

Living With Extreme States Trauma and Mental Distress

Pathways to Wellbeing & Recovery

This afternoon session has been designed to assist men and their supporters to explore the experience of living with extreme states and psychosis, and the relationship between these experiences and trauma. Ron will talk about how we can better understand these behaviours associated with extreme states and effective ways of dealing with them, with a focus on wellbeing and recovery. Ron will be sharing his own experiences of extreme states and recovery, as well as his experience helping others.

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adults surviving child abuse

Friday 9th March 2012 2:00pm - 4:30pm
Redfern Oval Community Room - 51 Redfern Street, Redfern NSW
Cost - FREE
Afternoon Tea Provided
Open to men with experiences of extreme states, psychosis, and/or mental distress, their family members and friends.

Enquiries contact Kath or Michelle on **0435 348 168** or email info@insideoutconversations.com.au

Ron is a trainer and consultant specialising in psychosis prevention and resolution. He has designed training packages to enable voice hearers to gain ascendancy over the negative aspects of the voice hearing experience. His own route to recovery, after spending 13 years in & out of the psychiatric system, has given him many insights into the many difficult issues associated with the experience of mental distress and the recovery process. Ron has published several books including 'Politics of the Madhouse' and 'Recovery an Alien Concept?' and co-authored 'Working with Voices', 'Working to Recovery' and 'Reclaiming our Lives'.



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exploring recovery and wellbeing
ASCA advancing the wellbeing of people
and communities affected by child abuse