



**A Credit crunch Seminar**  
**HEARING VOICES GROUPS**  
**Setting up and Supporting Self help and Peer Support Groups**  
**for People who Hear Voices**  
**One Day Training Workshops**

Swansea, Wednesday 3<sup>rd</sup> March 2010 in association with HVN Wales\*  
Bangor, Thursday, 4<sup>th</sup> March 2010 in association with HVN Wales\*  
and  
York, Friday, 5<sup>th</sup> March 2010

Finding a safe place to talk about voices can be the first step to recovery: *".. .at my very first hearing voices group a fellow voice hearer asked me if I heard voices. When I replied that I did, she told me that they were real. This does not sound like much but that one sentence has been a compass for me - showing me the direction I needed to travel and underpinning my belief in the recovery process."* **Ron Coleman**

In a society that stigmatises hearing voices many voice hearers understandably keep silent about what they are experiencing. To address this, hundreds of self help groups have been established throughout the world, groups that meet regularly to enable voice hearers to share their experiences and to learn more about how to cope. Research has shown that sharing the experience of voice hearing not only reduces isolation but is also one of the most successful ways to reduce anxiety and distress. Paul Baker, the coordinator of the international hearing voices movement will lead this participative workshop where we will learn about setting up and supporting groups, based on the work of groups from around the world and harnessing our own ideas and experiences.

**Topics:**

- *An overview of the philosophy, research and practice of the hearing voices movement*
- *Why set up a hearing voices group?*
- *How to Promote, develop and support a group*
- *Different kinds of groups*
- *Problem solving*
- *Groups from the inside – how do they work?*
- *Activism, Empowerment and Recovery*
- *What next? – beyond the group*

**Prices:**

Statutory sector	£ 95 inc VAT
Voluntary sector	£ 80 Inc VAT
Unwaged Inc	£ 55 Inc VAT

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***For events in Wales: Special discounted price for statutory sector and voluntary sector workers if you bring a voice hearer partner, price for two places (one worker/one voice hearer) only £75, with thanks to HVN Wales for their sponsorship***

The price includes copy of our new DVD *"How to Set up and Run a Hearing Voices Group"* (sale price 30.00)  
Registration 9.15 workshop starts 9.30 finishes 4pm (No lunch provided)

**Learning Outcomes:**

- A firm grasp of the principles and practice informing the work on hearing voices*
- A clear understanding of the function and goals of hearing voices groups*
- A working knowledge of the steps to take in planning and setting up groups*
- Developing a personal plan for the establishment and development of hearing voices groups*

**Facilitated by Paul Baker** Paul Baker is the coordinator of INTERVOICE, the international hearing voices movement and works closely with Professor Marius Romme, Sandra Escher and Ron Coleman. Paul was the founder of the Hearing Voices Network in England and helped set up the first hearing voices group in Manchester. He is a community development and group worker, specialising in working with people with mental health problems. He has a special interest in working with groups of people to find ways of helping themselves overcome difficulties and problems.



## Booking Form

TITLE: \_\_\_\_\_ NAME: \_\_\_\_\_

ORGANISATION: \_\_\_\_\_

POSITION: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

POSTCODE: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_

MOBILE: \_\_\_\_\_

\*EMAIL: \_\_\_\_\_

(\*All information regarding the event will be sent via email unless requested otherwise)

INVOICE ADDRESS (If different):

OFFICIAL ORDER NUMBER (If required): \_\_\_\_\_

PAYMENT: Number of places required \_\_\_\_\_ and total payment  \_\_\_\_\_

Method of Payment; Cheque

(made payable to 'Working to Recovery Ltd')

Visa/debit Card

MasterCard

Please Invoice

(please provide full address above)

Debit/credit card number: \_\_\_\_\_

Name on card: \_\_\_\_\_

Billing address: \_\_\_\_\_

Expiry date: \_\_\_\_/\_\_\_\_

3 digit Security Number: \_\_\_\_\_

Sign & Date \_\_\_\_\_

Please return form to; Working to Recovery Ltd, 28 Habost, Port of Ness, Isle of Lewis, HS2 0TG  
Tel: (+ 44) 0185 181 0060

Email: [info@workingtorecovery.co.uk](mailto:info@workingtorecovery.co.uk)

Book online: [www.workingtorecovery.co.uk](http://www.workingtorecovery.co.uk)