

Who we are

We are a group of people who have experience of psychosis. We come together and try to make changes in the way we are treated and the services that are available.

Psychosis

People can have very different experiences of psychosis and we seek to include a wide range of perspectives.

Often the experience of psychosis is defined by professionals and diagnoses. We aim to emphasise the way people understand their experience for themselves.

For many people it can be very distressing. Many people also talk about positive aspects and ways they have found it personally significant.

We welcome these different experiences and perspectives and acknowledge they can change over time.



Experiences of Psychosis

Raising awareness of the lived experience of psychosis

We are always interested to make new connections. Whether you have your own experience of psychosis, or would like to hear more from people who have had these experiences, please get in touch.

CAPS Independent Advocacy

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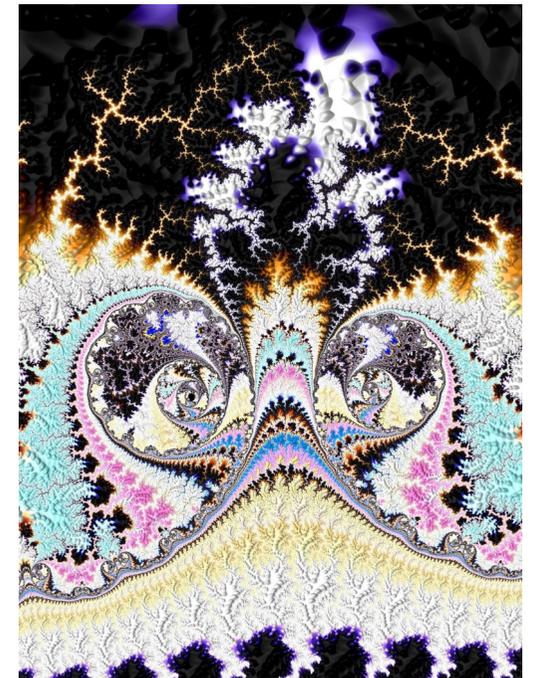
www.capsadvocacy.org



CAPS Independent Advocacy is a Scottish Charitable Incorporated Organisation. Scottish Charity Number: SC021772

Experiences of Psychosis

**Collective
Advocacy Project**

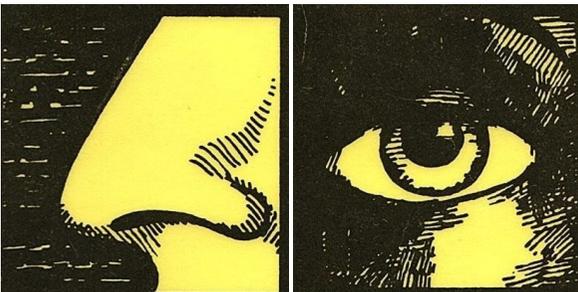


What we do

The group decides what it wants to do—it is experience-led—and has a CAPS worker to facilitate the work.

We look to find ways to share this collective voice. We have dialogue with others dealing with psychosis, whether as a professional, from their own experience or in the community.

In the past this has included a Lothian-wide consultation to gather people's experiences of psychosis, making a film of some of these experiences, developing and running training sessions for people working in the field and contributing at conferences and policy discussions.



Film

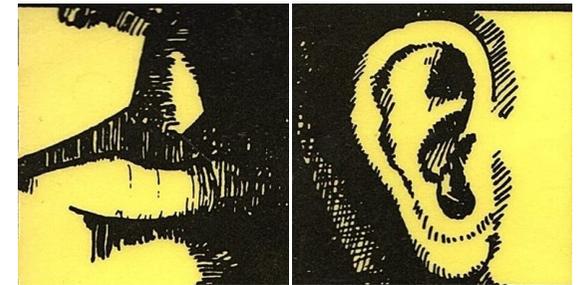
A significant part of our work has been making a film about people's experiences. There are three sections about three themes:

1. What psychosis is like for me
2. What barriers have I faced in the system?
3. What recovery means to me

" WHAT PSYCHOSIS IS
LIKE FOR ME "

We use this film as a starting point for discussion and dialogue. We encourage questions and they are an opportunity for people to reflect on how they relate with psychosis.

We have facilitated sessions at the Scottish Parliament, with trainees in clinical psychology, medicine, art therapy and mental health nursing, as well as third sector settings.



Future plans

We see a real need to raise awareness and understanding in society about psychosis. We want to broaden the ways we communicate the experience of psychosis and encourage people to reflect on their own approach and attitudes.

We are developing a new course including creative and experiential ways for people to hear about and reflect on psychosis and its place in society.

We hope this will be an opportunity to hear from others about their experience and make links to different parts of the community.