



Presents

A Two Day Course

Key Worker & Voice Hearers: 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 the 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.

This two-day course for key workers and voices is to learn and work together. The course not only provides in-depth teaching in understanding hearing voices and coping strategies, but also develop the confidence, relationship and skills to work together in voice profiling, using the voices workbook and advocating this approach. The course will include a Hearing Voices Group and a Key Worker Mentor Group. Each couple will be able to develop at their own pace. The course also introduces the *Working with Voices* workbook – guiding both the key worker and voice hearer in using the workbook, building the confidence, knowledge and skills to continue using this workbook together after the course has finished.

You will have the Opportunity to:

- Develop an in-depth understanding of hearing voices.
- Learn how to teach and develop coping strategies.
- Gain an understanding of working within the belief system of the voice hearer.
- Through theory and practice, explore voice profiling.
- Develop confidence, awareness and skills in working with voices.
- Explore how to develop a toolkit for working with client's voices.
- Experience a Hearing Voices Group in action.
- Explore fears and challenges of using this working with voices approach.
- Develop the confidence in being experts for this approach.
- Develop skills, knowledge and confidence, of the key worker and voice hearer to work together.
- Start the process of building the relationship between the key worker and voice hearer to work together, enabling this relationship to continue to develop after the course.
- Learn and develop the knowledge, skills and confidence of the key worker and voice hearer to use the *Working with Voices* workbook.

Pre-Course Learning & Requirements

Once you have registered for this course, you will be sent a 'Pre-Course Questionnaire' and 'Pre-Course Learning' materials, as listed below:

Pre-Course Questionnaire

The Pre-Course Questionnaire is useful for Working to Recovery to know some of your background, needs and expectations prior to the start of the course.

Pre-Course Learning

The Pre-Course Learning consists of four separate videos (accessed via YouTube), which lasts approximately 55 minutes in total. We encourage all delegates/participants to watch these videos and reflect on them before the course starts.

Outline of the Day

DAY ONE

09:15 – Arrival & Registration

09:30 – Introductions - Building the Relationship

10:15 – Voice Hearing / Voice Simulation Exercise

11:00 – *BREAK (Refreshments)*

11:15 – Evidence Base – Is Schizophrenia possible?

12:00 – Working together – Teaching/Learning coping strategies

12:45 - *LUNCH*

13:45 – Working with Voices – Examples and Case Studies

14:15 – Exploring the *Working with Voices* workbook

15:00 – *BREAK (Refreshments)*

15:15 – Working with Voices – Case Work

16:00 – Reflections of the Day

16:30 – FINISH

DAY TWO

09:15 – Arrival & Refreshments

09:30 – Conversations / Reflections from Day One

10:00 – Introduction to Voice Profiling

10:45 – *BREAK (Refreshments)*

11:00 – Voice Profiling – Working together

12:00 – Introduction to Group Work – Hearing Voices Group / Key Worker Mentor Group

12:45 - *LUNCH*

13:45 – Simulation - Hearing Voices Group / Key Worker Mentor Group

15:00 – *BREAK (Refreshments)*

15:20 – Planning for the future

16:00 – Conversations – Moving forward

16:30 – FINISH

Certificates of Course Completion

We offer two different types of Certificate to suit your needs – *Certificate of Attendance* and *CPD Certificate*. Please see details below:

Certificate of Attendance

This certificate shows that you have attended the course. It is included within the Course fees.

To receive your *Certificate of Attendance*, once you have finished the course. Please email jim@workingtorecovery.co.uk requesting the Certificate.

CPD (Continual Professional Development) Certificate

Most Practitioners/Professionals require you to have regular CPD to remain in practice, demonstrate learning and have a Course Certificate. This certificate costs an additional £10.

The total of learning for this course (for CPD purposes) is **19 hours**, as listed below:

- 1 ½ hours Pre-Course Materials
- 14 ½ hours – Course
- 3 hours – Participant Documentation

To receive a CPD Certificate you need to purchase/register **BEFORE** the course. You will need to complete and return relevant documentation, which requires you to reflect and demonstrate your learning.

You can purchase/register, direct from our website at:

<http://www.workingtorecovery.co.uk/products/events-and-training.aspx?courseid=7>

Or contact karen@workingtorecovery.co.uk