

Transformative insights

Applying the wisdom of healing from psychosis to inform and shape mental health research

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Lived Experience



- **7 1/2 year mental decline**

delusions & hallucinations

- **17 years personal growth**

daily growth & meeting challenges



**A breakdown can be a
breakthrough, to
healthier, happier living
(GROW)**





**My nephew Oliver, then 8,
thought it was 'cool' having
an uncle who was a wizard**



'Pushing the boulder'

Transformation momentum

'educating my heart'

CHIME is accelerating my
personal and professional
growth





I was told at the hospital

'you'll be back'

And by the doctor....

**'you'll have this for the
rest of your life'**





Identify and integrate
person-centred growth-
oriented language and
care into our mental
health services

Person-centred growth-oriented language



livingexperience
weareallworksinprogress peoplewithalivedexperience peerworkers
carer inclusion always nourish holistic
arttherapy personcentred process person
decolonised compassion first recovery voice people service human
humane recovery love wellness servicerecipient
renewal healing love respect personwith individual opportunity
personalgrowth personwho wellbeing humour
uniqueness transformation peer
kindness support friend serviceprovider
workingtowards growth





*We are all sent to play
a part in each other's
healing*



