



# *Disturbing Beliefs: Responding Therapeutically*

**A workshop for family, support workers and health professionals**

**Facilitated by Richard Lakeman** DipNsg, BN, BA Hons, Grad Dip Psychotherapy,  
FANZCMHN

This workshop is designed for people who wish to respond therapeutically to people expressing delusions, bizarre or disturbing beliefs. A basic model of therapeutic response will be presented and practiced by participants. In the second part of the workshop an overview of the theory and practice of cognitive behavioural therapy in relation to delusions will be provided.

## **Learning Objectives:**

Participants who attend this workshop will:

- Reflect on how beliefs are constructed and common biases in thinking;
- Practice validating responses to those that express disturbing beliefs;
- Understand a basic model of cognitive behavioural therapy as applied to delusions.

## **Process:**

The workshop will commence with a brief reflection on received wisdom relating to responding to delusions e.g. don't argue and don't reinforce. A model based on principles of empathetic communicating will be presented and participants encouraged to practice using the model in role play. For those that have an interest the second part of the workshop will focus on Cognitive Behavioural Therapy approaches to understanding and working with people expressing delusions.

## **What participants need to bring:**

A willingness to work in role play

## **Professional profile of facilitator:**

Richard is a registered nurse with 16 years post-graduate experience encompassing nursing care in acute and continuing care psychiatry, work for charitable and voluntary organisations, group facilitation, community education, research and education of nurses. His Honors research examined how people cope with voices. He has contributed to many international nursing journals and several books on ethics, research, legal issues, cognitive behavioural therapy and health care systems. He has presented as key-note speaker at conferences in the UK, Australia and New Zealand. In 2003 he was awarded the Rotary Sunflower Award for outstanding service to mental health by a government worker.