

# Setting Up, Supporting & Developing a Hearing Voices Group

This course will provide you with all the information you need to consider setting up a Hearing Voices Group. Drawing on the experiences of others who have been in the same situation, you will begin to understand how a hearing voices group works and what is needed to set one up.

Through an interactive learning environment, you will be able to learn from others taking the course. You will also be presented with information about the background of hearing voices groups, evidence of working with people who hear voices and how to work with peers.

The course will help you understand how hearing voices groups have helped others. And be able to consider for yourself some of the potential challenges in developing a group. You will also explore how to maintain a hearing voices group, where support is available and develop a vision for the future.

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:

- Learn about the background of hearing voices groups.
- Learn from people who have set up a group and think about why set up a hearing voices group.
- Examine some of the theory around why people hear voices, developing an understanding of what it is like to hear voices.
- Develop an understanding of working with voice hearers as peers.
- Learn about the underlying principles of the hearing voices movement.
- Explore the benefits and challenges of setting up a hearing voices group and working with voice hearers.
- Examine the practicalities of setting up a hearing voices group.
- Drawing on other people's experiences who have set up a group, look at the challenges and some solutions on developing a hearing voices group for yourself.
- Using a Case Study, develop a deeper understanding of how a hearing voices group would work for you.
- Look at what other possibilities there are beyond a hearing voices group.
- Develop a plan on taking your learning forward to make them a reality.

## Outline of the Course

**Lesson 1 – Why set up a Hearing Voices Group**

**Lesson 2 – Exploring the Experiences of Voice Hearers**

**Lesson 3 – Working with Voice Hearers as Peers**

**Lesson 4 – Setting up a Group: The Format and Practicalities**

**Lesson 5 – Challenges of running a Hearing Voices Group**

**Lesson 6 – Take your Learning Forward**

The course will take students up to **23 hours** to complete, please see below for breakdown of this time.

## Course Description

Lesson	Description	Length
<b><u>Lesson 1</u></b> <b>Why set up a Hearing Voices Group</b>	In Lesson 1, you will be introduced to hearing voices groups and read some background information. You will also watch a video of Pat Webster describing why she set up a hearing voices group and you will think about and share, why you want to set up a hearing voices group.	<b>4 hours of learning time</b>
<b><u>Lesson 2</u></b> <b>Exploring the Experiences of Voice Hearers</b>	In Lesson 2, you will learn some of the theory around people who hear voices. You will begin to understand what it is like to hear voices and how to explore the voices experience. You will examine some of your concerns around this and share with other students these in order to find solutions.	<b>5 hours of learning time</b>
<b><u>Lesson 3</u></b> <b>Working with Voices Hearers as Peers</b>	In Lesson 3, we will be looking at working with voice hearers as peers. Drawing on the principles of the hearing voices movement and listening/watching videos, you will explore the benefits and challenges of working with voice hearers as peers.	<b>3 hours of learning time</b>
<b><u>Lesson 4</u></b> <b>Setting up a Group: The Format and Practicalities</b>	The previous three lessons helped you set a foundation for setting up a hearing voices group. In Lesson 4, we will examine the practicalities of setting up a group. Drawing on the experiences of people in Dundee and undertaking the different exercises, you will be guided through exploring the group format and practicalities.	<b>5 hours of learning time</b>
<b><u>Lesson 5</u></b> <b>Challenges of running a Hearing Voices Group</b>	There are challenges in running a hearing voices group. In this lesson you will be learning from your teachers in Dundee, investigating the challenges they experienced when setting up a hearing voices group and some of the solutions. You will then take this learning to explore what you personally see the challenges are, for you. Sharing in the forum, will help you learn from other students taking this course.	<b>3 hours of learning time</b>
<b><u>Lesson 6</u></b> <b>Taking your Learning Forward</b>	As you come to the end of the course, you will watch an example of a hearing voices group taking place, so you can see for yourself what actually happens. Pat Webster will also talk about her experiences of taking a hearing voices group forward into a Hearing Voices Network. We will also guide you through developing an Action Plan for taking your learning forward.	<b>3 hours of learning time</b>

## Course Leaders

The course leader is Ron Coleman who is a voice hearer, has established many hearing voices group and was an early founder of the UK Hearing Voices Network.

**Ron Coleman** is a Mental Health Trainer and Consultant specialising in recovery and psychosis. Following his role as national coordinator of the Hearing Voices Network he used his experiences of recovery to design workbooks and training packages, to enable voice hearers to gain ascendancy over the negative aspects of voice hearing experiences. Ron's own route of recovery after spending 13 years in and out of the psychiatric system has given him many insights into the numerous difficult issues facing today's mental health services. He is now back in his homeland of Scotland after 20 years of self-imposed exile. Ron is the author of *Recovery - An Alien Concept* and *Politics of the Madhouse*. He has co-authored *Working with Voices* and *Working to Recovery*.

This course was written by Jim Campbell.

## Sample of the Course Certificate

