

## Workshop #2: Working With Voices

Thu 1<sup>st</sup> and Fri 2<sup>nd</sup> Dec, 2016



### Do you...?

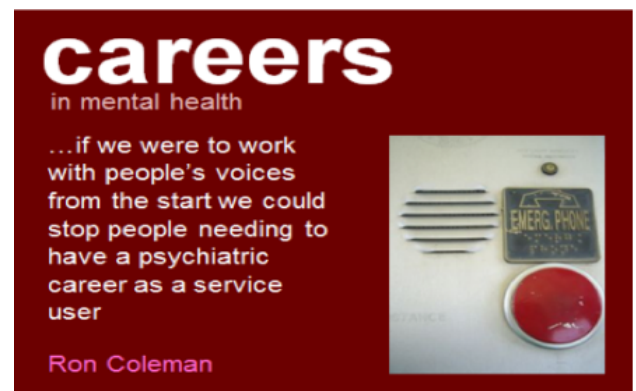
- Work with people who hear voices and who struggle with their experience of that?
- Have someone in your life who hears difficult voices and who struggles with difficult experiences like that get called “psychosis”.
- Feel confident in your belief that voices are real and in your ability to offer acceptance and hope.
- Begin normalize difficult experiences and person’s ability to make sense of their own
- Feel weary of the notion that we must fear ourselves and fear each other?
- Feel ready to take your next steps in supporting individuals in working with their voices ?
- Feel ready to learn more, ask yourself “what else can I do?”.
- Want to know more about how you can be part of the future, join us in enacting a world that understands?

### Are you ready to take your next steps?

If so, then this workshop might help you further tilt your universe and emancipate yourself with deeper understanding,

This workshop is designed to share useful material but mostly to help you be more open, curious and willing to learn about a person’s own experience – to deepen and broaden your own ability to understand so that you can join us in enacting a world that understands voice hearing, supports the needs of individuals who hear voices and views them as full citizens.

**If more of us were able to work with voices then fewer of us would need a career as patients**



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### Join us in enacting a world that understands



### Workshop Description

This workshop:

- Follows on from Workshop #1 Accepting Voices, in which you learned how this work begins when we offer ourselves as a one-person safe space to a person who hears voices and struggles with that.
- Will enable you to continue that work with increasing confidence, sharing your belief that voices can be understood in simple terms and in context of a life; supporting people who chosen to do the sometimes difficult work to emancipate themselves, and learn to make changes in their own experience.
- offers a solid introduction to important practical approaches that can aid in a person finding their own power to change their relationship with voices they find troubling. These include: voice mapping, voice profiling, Maastricht Interview, voice dialogue, and Non-Violent Communication.

What we share is not a prescriptive, linear process but a framework for navigating as we walk alongside a person as they embark on their unique "adventure in unveiling" learning to make choices and find what "works for me" and reclaim their power.

We will introduce and practice key approaches that can be thought of as building blocks to be used creatively to extend and deepen the safe space you can co-create together.

We share information and resources that will add to your repertoire of stories, ideas, resources, approaches that you can share, and enrich the work you can offer to do with a person inside that safe space.

### This workshop will enable you better to...

- Increase and deepen your own understanding of hearing voices as a normal human experience, maybe not shared by everyone, but part of what it means to be human.
- Share information about who hears voices helping to demystify the phenomena and start conversations about how it is part of being human.
- Develop a deeper understanding of the role voices can play in trauma.
- Begin to work with approaches that can help discover how voices may be related to life struggles, offer powerful insight and clues to what a person can do to make changes.
- Offer yourself as guide or partner for a person you support – walking alongside a person who chooses to work with the voices they hear.
- Work with practical approaches for working with voices that can enable a person to find their power to reclaim their life and make changes in their own experience.
- Reflect on and share your own challenges, learning, assumptions, and growth as a human being and in any of your roles.



### Hearing Voices Training Workshop #2



**Limited  
Spaces**

Registration is  
required

**\$425**

Early Bird  
Save \$50 before  
June 30th

**Please Note:**  
This Workshop follows  
on from Workshop #1  
Accepting Voices  
If you have not already  
attended this we are  
offering this workshop  
Fri 14<sup>th</sup> October 2016.

