



**Presents**

## **A One 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.

This one day course introduces participants to understand the experience of hearing voices, learn about coping strategies, and work within the belief systems of the voice hearer. Participants will gain the confidence and awareness in working with voices, being equipped with a toolkit for the future.

### **Learning Outcomes:**

- Through a practical example, develop an understanding of the experience of hearing voices.
- Develop an awareness of the reason why voice hearers often behave in certain ways.
- Explore different coping strategies for voice hearers.
- Gain an understanding of how to work within the belief system of voice hearers.
- Develop confidence and awareness of working with voices.
- Learn about how to develop a toolkit for working with voice hearer's voices.
- Develop knowledge, skills and confidence in using the Working to Recovery *Working with Voices* workbook.
- Through conversations and discussions throughout the day, gain an awareness of how to work with each other (Voice hearers and Professionals).

### **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 five separate videos (accessed via YouTube), which lasts approximately 60 minutes in total. We encourage all delegates/participants to watch these videos and reflect on them before the course starts.

## Outline of the Day

- 09:15** – Arrival & Registration
- 09:30** – Welcome and Explanation of the Day
- 09:45** – First Exercise - Context
- 10:15** – Voice Hearing Exercise
- 11:00** – *BREAK (Refreshments)*
- 11:15** – Ron's Story of Hearing Voices
- 11:45** – Exploring the Evidence Base
- 12:30** - *LUNCH*
- 13:30** – Looking at Practical Examples and Case Studies
- 15:15** – *BREAK (Refreshments)*
- 15:30** – Use the *Working with Voices* Workbook.
- 16:00** – 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](mailto: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 **10 ¼ hours**, as listed below:

- 1 ½ hours Pre-Course Materials
- 6 ¾ hours – Course
- 2 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](mailto:karen@workingtorecovery.co.uk)