

### What have Teachers who have taken part so far said?

The teachers have all reported that they found the sessions very enjoyable, educational, supportive and fulfilling. Below are some comments from the feedback we collected from the sessions so far:

*"We all worked together as a unit and what I didn't explain another person would pick up and explain further. That's how the session worked. I learnt something by doing this session."*

*"I can now look back and see where I've come from, where I am and where I am going and that session put the icing on the cake. It seems to be room for me to develop as an expert by experience trainer. I want to put something back into the system."*

*"I felt very comfortable. I felt very proud of myself after the session being given the chance to talk to professionals and explain part of myself to them."*

*"I found it very interesting to learn of others experiences and also to hear about the research that is taking place in this area."*

*"It was very helpful to about others' experiences- similarities, differences, and to learn that I'm much stronger than I give myself credit for being"*

### Interested in hearing more or joining up?

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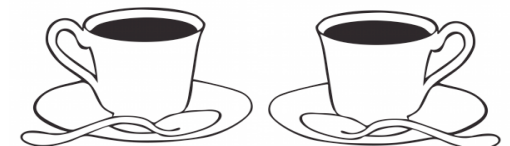
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### **What is the CEbE programme?**

Mental health research attracts a large number of enthusiastic and interested research students and scientists. Many of these researchers do not come from a clinical background and often have to work from second hand accounts of the mental symptoms and illnesses they study. The CEbE programme was set up to give such researchers the opportunity to learn first-hand from teachers who are experts by experience (EbE) in their specific fields. We started the programme in November 2014 and have run 10 sessions so far and we are aiming to make it a regular part of the teaching programme at the University

### **How does it work?**

Each session on the programme covers a specific theme e.g. anxiety, psychosis, mood symptoms, OCD and eating disorder symptoms. Sessions are essentially group conversations between 5-8 EbE teachers, 8-10 researchers and 2 facilitators (an EbE and a psychiatrist). They are conducted on first name terms, disclosing surnames or any other information is entirely optional. All participants are asked to maintain respect and confidentiality, and anyone is free to leave (and return to) the session at any point without having to give any explanation. The main operating principle as aptly summed up by one of our teachers is: 'Any question can be asked. No one is going to be broken by a question. It's up to each person to decide whether they wish to answer it.' Each session runs for 2 hours with a coffee break.

### **Where are the sessions held?**

The sessions are held at the Brookside Clinic on Trumpington Road or at the Clinical School at Addenbrooke's Hospital.

### **THINKING OF TAKING PART?**

#### **What skills, training or qualifications do I need to have?**

You do not need to have any formal training or qualifications to be a teacher on this programme. Anyone who is interested in sharing their experiences of psychosis, mood symptoms, anxiety, OCD or eating disorders, and reflecting on their recovery journey, can take part. We do arrange for EbE Teachers to attend individual meetings or work in small groups to prepare for the meetings.

#### **Will I have to stand up and tell the group my story or disclose aspects of my medical history?**

No. The session will always be a (seated) conversation and it is entirely up to you to decide what you will speak about. One of the main roles of the facilitators is to ensure that no one is pressured into talking about anything they would rather not.

#### **What stage of recovery do I need to be in to take part?**

You can be at any stage in your recovery. What we are particular about is that teachers feel well enough to take part in the sessions and that they do not hesitate to leave a session if they are finding it difficult or stressful.

### **What happens if I choose to join?**

We will arrange to meet with you to discuss taking part in the sessions. We arrange for new teachers to attend a preparatory session with other teachers for their session. We also offer new teachers the opportunity to attend a session to observe (with no obligation to participate).

### **Will my time be recognised?**

We pay teachers for £45 per teaching session and £10/hr for preparation sessions, and can cover some travel expenses. We are also very happy to provide letters to document teachers' participation in this programme.

### **What support is available for people taking part in the sessions?**

Both facilitators and a member of the R&D Office will be available before and after the sessions for questions and support.

### **Who organises and funds the programme?**

The programme is organised by:

Hisham Ziauddeen  
Department of Psychiatry, University of Cambridge

Iliana Rokkou and Ruth Holmes  
CPFT R&D office

Sarah Rae,  
Expert by Experience  
Co-founder of PROMISE

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