



Presents

A One Day Course

Working with Voices Individually and in Groups

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 this one day training, participants will have developed:

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

Outline of the Day

09:00 - Welcome & Explanation of Day

09:15 – Ron's Story

10:30 - Voice Hearing Exercise

11:00 - *Coffee*

11:15 – Evidence Base

12:00 – Setting Up & Running a Hearing Voices Group

12:30 - *Lunch*

13:30 - Case Studies and using the Workbook

15:15 - *Coffee*

15:30 – Working with voice hearers as peers

16:00 – Questions and Discussion