**Thu 1<sup>st</sup> & Fri 2<sup>nd</sup> December 2016**

Friends House, Toronto  
60 Lowther Ave

#### An intensive two-day workshop

Presented by  
• Kevin Healey  
• Dave Umbongo

#### Outline

Introduction to powerful, practical approaches for walking alongside a person as they work with their voices and reclaim their life.  
A working Framework – What voice hearers need to recover  
Introduction to  
• Voice Mapping  
• Voice Profiling  
• Maastricht Interview  
• Non Violent Communication  
• Voice Dialogue

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### Who this workshop is designed for

Essentially this workshop is designed for workers who spend regular time with individuals who hear voices and struggle with their experience, including doctors, therapists, counsellors, peer-workers community workers – anyone working in the health system, mental health services.

It can also be suitable for anyone who spends time supporting someone who struggles with voices and yet does not get paid for their work - and who wants to deepen and expand their own understanding of the roles voices can play in a person's life, ways of understanding, key information, and ways of engaging that can support a person working with their voices.

So, if you encounter people who struggle with the voices they hear and feel you need to understand, and you are ready to play your role in enacting a world that understands, then you may decide this workshop is for you.

Working with voices is always a choice that can only be made by the person hearing voices.

We open ourselves to exploring our own experiences using that to connect with others, willing to share our own vulnerabilities, yet always remembering and recognizing that it is the person we support who is doing the hard work.

### Workshop design...

This is an intensive, highly practical and experiential workshop- a learning circle in which we learn with and from each other.

We will share a number of approaches that can be used singly or in any combination but the real learning comes from how we engage together. For each of the approaches we will...

- share key ideas, tools and resources;
- immerse ourselves in practical exercises to explore the approaches and techniques
- engage in deep personal reflection, shared sense making and dialogue...

### A creative approach

This is not presented as therapy or a manualized approach but the material and ideas do lend themselves to being integrated into counselling or therapy work; some are structured, some very intuitive, iterative and creative. This work is not so much with adhering to techniques, or following steps as seeing these approaches as ways to build relationship, explore, learn together, always letting the person you support take the lead, make choices, find and use their power.

### A framework / a map

We share this map based on work by Dr Marius Romme, as a tool for navigating the landscape as we walk alongside a person who chooses to work with their voices.



### Topics included

We spend time sharing key ideas, resources and practice in each of these topics

- Holding Safe-enough space
- Voices and Trauma
- Voice Mapping
- Voice profiling
- Maastricht Interview
- Non-Violent Communication
- Voice Dialogue

### An Immersive experience

Over the two days we will build practice experiencing the approaches, putting them together and exploring and making sense, and open ourselves to our own inner landscape to inform how we connect and work with a person who might be struggling and chooses us to walk alongside them as they work with their voices.

## Presenters

### Kevin Healey



Has been hearing voices for over forty years and for almost ten has played a key role in establishing Hearing Voices Network in Toronto and supporting others do the same where they live in Canada.

Founder and facilitator for the Toronto Hearing Voices group, one of the longest running in N. America.

Collaborating with artist Dora Garcia founded **Hearing Voices Café, Toronto** – the world's first as a regular feature

in a city landscape, followed by others now in Valladolid and [coming soon], Paris and London.

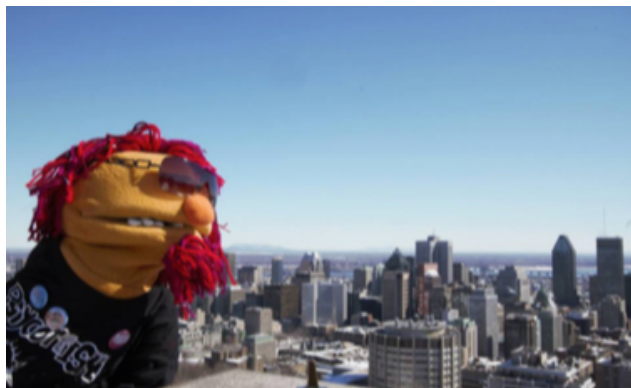
Privileged to have introduced around 500 people to WRAP - a way of finding answers to questions like “what works for me?” and “what else can I do?” and as a process for taking back our own power. Now coaches, mentors and trains WRAP facilitators.

