

# From Curriculum to Practice: Working through Mental Health Trauma

Chris Tandy  
Education and Practice Consultant  
**The Institute of Mental Health  
Nottingham**

# Aims of my Presentation

- I will present an overview of the influences to my nursing practice role and as an educationalist
- Focus upon working through mental health trauma specifically psychosis (voices/paranoia)
- Conclude with tips for nursing and mental health practice

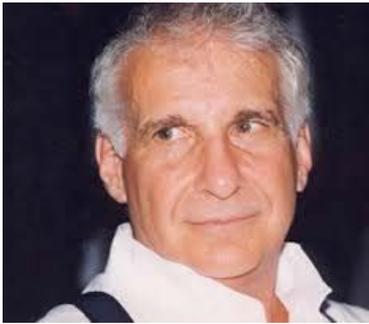
# Chris Tandy introduction

- General nurse training at 18
- Mental health nurse training at 21
- CPN for ten years
- Always interested in working with people who experienced psychosis
- Education roles since 1997- Enjoy inspiring people within mental health practice through education
- Specialist Advisor/Senior Lecturer Practitioner
- Masters in Psychosocial Interventions- Sheffield University
- Worked across Ireland for the past decade on PSI training initiatives
- PGCE 8 Years ago
- Education and Practice Consultant with the Training Team in IMH Nottingham
- Work closely with Pete Bullimore for last six years on shared mental health training initiatives
- Did MI training October 2012 Romme & Escher

# Previous practice

- Accepted the medical model of psychosis
- Encouraged prescribers to prescribe
- Witnessed some successes but overtime became aware of the limitations and potential harmful effects of drug treatments
- Became curious for better options of working with people who experienced psychosis particularly talking therapies
- Focused upon CBT approaches for mental distress tended to refer people with trauma onto psychology

# Influences on my thinking and Career



Peter Breggin



Richard Bentall



Joanna Moncrief



Lucy Johnstone



John Read



Jacqui Dillon



Will Hall

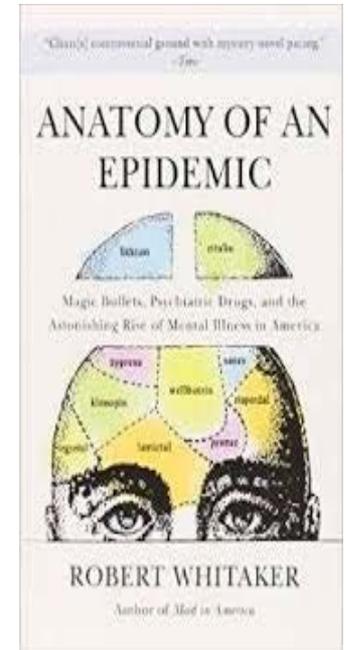
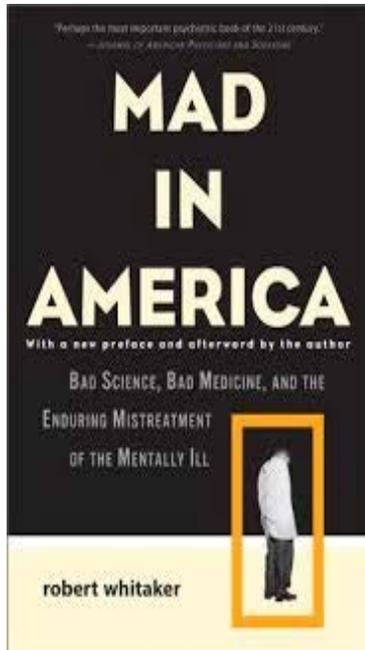


