



Presents

A Four Day Course

Working & Talking with Voices: Creating recovery for people who hear voices

A four day intensive course for mental health professionals and voice hearers

This innovative four-day course looks both at the theory and practice of working with and talking to voices. Using the techniques developed by pioneers Ron Coleman and Professor Marius Romme, then further developed by Dr. Rufus May, Dr. Eleanor Longden and Dr. Dirk Corstens.

Dynamic, practical and interactive – this course will enable practitioners and voice hearers to understand the theory behind working with and talking to voices – and the ability and confidence to use new ways of working with, in their own practice.

During the course, each working pair, will have individual time with tutors to practice the techniques. We will also offer a “clinic” to all voice hearers to discuss diagnosis, treatment and to address any questions the voice hearer may have.

We would encourage workers to attend with a voice hearer that they are already working with. This means they can carry on the work after the course is finished and we offer online supervision.

Talking With Voices

Many people who hear challenging voices have found that a turning point in coping with the experiences is finding different ways of talking with and understanding them. Exploring the voices’ motives and discovering different ways of relating to them can change the relationship between the voice-hearer and their voices.

Why is Speaking With Voices Helpful?

1. This method does not focus on voices as a symptom of “illness”: nor does it concentrate on discovering what is “wrong” with the person.
2. It offers a neutral but strong attitude to work with voices – acceptance is the core of the technique.
3. It offers a positive model for the experience of voices.
4. It helps develop increased awareness, objectivity and a more productive relationship between voices and voice hearer.

5. By definition, voice-hearing is a very lonely experience. Allowing others to “hear” the voices is empowering, liberating and a source of considerable support. In turn, it also affords professionals, friends and family some valuable insight into the reality of a person’s voice-hearing experience.

Basic Principles

The most essential principle is that we are not necessarily trying to change the voices, nor banish them from the person’s life. What we are trying to do is explore their relationship with the voice hearer.

Doing this work will help the individual gain a different perspective on what the voices are trying to say: and if the person can develop a stronger attitude then the voices are able to change. Our aim is not to get rid of the voices, but to make their relationship with the voice-hearer more equal through helping the person take back control.

During the four days participants will cover the following topics:

- Important information about the treatment methods for those hearing voices using, the Maastricht model
- An introduction to voice dialogues
- Practicing voice dialoguing with volunteers
- How to overcome problems with the process

The Four Day Course

The four day course looks both at theory and practice working with and talking to voices, using the techniques developed by pioneers Ron Coleman and Marius Romme and further developed by Rufus May and Dirk Corstens.

The course will enable practitioners’ and voice hearers to understand the theory behind both techniques and the ability and confidence to use these new ways of working within their own recovery or practice. Dirk Corstens and Ron Coleman will be providing a clinic for voice hearers attending the course.

Learning Outcomes

At the end of the four days all participants will have:

- An understanding of hearing voices
- Been introduced to developing Coping Strategies
- Been introduced to working within Belief Systems
- Been introduced to Voice Profiling
- Developed confidence and awareness in working with voices
- Developed a Toolkit for working with clients’ voices
- The confidence to use the Voice Workbook using the Maastricht Interview Schedule

Who Should Attend

Workers whom would benefit from this course are primarily front line staff including nurses, psychiatrists, psychologists, occupational therapists, support workers and social workers. Participants will have the opportunity to study and practice the voice dialoguing method and explore various ways of understanding and relating to the voice hearers experience.

Voice hearers, who want to take charge of their experience, want their workers to have a better understanding of them and want to recover but find dealing with the voices keeps them from moving forward in their lives.

Participants have the opportunity to study and practice the voice dialoguing method, and explore various ways of understanding and relating to the voice hearing experiences.