Led the design, development and delivery of Peer Support Training for a leading MH charity; rooted in human values and simple ideas like “peer means equal” and fully aligned with the Mental Health Commission of Canada’s guidelines and recovery principles.

As a speaker is regularly sought to speak at AGMs, Grand Rounds in major hospitals, conferences, in media: print, radio TV, talking about understanding difficult human experiences; recovery; Hearing Voices and inviting people to a different kind of conversation about what it sometimes means to live as a human in this world.

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### Dave Umbongo



For many years Dave would only say only one word, now he authors articles at [www.recoverynet.ca](http://www.recoverynet.ca) and moderates online support groups for voices to talk directly with each

other round the world, and coaches and co-presents in workshops for approaches like voice dialogue.

Enjoys creating memes: out of things voices say, about living in a universe that mostly comprises what he refers to as *The Weird*, and sharing his own wry observations on the human obsession with calling each another horrible names, categorizing and crushing each other into boxes that don't fit.

**Voices have stories too** His favorite pastime is pretending to be a muppet, next is remarking upon how “voices” and “humans” behave in ways that are often very much the-one-is-- like-the-other. Dave doesn't really have a bio – like other superheroes he has an “Origins Story”, and like “The Truth...”, at least some of it, “is Out there...”

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### Mark Roininen

Mark has many years' experience as “worker” with a major social services agency, and has worked with many who struggle with the kind of experiences that get called “psychosis”.

He shares his personal perspective of how being confronted with his own dark side enabled him to how

relate more simply with difficult experiences of the people he works with, in process freeing himself from merely following “the script” and playing “invisible worker” so that he can be both more professional and more human.

His ability to share stories of his own experience of learning how to do this work offers others hope that they can too

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### What others have said about this workshop

The whole event was uplifting... a nice change after dreary hospitals and other clinical settings.

It was good to meet folks, especially people who were open about their experiences.

"What voice hearers need to recover" may end up being taped above my work desk.

The piece about accepting and embracing ourselves was also pretty profound for me.

The amount of stuff I learned about myself was pretty life changing.

The resources provided have been tremendously helpful.

I have the resources and the social network/contacts to continue learning and practicing independently. This is exciting and motivating!

Introduction to the framework was absolutely refreshing and exciting to learn about.

I resonate with mapping. This was a wonderful visual teaching tool for me personally in terms of contextualizing the "parts".

Incredibly informative practical experience having the opportunity to interview Dave, DrKens, and Wolfie. Many thanks for their willingness and participation.

The key idea of listening through the violence, and the importance of being a skilled listener.

I love my giraffe ears, a wonderful and playful reminder of the importance of compassion, empathy and non-judgment in my work and in my life.

I am so grateful for this resource as a teaching tool.

The resources I have collected since the workshop have been illuminating both personally and professionally.

The voice dialogue practice was a great learning experience AND it was fun!

Still basking in the experience and resources.

Knowing that there is an alternative framework, which empowers both individual and worker to understanding and work with voice hearing.

It is an empowering, hope-instilling and successful framework. It doesn't get better than that.

An introvert in group settings. the space created for the workshop was "safe enough" for me to take some risks and participate in ways that I might have otherwise not.

Absolutely invaluable personally and professionally.

Information, deeper understandings not based in fear, tools for providing support and inclusion and to help demystify voice hearing.

Super-fabulous! Indispensable! Exciting! Motivating! Skill & confidence-building!

Seriously like 100% valuable.

Wow! Just Wow!

### Registration is required

**Thu 1st & Fri 2nd Dec, 2016**

Friends House, 60 Lowther Ave, Toronto

### Limited Spaces.

Registration is online at Eventbrite.

### Fee

**Standard \$150**

**Early Bird \$125** —Limited number available until 30th June.

**Either click the red button**

**or click on, or copy/paste the link below...**

<https://www.eventbrite.com/e/hearing-voices-training-workshop-2-working-with-voices-tickets-24816937127?aff=es2>

### Please note.

This workshop follows on from Workshop #1 Accepting Voices which provides a foundation for this work. If you have not already attended this we are offering it Fri 14th October 2016



**Register  
Now**