beliefs, theories and agendas to deeply listen to the other creating a connection based on shared expertise.*

*Folks who have completed the interview find new meanings in their traumatic experiences leading to long sought desires for change”*

# Testimonials – Dr Frank Appah – Psychiatrist Yale University USA

*“The training taught me the resiliency and recovery can be found in the crisis itself and that this crisis can be a path to self-discovery and self actualization. The approach transcends labels and diagnoses and provides insight into a person’s life story.*

*It is deeply personal and for this reason it’s benefits are enduring and truly transformative. I was so inspired by what I learned from Peter & Kate, I travelled from Connecticut to Sheffield, UK to learn more.*

*I know I am a better psychiatrist and therapist because of this unique training”.*



## **Testimonials – Jo Withington, Area Manager CareTech Community Services across the Northwest of England.**

*“In 2015 I contacted NPN and said we need you to come and change peoples lives, by empowering our staff to understand exactly what they are supporting. Since contacting NPN we have moved into the community from locked wards, 57 individuals. Many of the 57 were classed as “forgotten”, living in hospitals.*

*I would advise anybody to do this training as you never know what a little insight can do”.*

# **Dr Simon Mullins – Psychiatrist, Sheffield**

## **UK MH**

- “Opened my eyes and understanding, gave me courage and inspiration and confidence about the ability to recover”

<http://makingsenseofvoices.freeforums.net/>

# International Association of Maastricht Alternative Approach Practitioners

***LICENCE TO PRACTICE AS A MAASTRICHT  
APPROACH PRACTITIONER  
Terms and Conditions***

# Requirements:

- 1. Licensees must have successfully completed at least one 3 day course in a Maastricht Approach Interview. Currently these cover, “Hearing Voices”, and “Problematic Thoughts, Beliefs & Paranoia”.
- 2. All must have completed at least 3 separate full Maastricht Interviews, with the associated logs. Once both Training and Interviews have been checked, practitioners will then be Licenced. (The *Licence Fee* is included in the cost of the course.)
- 3. Licensees must be current members in good standing of the International *Maastricht Approach Association*. Annual membership entitles them to news of courses and developments; online members forum and peer support; discounts to courses, except cpd / update courses.
- 4. All licensees will receive a Certificated Licence from the International *Maastricht Approach Association to evidence to others that they are on the Register of Licenced Maastricht Approach Practitioners*

# Length of Licence

- The licence last for 3 calendar years; at the end of which
- licensees must attend a 1day cpd / update to refresh their knowledge and practice (the cost of the course includes the cost of the renewed Licence.).
- This will renew their licence for a further three years. If, however, they attend a further full training in a Maastricht Approach Instrument during the period of their current licence, then their licence automatically renews to a date three years from the end of that course, provided they have successfully completed it. They can return their current licence to receive a cost - free replacement.
- For more information on the licence contact Bill Stanley
- [Bill.stanley@merulae.org](mailto:Bill.stanley@merulae.org)

How could we make this work in  
Ireland?

Open discussion



[www.nationalparanoianetwork.org](http://www.nationalparanoianetwork.org)

[peterbullimore@yahoo.co.uk](mailto:peterbullimore@yahoo.co.uk)

[www.hearingvoicesnetworkireland.ie](http://www.hearingvoicesnetworkireland.ie)

[www.hearing-voices.org](http://www.hearing-voices.org)