

### What are the geographical boundaries?

Clients from any CMHT can be referred to courses in either the East or West of the County, allowing for freedom of choice.

**East** – Wimborne, Christchurch, Bournemouth, Poole, Purbeck and Wareham

**West** – Sherborne, Shaftesbury, Blandford, Bridport, Dorchester, Weymouth



The information in this leaflet is available in additional languages and alternative formats. Please contact the Trust for further details.

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Leaflet ref: PD-APS2-19

## Understanding unusual experiences

### Adult Psychology Service



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## Welcome to the Understanding unusual experiences course

This is a 6 week course designed to help people explore unusual experiences from a psychological perspective. There will be a chance to learn about the various theories on unusual experiences and the impact of these experiences on daily lives. There is an emphasis on social recovery and practical coping skills.

This course is part of the Adult Psychology Service's psychosis treatment pathway.

## Facilitators

There will be 2-3 members of staff helping to run this course. They might be clinical psychologists, assistant psychologists, specialist mental health practitioners and peer specialists. The usual NHS confidentiality guidelines apply to this course and there is a separate leaflet that explains this in more detail.

## Resources

Printed information will be provided at the end of the course as a reminder about what was covered. These can be shared with friends/family/carers or other professionals involved in your care, if you wish.

## Style

Course facilitators will introduce the weekly topics and there will be opportunity to discuss these and share ideas. The course will be informal and include everyone's contribution. Each session will last 90 minutes with a comfort break half way through.

## Attendance

In order to get the most out of the course, we ask that participants do not miss more than two sessions. If you miss two or more, we will discuss with you whether it would be more beneficial to re-start the course again in the future.

## What happens next

The clinician who referred you to the course will be informed of your attendance and completion of the course. A request will be made for an individual review by a member of the Adult Psychology Service to assess what (if any) further treatment options might be appropriate.

## Questions?

If you have any further questions, please get in touch with one of the course facilitators, as detailed in your course invitation letter.