Ron Coleman

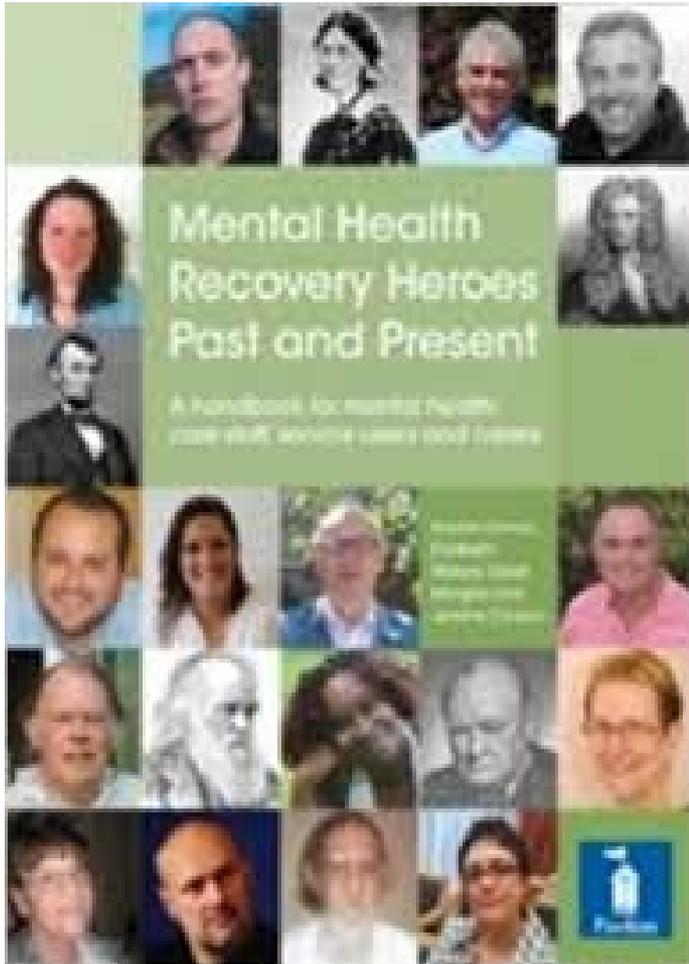


Mary Ellen Coupland

# Robert Whitaker



# Wisdom from the experts



Previous people I  
have worked  
alongside

Sheffield HVN and  
Paranoia group  
members

# Peter Bullimore

(International renowned peer trainer with lived experience of voices and paranoia.)

- Curriculum design and coproduced delivery
- Shared perspectives
- Shared passion and desire to change
- Training endorsed by Marius Romme and Sandra Escher





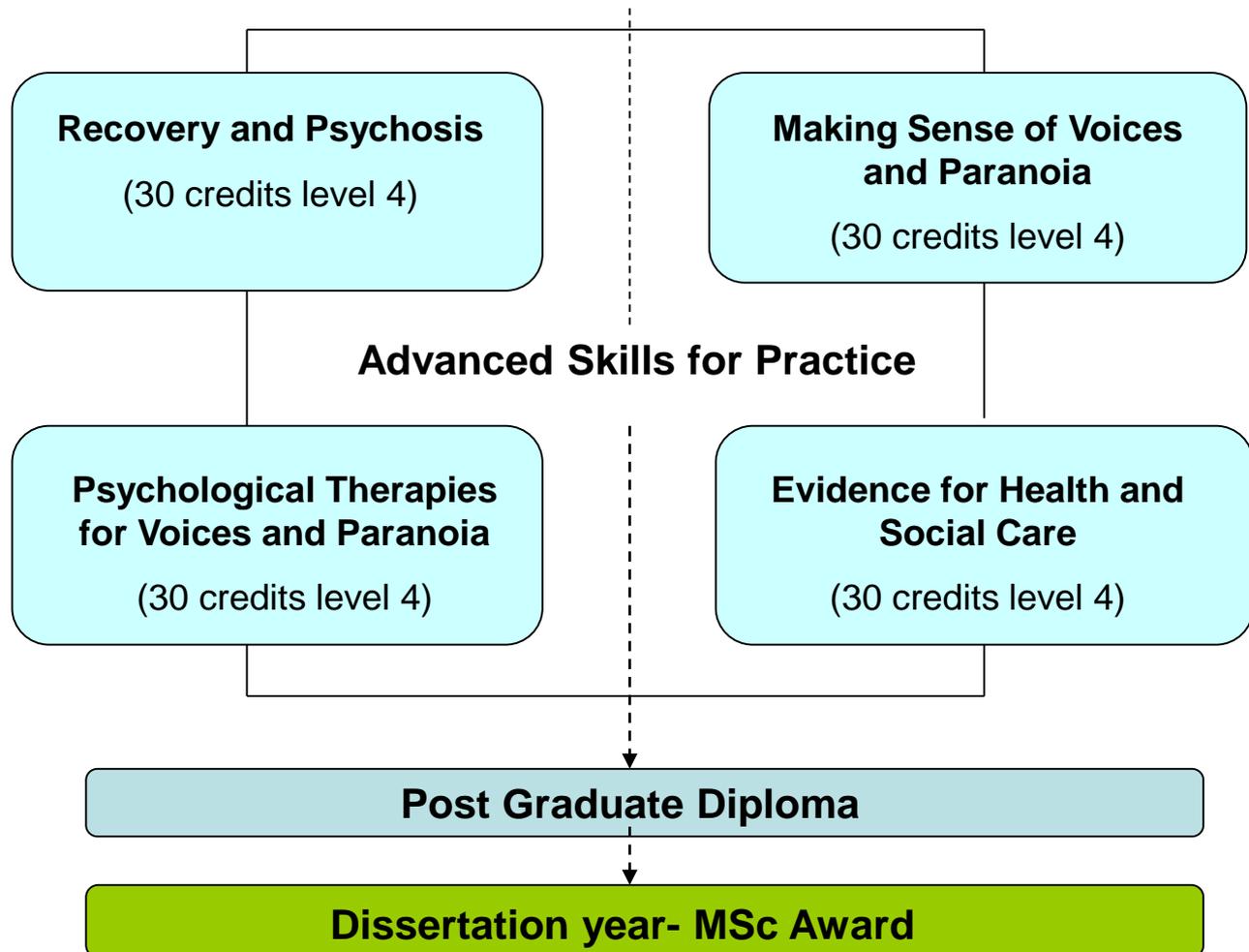
# MSc in Health and Social Care Programme

