



hearing voices

Toronto

Workshop/ training

Next session: **Fri 31st March 2017**
9:00am to 4:30pm
Friends House, 60 Lowther Ave, Toronto

Hearing voices does not necessarily mean a person is ill.

But it can lead to becoming isolated and misunderstood - and for any of us that can certainly result in becoming very ill indeed..

Many voices can be unthreatening and even positive. It's wrong to turn this into a shameful problem that people either feel they have to deny or to take medication to suppress.
-Prof Marius Romme

I believe Hearing voices approach is emancipatory - not only for voice hearers but also offers new roles for workers and families too
- Ron Coleman

hearing voices worker training

Workshop: Accepting voices

Friday 31st Mar 2017

Friends house 60 Lowther Ave, Toronto

fee \$ 125

Includes materials,
Tea/ coffee/ light snacks.

Maximun 20 places.

Registration required

We also offer a limited number of discounted spaces for students and those seeking work at \$100

Registration

Registration form at
recoverynetwork:Toronto

www.recoverynetworktoronto.wordpress.com

Workshop#1 : Accepting Voices

This workshop will enable you to...

- Understand hearing voices as a normal human experience, maybe not shared by everyone, but part of what it means to be human
- Look within your own experience and relate with different experiences of hearing voices
- Explore how you can work more easily and be more real with people who hear voices

Who this workshop is for...

If, in your work, you come into contact with people who hear voices and who struggle; and you have experienced how that can leave you feeling uncomfortable or worse, then we think you'll find this one day workshop useful.

So, if you're a doctor, nurse, social worker, community worker, housing worker, peer support worker, psychologist, therapist, police officer, etc., then it may be for you.

Also, if you care for someone who lives with voices or other experiences that get called "psychosis" and struggles, and you are looking to develop better understanding of what it can be like and how you can support them, then it may be for you to

Workshop design...

This is an intensive workshop covering a lot of ground, together we will:

- Gain insights from people who hear voices, and from others who work with them.
- Connect with resources and the global hearing voices community
- Learn how we can think differently about voices
- Explore how as workers we can accept ourselves and each other, relax and enjoy our work: the better to offer support for people who hear voices.

A very interactive workshop with deep personal reflection, shared sense making and dialogue. We will also experience some approaches that many voice hearers find helpful and ways you can adapt your practice.

This workshop is designed to leave you feeling more competent and confident when working one-to-one with people who hear voices.

What others have said...

A very experiential and liberating experience

This approach is so valuable and needs to be shared!!

So many people think they don't have options and this is so freeing!

How I learned to stop worrying and love the voices

Gave me a way to look within myself and challenge old- school, conventional ways of thinking

Who needs this?

Everyone working in mental health- no, everyone! - it's so refreshing!!

