

INFORMED CHOICE

MOVING TOWARDS A BALANCED RELATIONSHIP WITH PSYCHIATRIC MEDICATION

@raiwaddingham



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ABOUT THE WORKSHOP

Dialogues around the use of medication within the mental health system can quickly become heated and polarised. Whilst this is understandable, it leaves little space for people to explore their own relationship with medication and any potential alternatives. Without this space, the idea of 'informed choice' may be forever out of reach.



This workshop provides a space to explore:

- ✿ Different perceptions, experiences and relationships with psychiatric medication
- ✿ Helpful and unhelpful effects of medication
- ✿ Emerging evidence around the efficacy of medication and its long term impact on people's recovery
- ✿ Ways of enhancing informed choice and supporting people to take control of their use of medication
- ✿ Avoiding or managing some of the common difficulties experienced by people reducing their dose of medication
- ✿ Navigating difficult conversations around medication - including issues of honesty, capacity, compulsion and managing others' concerns
- ✿ Identifying a range of alternatives to support people manage their mental health, whether they take medication or not

ABOUT THE TRAINER

Rai Waddingham is an experienced international trainer who specialises in developing ways of working with people who hear voices, have unusual experiences, overwhelming beliefs and struggle with the impact of trauma. Rai has personal experience of a range of diagnoses including schizoaffective disorder and used medication to manage her mental health for over a decade before successfully withdrawing 5 years ago. Rai is a trustee of Hearing Voices Network England, ISPS UK, Intervoice and a member of ISPS Executive Committee. She has worked in inpatient, CAMHS, prisons, forensic mental health and community settings.

13TH JANUARY

10.00 - 4.30PM

@ THE RENFIELD CENTRE
260 BATH STREET,
GLASGOW, G2 4HZ

FULL:	£75
REDUCED:	£50
CONCESSIONS:	£25



WHO IS THIS AIMED AT:

This workshop is open to anyone interested in this topic, including: service users, survivors, carers, mental health practitioners, support workers, prescribers and students.

This workshop is not 'pro' or 'anti' medication, but emphasises informed choice. It will not provide advice on individual situations, but will increase awareness of options.

BOOK YOUR PLACE ONLINE, SEE:

www.behindthelabel.co.uk/choice-glasgow2016