## Specialist Pathway Modules

Chris Tandy  
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**The Institute of Mental Health  
Nottingham**

Stand alone modules (can be studied in any order)

Maximum four year time frame



## Skills Profile

Critical Analysis

Evidenced  
Based Practice

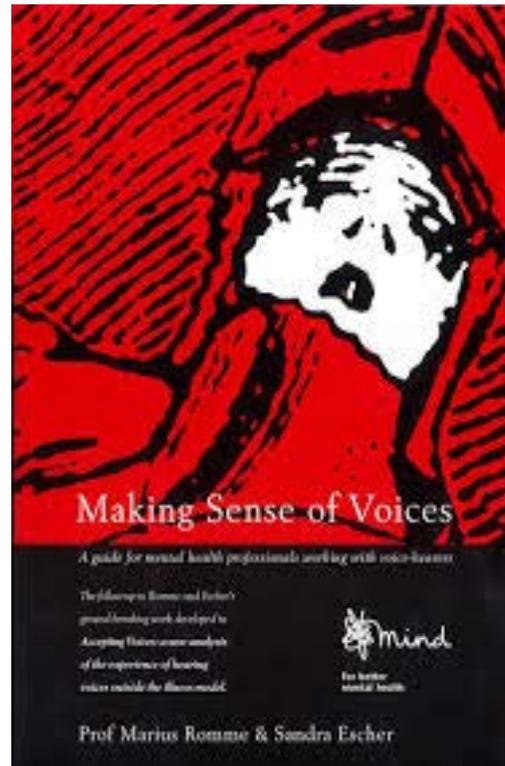
Research Skills

Advanced  
Assessment  
Skills

Formulation  
Skills

Intervention and  
Therapy  
Strategies

# 'The Mavericks of Maastricht' & The Maastricht Interview



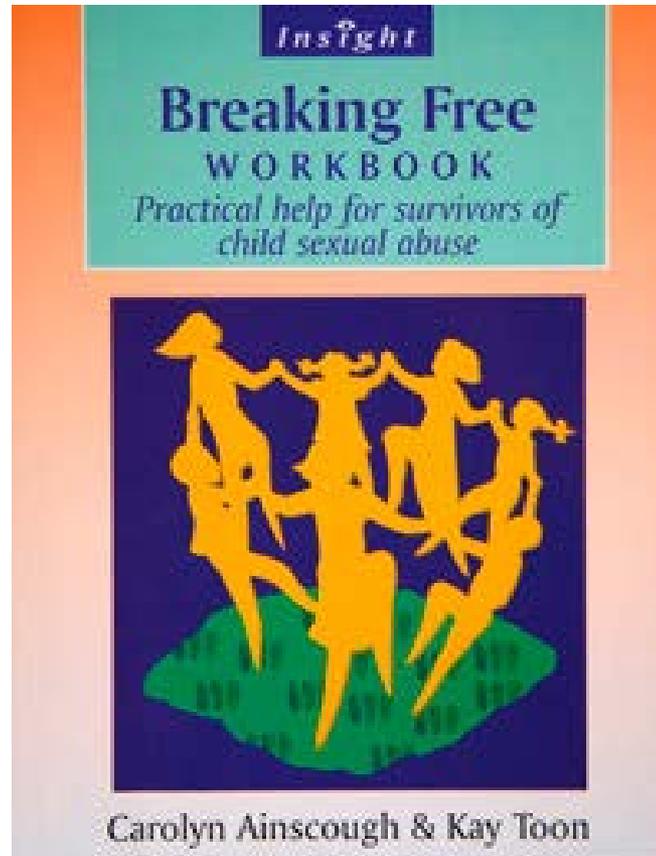
# Dr Bob Johnson

- Frozen Terror
- The Trauma Triad



*formerly Head of Therapy, Ashworth Maximum Security Hospital, Liverpool  
Consultant Psychiatrist, Special Unit, C-Wing, Parkhurst Prison, Isle of Wight.  
MRCPsych (Member of Royal College of Psychiatrists),  
MRCGP (Member of Royal College of General Practitioners).  
Diploma in Psychotherapy Neurology & Psychiatry (Psychiatric Inst New York),  
MA (Psychol), PhD(med computing), MBCS, DPM, MRCS.  
Author *Emotional Health* ISBN 0-9551985-0-X  
Author *Unsafe at any dose* ISBN 0-9551985-1-8*

# Excellent practical workbook



# Mental Health Trauma

- Physical
- Emotional abuse and Neglect
- Often found in the Narrative

Trauma is a cognitive fog, it stops the person thinking that the trauma has stopped, because it's 100% remembered, fogging stops a person becoming an adult because it becomes a fear to stop you seeing the person to tell them what they did was wrong

***If you dare not look you cannot see, if you cannot see you cannot think*** the trauma is in a freeze frame it hasn't stopped for them they are waiting for it to happen again (Infantism)

But you know ( the worker) it has stopped

# Brainwashed into Fear

- Irrational logic and rational logic come from infancy.
- A lot of infants deal with trauma with denial, experiences recurring shows that trauma is not totally over we eliminate the trauma / fear to a level to what the person needs to continue in life
