



Presents

UNDERSTANDING AND WORKING WITH VOICES

A one-day workshop to help gain a better insight into the voice hearing experience. Learn effective ways to help people understand and live fulfilling lives while experiencing hearing voices.

The workshop focuses on:

- How common it is to hear voices
- Three stages of hearing voices and interventions
- Deconstructing voices
- Personal experience
- Voice profiling
- Thought stopping
- Short-term coping strategies for voice hearers; working with the dominant voice
- Focusing techniques
- Case studies

Who should attend?

- Mental Health Workers/Professionals
- Consumers
- Carers
- Teachers, Lecturers, Students, Councilors, GPs
- Anyone who supports or works with people with lived experience of hearing voices

(Ref: HVM5)