



**Presents**

## **A One Day Course**

# **Living with Voice Hearers**

*How family members can assist people who hear voices to cope better with their experiences and on their journey to recovery*

**A one-day workshop for family members introducing the hearing voices approach, an empowering way to assist people who hear voices to live successfully with the experience.**

This workshop is for parents, other family members, and friends. It is intended to help you to develop new and more empowering ways of assisting voice hearers in their recovery journey.

The workshop offers a new perspective on what the voices may represent and how you can help your relative/friend cope with their distressing voices.

### **By the End of the Day**

By the end of the day participants will have learnt and developed:

- An understanding of the voice hearing experience
- The family support role – what it is and what it isn't
- The practicalities of helping voice hearers
- How to regain a sense of being in charge of your life
- Find out about self-help groups and other forms of help

### **Learning Outcomes**

By the end of the day, participants will have gained:

An introduction to and working knowledge of the hearing voices approach and ways that you can assist a family member of friend who hear voices.

### **Who is this Workshop For:**

- Family members and friends of voice hearers
- Mental health workers and managers
- Peer Support Workers
- Community Development Workers
- People who use mental health services
- Mental Health Activists
- Community based mental health workers
- Voluntary and independent sector workers and volunteers