- As long as we repress traumatic memories we remain in the trauma

# Frozen Terror Stops Emotional Development



# Important points before the engagement process

- Truth- What is really out there
- Trust- The Antidote
- Consent- Empowers

# Case study- Michael

- Maastricht Interview for voices
- Identified the voices and linked these to past traumas. Physical, Sexual and Psychological Abuse

# Michael Construct

## **Identity of voices**

### Voice 1

'The Screamer', Michael as a child.

### Voice 2

'The Critic', His Dad.

### Voice 3

'Mr Nasty', Mr E. Schoolteacher

### Voice 4

'The Distracter', Bullies at school.

## **Characteristics**

### Voice 1 'The Screamer'

Male 6-8 years old. Screams loudly and is in a high-pitched tone.

### Voice 2 'The Critic'

Male 45 years old. Negative, derogatory, mean and critical both in content and tone.

### Voice 3 'Mr Nasty'

Male 45 years old years old. Abusive comments, shouts and says nasty things.

### Voice 4 'The Distracter'

Genderless. Weird distracting noises/sounds medium to high tone.

## History of the onset of voices

Voice 1 'The Screamer' Started to hear this 8 years ago (aged 26). Father was arrested for child pornography images on computer. Michael was interviewed and interrogated by the police.

Voice 2 'The Critic' Began 18 years ago (aged 16) when his Dad stopped sexually abusing him.

Voice 3 'Mr Nasty' Started 13 years ago (aged 21) when he moved to England from South Africa.

Voice 4 'The Distracter' Began at high school (aged 13/14)

# Triggers

Being alone in the morning and at night. Social situations whilst amongst other people. Emotional triggers include insecurity, fear, doubt, love, his own sexual feelings, jealousy, anger, fatigue, depressed/sad, happy and lonely.

## **Content**

### Voice 1 'The Screamer'

Constant high pitched screaming noise no words

### Voice 2 'The Critic'

'You're a fucking nobody', 'Where the f\*\*k do you think you are going?'

