

hearing voices

Workshop #1

Accepting Voices

Friday 27th October 2017

9:30am to 4:30pm

U of T, Room 2116, Sidney Smith Hall

@ Toronto: U of T

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

Brought to you by community partnership with



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UoT Grad Students

UTGSU Grad Minds has secured funding for limited number places for 4 Free spaces for current UoT Grad Students.

Email: TBA

Public

Limited spaces available to public

fee \$100 to \$150

Registration

More info & register online at
recoverynetwork:Toronto

www.recoverynet.ca

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, 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.

If you support someone in your life who struggles with the kind of experiences that get called names like "psychosis" then you are welcome too.

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.

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 offering one-to-one support to those who might struggle with experiences that can be difficult to live with and even harder to talk about.

What others have said...

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

This changes E-V-E-R-Y-T-H-I-N-G!

Who needs this?

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

