

Working with Voices

This 4 day course aims to equip staff working with people who hear distressing voices with practical skills that can be applied in clinical practice, irrespective of the diagnosis. Learning will be largely experiential, and will involve participants applying the skills learned on each workshop before attending the subsequent workshop. Participants will be expected to attend all four workshops. The course is open to any staff with a professional qualification.



Monday 18th April - Maths Department, Science Site, Durham University

Day 1 – Assessment of voices

- Challenging diagnostic assumptions
- Using the Maastricht interview
- Assessing beliefs about voices

Monday 6th June - Durham Business School, Durham University

Day 2 – Core skills in working with voices

- Using NICE recommended therapy skills
- Using art therapy with people who hear voices

Monday 18th July - St Aidan's College, Durham University

****PLEASE NOTE NEW DATE****

Day 3 – Voice dialogue

- Engaging with voices
- Changing the nature of the relationship with voices

Monday 26th September - Van Mildert College, Durham University

Day 4 – Safety and voices

- Working with voices which take over
- Working with voices that 'command'
- Management strategies for risks of harm

This course will be delivered by the Tertiary Psychosis Team (0191 441 5755), Durham University's Hearing the Voice project and service users who hear voices. To book a place, please email the Training and Education Department on tewv.coursebooking@nhs.net.