### Voice 3 'Mr Nasty'

'You're a worthless piece of sh\*\*y scum'. 'F\*\*k you, you f\*\*\*ing useless waste of space!'

### Voice 4 'The Distracter'

Weird noises, clicks, whistles and 'Wahooooo!'

# **Construct**

## **Who the voices represent**

His father, a schoolteacher and bullies from school.

## **What they represent**

Frustration, shame and anger from sexual abuse from his Dad. Feelings of fear, insecurity and powerlessness. Loss of identity. Anger at Mum for not stopping abuse

# The Trauma Triad

Established hierarchy and conducted the trauma triad- role play with chairs

- What you did was wrong
- I am angry at you for doing it
- I am going to stop you doing it again
- Unlocks frozen terror

# Letters to abusers and to young self

## **Letter 1**

Dear young Michael

I want to let you know that it is safe for you to come out of hiding. I am here to protect you and won't let anything bad happen to you anymore. I understand the hurt and pain that you are experiencing and want you to know that it is safe to talk to me I am here to listen and do what is right. I will help you find the voice that you have longed to give for a long time now.

I am prepared to listen to you no matter what you say I will stand by you through it all. There is no need to be frightened any longer the person who hurt you cannot hurt you anymore and I promise that I will be with you every step of the way. I know how difficult you find talking and there is no rush for any answer that you might have for me and you can communicate with me the way that you feel easiest in doing so.

I know that you have been trying to get my attention with high pitched screaming well you now have my undivided attention until we can resolve all the issues that are frightening you to your satisfaction.

Together we are stronger than anything that you are frightened of and together we will win through. I know that you are only three and may not understand all the words that I have written here but basically what I am trying to say is that I want to help you find your voice for the first time and then use it to tell me what is happening to you and what you want to do about it.

With lots of love

Michael (35)

What has the letter  
helped Michael do?

## Email a couple of days later

Hi Chris,

Sorry to bother you on a Saturday but I have just written another letter to myself age three which just flowed from me. I found it very helpful to see on paper what is happening inside. Please find attached the second letter. I hope it is ok? That screaming voice has changed to a babbling child's voice where the word help is the only word I can understand being said.

I still get the screaming when I stop listening to the babbling but I think young Micheal is trying to communicate to me as he can't write he is trying to talk to me. I just want to check that this is right any help you can give will be greatly appreciated.

Best wishes Micheal

## **Letter 2**

Dear young Michael,

I am writing another letter to you know that you are now safe and there is no need to be afraid of the darkness nothing is going to happen to you anymore. I am here for you unlike your elder brothers or mother weren't. I can hear you babbling at such a high rate that I can't understand what it is you are saying but I believe that you are trying to communicate with me now and I am looking forward to hearing from you even more and maybe help you to write back to me. I know that at know that you can write equally well with both hands.

I feel that the best next step is for me to console you as much as possible and encourage you to speak to me slowly so that I can understand what it is you are trying to say. I have got the word help several times over the past few days coming out through the garbled talking so I take it that is what you need most.

***Letter 2 cont..***

I am unsure how best to help other than to say you are now safe and loved and that nothing more will hurt you. Please try to believe me when I tell you that are safe as it is true. I know it is difficult to believe given the torment you have been through but you are safe now and dearly loved by me. I will not let anyone hurt you ever again.

I would like to know what you would like to be called for future correspondence. It would be great to hear more from you.

Lovingly yours

Michael (35)

# Letters to abusers

- These were to his father, schoolteachers and bullies from school
- Very powerful process that managed to change omnipotence and relationships with voices

# Michael currently

- Attends his local HVN peer group
- Has relationships with his voices. Although these experiences have changed
- Is dealing reasonably well since the death of his father last December
- Is working towards his mental health recovery
- Is coming to terms slowly with some of his mental health traumas as an adult

# Short video clips of Michael and Bob

# Tandy's Top Tips

- ✓ Understand a persons narrative
- ✓ (Ask what's happened to you as opposed to what's wrong with you?)
- ✓ Advocate, compassion and interest
- ✓ Don't underestimate your role to be a turning point for a persons mental health recovery
- ✓ Enable, assist, encourage
- ✓ Case management- PSI
- ✓ Recognise the potential harmful effects of psychiatric medication on people offer health promotion
- ✓ Help a person to express, recognise and work through mental health traumas
- ✓ Provide help and support peer initiatives