

# LIVING WITH VOICES

EXPLORING WAYS OF SUPPORTING PEOPLE WHO HEAR VOICES TO RECLAIM THEIR LIVES

### **ABOUT THE WORKSHOP**

Research suggests that hearing voices is a fairly common human experience that is not, in and of itself, indicative of a mental health problem. If we know where to look, succesful voice-hearers can be found in the pages of history books, spiritual traditions & the media.

However, when someone feels **overwhelmed** by the power and intensity of the voices they hear - knowing that **Gandhi** and Lady Gaga heard voices doesn't necessarily help.

This workshop explores ways we can better support people who feel disempowered by the voices they hear. Informed by the principles of the Hearing Voices Network, it explores the way in which we can support people to transform their relationship with difficult voices & reclaim their lives.

## THIS ONE DAY EVENT EXPLORES:

- The diversity of voice-hearing experiences and their impact on people.
- Different models of understanding voices.
- Having safe & respectful conversations with people about the voices they hear.
- Ways of coping with distressing voices, emotions & overwhelming beliefs.
- Strategies for exploring, and improving, people's relationship with their voices.

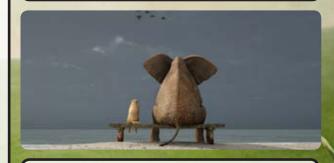
#### WHO IS THIS WORKSHOP FOR:

This workshop is open to anyone interested in supporting people who hear voices, inc: voice hearers, family members, nurses, therapists, psychologists, social workers, youth workers, support workers, peer supporters, psychiatrists and more ...

9<sup>TH</sup> DECEMBER 10.00 - 4.30PM

MAIDSTONE COMMUNITY
SUPPORT CENTRE,
39-48 MARSHAM ST. MF14 1HH

£85 FULL I £50 REDUCED £25 CONCESSIONS



## TRAINER: RAI WADDINGHAM



Rai is an experienced international trainer specialising in innovative ways of supporting people who struggle with extreme

states (including 'psychosis', 'dissociation' and complex post traumatic reactions). Rai has particular expertise in working with children, young people and people in prison who hear voices/see visions.

Rai is a trustee of the National Hearing Voices Network & Vice Chair of ISPS UK. Rai is also a voicehearer with personal experience of hospitalisation.

BOOK YOUR PLACE ONLINE, SEE: www.voices-maidstsone.eventbrite.co.uk

