



**Presents**

**A Two Day Course**

# **Working with Voices**

Hearing voices is one of the most common experiences that people diagnosed with a psychotic illness have and research has shown that many people continue to hear voices even after prolonged use of medication. This has meant that many voice hearers do not get relief from their experiences. The consequences of this are that many people live lives that are low in quality and high in distress. Many professionals are left frustrated when medication does not deliver the desired results.

## **Learning Outcomes**

By the end of the two days of training, participants will have developed:

- An understanding of hearing voices
- Been introduced to developing coping strategies
- Understanding of working within belief systems
- Been introduced to Voice Profiling
- Confidence and awareness in working with voices
- A toolkit for working with client's voices
- The confidence to use the voices workbook

## **Outline of the Course**

### DAY ONE

**09:30** - Introduction, Voices Simulation Exercise & Feedback

**10:45** - *Break*

**11:05** - Current ways of thinking about psychosis - are they effective?

**12:45** - *Lunch*

**13:45** - A Bad Career Move - An Individual's Journey through Psychosis  
Is recovery from Schizophrenia possible?

**15:00** - *Coffee*

**15:30** - Discussion & Questions

**16:00** - Close

## DAY TWO

**09:30** - The Elements of Recovery - What Are They?

**10:45** - *Break*

**11:05** - Working with Voices - Case Work

**12:45** - *Lunch*

**13:45** - Case Work

**15:00** - *Coffee*

**15:20** - Discussion, Questions & Feedback

**16:00** - Close