

Acute Training Solutions

Personality Disorder & Paranoia - Treatments

What treatments are available for Paranoia?

All treatments for mental health issues and diagnosis should be discussed with a GP and a specialist, if referred.

Cognitive behaviour therapy

Cognitive behaviour therapy (CBT) is a talking treatment that can be helpful for coping with paranoid thoughts. CBT involves examining your thinking patterns and the evidence you have for your beliefs. It then aims to help you find alternative interpretations to the ones that are causing you problems.

Mindfulness

Helps to hold people in the present moment, focussing less on past painful experiences or future frightening possibilities.

Interpersonal effectiveness

Develops skills in expressing beliefs and needs, setting limits and negotiating solutions to problems.

Talking treatments

Talking treatments include psychotherapy, family therapy and group therapy. Have different approaches though they all involve talking over personal experiences in detail, and exploring feelings. This treatment is free on the NHS, but waiting times may vary.

Private therapists should be appropriately trained and registered and/or accredited

Medication

Medication is not really prescribed to treat paranoid thoughts. However, medication can be prescribed to support you with other symptoms you are experiencing, such as depression, anxiety or psychosis (seeing, hearing or feeling things, or holding unusual beliefs that other people don't).

Your doctor/GP should give you an explanation of what it is for, possible side effects and any alternative treatment options. Make sure you are aware of the possible benefits and negatives before you start. Such medication could be:

- Antidepressants and minor tranquillisers
- Antipsychotics

Complementary and alternative therapies

There are complementary and alternative therapies available such as hypnotherapy, massage and acupuncture. They are designed to help manage the anxiety and upsetting feelings associated with paranoia. This type of treatment may not work for everyone, and there is little clinical evidence to demonstrate that these treatments have any effect.

Arts therapies

Arts therapies are a way of using the arts – for example, music, painting, clay, dance, voice or drama – to express your feelings and individualism in a therapeutic environment. They are carried out with the help of a trained therapist. The therapist can help you understand the art that you create in relation to your experiences and state of mind