

# hearing voices

Workshop #1

# Accepting Voices

Toronto

Thursday 30th APR 2020

9am to 4:30pm

## This workshop will enable you to...

Offer yourself as a one-person safe space to those who struggle with painful experiences like difficult to hear voices – that get called “psychosis”.

- 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.

## 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.

This workshop is also highly suitable for those who support a loved one who struggles, and feel disabled by the way they are regarded by services.

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.

## 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...

This approach is so valuable and needs to be shared!!

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

This changes E-V-E-R-Y-T-H-I-N-G-!-!-!

Who needs this? Everyone working in mental health- no, everyone! – it's so refreshing!!!

Hearing voices does not necessarily mean a person is ill. But it can lead to becoming isolated and misunderstood - and for any of us that can certainly result in becoming very ill indeed..

THE VOICES ARE REAL

HEAR MY VOICE

Many voices can be unthreatening and even positive. It's wrong to turn this into a shameful problem that people either feel they have to deny or to take medication to suppress.  
-Prof Marius Romme

Brought to you in community partnership with:



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Toronto

Thur 30th APRIL 2020

@ Inner City Family Health Team

60 Queen St East, Toronto

Fee \$ 200 Workers

\$ 150 Community

Includes materials,

Limited Spaces !!!

Register NOW!

[www.recoverynet.ca](http://www.recoverynet.ca)

Eventbrite: "accepting voices"