Who this workshop is for

If, in your work, you come into contact with people who hear voices and who struggle; and you have experienced how that can leave you feeling uncomfortable or worse, then we think you’ll find this one day workshop useful. So, if you’re a doctor, nurse, social worker, community worker, housing worker, peer support worker, psychologist, therapist, police officer, etc., then it may be for you.

Also, if you care for someone who lives with voices or other experiences that get called “psychosis” and struggles, and you are looking to develop better understanding of what it can be like and how you can support them, then it may be for you to...

Workshop design...

This is an intensive workshop covering a lot of ground, together we will:

• Gain insights from people who hear voices, and from others who work with them.
• Connect with resources and the global hearing voices community.
• Learn how we can think differently about voices.
• Explore how as workers we can accept ourselves and each other, relax and enjoy our work: the better to offer support for people who hear voices.

A very interactive workshop with deep personal reflection, shared sense making and dialogue. We will also experience some approaches that many voice hearers find helpful and ways you can adapt your practice.

This workshop is designed to leave you feeling more competent and confident when working one-to-one with people who hear voices.

What others have said...

- A very experiential and liberating experience.
- So many people think they don’t have options and this is so freeing!
- How I learned to stop worrying and love the voices.
- Gave me a way to look within myself and challenge old-school, conventional ways of thinking.
- Everyone working in mental health needs everyone! -- it's so refreshing.

Workshop#1 : Accepting Voices

This workshop will enable you to...

• Understand hearing voices as a normal human experience, maybe not shared by everyone, but part of what it means to be human.
• Look within your own experience and relate with different experiences of hearing voices.
• Explore how you can work more easily and be more real with people who hear voices.

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