

Part One: An Introduction to the Hearing Voices Movement

Today in twenty six countries across the world, voice hearers, family members, nurses, psychiatrists and psychologists are developing ways to assist people who hear voices focus on their experiences, get to know their voices and learn to cope with them.

The hearing voices movement holds the position that it is no longer sustainable to think of hearing voices as part of a disease, such as schizophrenia. Instead it argues that hearing voices should be regarded as a meaningful, real, although sometimes painful, tearful and overwhelming experience – that speaks to the person in a metaphorical way about their lives, emotions and environments.

“What this work shows is that we must accept that the voices exist. We must also accept that we cannot change the voices. They are not curable, just as you cannot curse left-handedness – human variations are not open to cure – only to coping.”

Professor Marius Romme

This course concerns the development of the hearing voices movement and the underpinning values and theories that inform the hearing voices approach. The course can be taken on its own or if you wish, can be completed as Part One – of a Two Part Course. Part Two of this course considers ways in which you can introduce ways of accepting and working with voices into your life or workplace.

This course provides an introduction to the concepts and values that inform the hearing voices movement, a challenging and innovatory way of working with people who hear voices. It provides an overview of this important work and an introduction to a different way of thinking about the meaning of ‘hearing voices’ based on twenty five years of work by voice hearers and mental health workers and researchers from around the world, including the pioneering work of the psychiatrist Professor Marius Romme and Dr. Sandra Escher.

The course will provide you with all the information you need to feel confidence that you fully understand the theories and concepts underlying the hearing voices approach.

Through an interactive learning environment, you will be able to learn from others taking this course. You will be presented with information about the significance of the hearing voices approach and the international hearing voices movement.

The course will help you understand what people who hear voices are experiences and what can people do to cope when the voices are overwhelming them. The course is aimed at mental health workers and managers, members of voluntary groups and people who hear voices, their families and friends – who want to know more about the way of thinking and working. It is intended for initiative and organisations across the world.

The learning format/approach has been designed to meet all learning styles. Learning formats include: documents, PowerPoints, videos, exercises/activities, additional reading and learning from each other through forums.

Learning Outcomes:

- Gain an understanding of the philosophy, research and practice of the hearing voices approach.
- Explore and learn about the significance of the hearing voices movement for voice hearers.
- Examine the history of voice hearing through the ages. .
- Look at voices heard by 'normal' people and the positive experiences.
- Develop a strong foundation in the concepts, values and philosophy of the hearing voices movement.
- Gain a firm grasp of the principles, values and research informing the work on hearing voices.

Outline of the Course

Module 1 – Understanding the Voices Movement

Module 2 – The History and Aims of the Hearing Voices Movement

Module 3 – Working Together

Module 4 – Hearing voices in Society

Module 5 – Spreading the Word: Developing Awareness about Hearing Voices

Module 6 – Introducing the Hearing Voices Approach into your Life / Workplace

The course will take students up to **32 hours** to complete, please see below for breakdown of this time.

Course Description

Module	Description	Length
<u>Module 1</u> Understanding the Voices Movement	In this module, we provide an introduction to the major themes and issues raised by the hearing voices approach and their relevance to the lives of people who hear voices. The module looks at the overview of the philosophy; research and practice; core concepts and values that underpin the hearing voices approach; explore what makes this approach so distinctive. By the end of this module you will have developed a theoretical understanding of the hearing voices approach and how it can be applied in your life and/or workplace.	7 hours of learning time
<u>Module 2</u> The History and Aims of the Hearing Voices Movement	In this module we provide an introduction to the development of the international hearing voices movement. The Hearing Voices Movement is a philosophical trend in how people who hear voices are viewed. It was begun by Marius Romme, a Professor of Social Psychiatry who began his work after being challenged by a voice hearer as to why they could not accept the reality of her voice hearing experience. Supporters of the Hearing Voices Movement advocate the use of techniques employed by those who have successfully coped with their voices. This can include acceptance and negotiation with the voices. In this module you will be provided with an introduction to the history of the development of the hearing voices movement over the last twenty-five years. You will also develop an understanding of the movement's aims and objectives.	6 ½ hours of learning time

