



# RACHEL WADDINGHAM: BEHIND THE LABEL BESPOKE TRAINING & CONSULTANCY

PSYCHOSIS . HEARING VOICES . COMPLEX TRAUMA . DISSOCIATION . SELF HARM . RECOVERY

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www.behindthelabel.co.uk



## WHAT I OFFER:

Are you part of an organisation that is looking to improve the way it responds to people who are struggling with mental distress or the impact of trauma? Are you keen to promote recovery-oriented practice within your organisation that is more than mere rhetoric, but leads to real change?

I am able to provide a range of individual courses and workshops, but am also particularly interested in developing bespoke packages tailor made for your unique circumstances.

## RECENT COURSES INCLUDE:

- \* Making sense of 'psychotic experiences'
- \* Developing Hearing Voices Groups
- \* Working creatively with voices & visions
- \* Working with young people who hear voices
- \* Working with people who hear voices in prisons and secure settings
- \* Making sense of taboo & violent voices
- \* Demystifying dissociation & psychosis
- \* Self harm, trauma and voice-hearing
- \* Trauma informed practice
- \* Mental health awareness – rethinking labelling and diagnosis
- \* Supporting victims of crime who have mental health problems
- \* Empowerment & recovery

**Recent clients include:** Victim Support, Richmond Fellowship of Western Australia, Lifecraft, Liverpool University, University of York, Montgomery County Dept. of Behavioural Health (USA) and Lincolnshire Partnership NHS Foundation Trust.

## “ UNIQUE & THOUGHT-PROVOKING

The training was fantastic. Very unique and thought provoking. I'm still thinking about it now

Victim Care Officer, Victim Support

## “ NOTHING SHORT OF GROUNDBREAKING ...

Rachel's training was nothing short of groundbreaking for Connecticut. Her openness about her own experience invited the students to stop thinking in terms of symptoms and start thinking in terms of human experience. From there we were able to learn exciting new strategies to interact with persons in distress that were practical and immediately usable.

Ronna Keil, Director Recovery  
Community Affairs, CT Department of  
Mental Health and Addiction Services



## ABOUT ME:

I am an experienced independent trainer and consultant specialising in innovative ways of supporting people who struggle with extreme states (including 'psychosis', 'dissociation' and post traumatic reactions). As well as having over 12 years of experience within the adult mental health field, I also have particular expertise in working with children, young people and people in prison who hear voices/see visions

I managed the London Hearing Voices Project from 2007-2014, am a trustee of the National Hearing Voices Network and Vice Chair of ISPS UK.

I am also a voice-hearer, using both my personal and professional experience to inform my work.

For more info, see:

[www.behindthelabel.co.uk/services/cv/](http://www.behindthelabel.co.uk/services/cv/)

WANT TO FIND OUT MORE? PLEASE E-MAIL ME TO DISCUSS YOUR REQUIREMENTS