Understand the problem

AudioProcessorParameter::setValue can get called from processBlock on the real-time thread

When using juce::AudioProcessorValueTreeState,

Calls parameterValueChanged for any listeners

AttachedControlBase::parameterChanged calls triggerAsyncUpdate

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void AttachedControlBase::parameterChanged (const String&, float newValue) override
    lastValue = newValue;
    if (MessageManager::getInstance()->isThisTheMessageThread())
        cancelPendingUpdate();
        setValue (newValue);
    else
        triggerAsyncUpdate();
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What can we do?

1. Not use anything that calls PostMessage from a real-time thread