<p><u>Module 3</u> Working Together</p>	<p>A key to the success of the hearing voices approach is the way that people who hear voices are regarded as “experts by experience”, who have an equally important role to play in the recovery journey as the experts of profession. It is about forging working partnerships. In this module we consider why this is important and how it can be achieved. This way of working and thinking challenges accepted thinking on setting boundaries, yet it is successful. Many times it has been observed that the breakthrough towards recovery for people who hear voices began with an important and beneficial relationship with a supportive mental health professional.</p>	<p>4 hours of learning time</p>
<p><u>Module 4</u> Hearing Voices in Society</p>	<p>What our research and work has shown is that hearing voices is not always a negative experience or even if it is negative it doesn't have to stay that way. Neither has it always been regarded as a negative experience, the idea that voices is part of an illness, is not correct – throughout history and today there are people who hear voices who find their voices inspirational and comforting.</p>	<p>5 ½ hours of learning time</p>
<p><u>Module 5</u> Spreading the Word: Developing Awareness about Hearing Voices</p>	<p>INTERVOICE campaigns on issues that affect the lives of people who hear voices. They are particularly concerned to fight negative attitudes and false perceptions associated with the experience. They seek to change societies' perceptions of hearing voices. They regard the hearing of voices as an aspect of human differences, rather than in itself a mental health problem. As with homosexuality (also regarded by Psychiatry in historical times as an illness), one of the main issues regarding voices is respecting differentness and that is about human rights. INTERVOICE is an emancipatory, post-psychiatry organisation that intends to change the way society perceives the experience, and believes by doing so, psychiatry's attitudes will follow. The purpose of INTERVOICE is to – 1) Raise awareness of the phenomenon of hearing voices; 2) Challenge negative attitudes towards people who hear voices; 3) Challenge incorrect assumptions about voice hearing as a sign of an illness; 4) Raise awareness of the issues of stigma and discrimination faced by people diagnosed with a mental illness; 5) Give a voice to the call for dignity, liberty and self-determination.</p>	<p>5 hours of learning time</p>
<p><u>Module 6</u> Introducing the Hearing Voices Approach into your Life / Workplace</p>	<p>As you come to the end of the course, we now would like you to consider how you could develop some first steps of a Personal Plan, for working with your own voices or people who are hearing voices. We will guide you through developing an Action Plan for taking your learning forward. The module includes a video of Paul Baker (Course Leader) and Ron Coleman, discussing the hearing voices approach at an open meeting in Eugene, Oregon, USA. This will provide a useful conclusion to the course.</p>	<p>2 ½ hours of learning time</p>
<p><u>Course Test & Student Documentation</u></p>	<p>In order to receive a <i>Certificate of Course Completion</i>' you will need to complete the course test and course evaluation form.</p>	<p>1 ½ hours to complete</p>

Course Leader

The course leader is Paul Baker, who has extensive experience in this area. Paul has worked for over 30 years within the Hearing Voices Movement, since its conception to the present. He has talked and run workshops in this area extensively around the world.

See a full description of Paul Baker below:

Paul Baker was one of the founding members of the Hearing Voices Network in England and is currently co-ordinator of INTERVOICE, the influential co-ordinating body for the International Hearing Voices Movement. He also specialises in assisting organisations in harnessing developing online communities to complement and support their work. Paul has published books and written book chapters for many publications on mental health issues, including *The Voice Inside: A practical guide for and about people who hear voices* (2010).

This course was written by Paul Baker.

Certificate of Attendance

This course and all our Foundation Courses were CPD Approved in 2015. Although we no longer provide CPD Accredited Certificate for the completion of this course, the certificate we provide for the completion of this course is acceptable for portfolios.

Within the course fees, we offer a signed Certificate of Attendance which shows you have completed the course, the number of learning hours you have spent on the course and demonstrates that you have completed all learning and activities of the course (see example below).

Instructions on what specific areas you need to cover within the course and how to receive the certificate is available with the Course Handbook:

Sample of the Course Certificate

