

Melissa Roberts



FOUNDATION



Presents

Kate Crawford



Kate has been hearing voices since she was four years old due to physical and mental abuse from her mother and grandmother and then, sexual abuse after being placed in a care home. In 2005 her Health Visitor introduced her to the Hearing Voices Network and she started attending a Hearing Voices Group.

There she gained empathy, compassion, self-esteem, and was encouraged to believe in herself: that she could do things she thought she couldn't do. From this she started to cope with her voices, which gave her the initiative and strength to get her life back.

Now she works around the UK and internationally, talking to people about how to get their life back and teaching professionals on the best ways of approaching people with mental health issues - in particular, in respect of hearing voices, paranoia and sexual abuse. She currently works in four universities training students on the best ways of helping their clients cope with voices.

She shares her personal journey from trauma to recovery, talking about the impact of services on voice hearers and, in particular, what it is like to be a parent who hears voices. Kate also talks about the impact of services on children of voice hearers. She shares testimony from three of her four children, in which they talk about the experiences they had in care, and identifies practices that helped her family.