



# WORKING WITH 'TABOO' & 'VIOLENT' VOICES

WHAT HAPPENS WHEN PEOPLE'S VOICES SAY THE THINGS WE FIND HARDEST TO HEAR?

## ABOUT THE WORKSHOP

Whilst hearing voices is often a taboo in western cultures, being linked with media stereotypes and images of 'madness', there are some kinds of voices that are even harder to talk about - 'taboo voices'.

**Taboo Voices may include** ones that speak of violent and/or sexual themes - things that the voice-hearer, and those around them, find very distressing. They can be extremely graphic, sometimes overlapping with violent thoughts, impulses or disturbing visions.

Taboo voices can feel very powerful and overwhelming, but they are also the kind of voices that many find very hard to talk about with others - for fear of judgement.

## THIS ONE DAY EVENT EXPLORES:

- The **experience** and its impact on voice-hearers and their wider network.
- **Understanding** our own reactions and feelings about 'taboo' voices and the way this impacts on our actions/decisions.
- **Re-framing** 'violent' and 'taboo' voices and exploring personal meaning.
- Ways of **thinking about, and minimising, risk of violence.**
- Working with taboo/violent voices in a **safe and supportive way.**

## 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 & more ..

TUESDAY 22<sup>ND</sup> JULY

9.30 - 4.30PM

@ VICTIM SUPPORT

ALLIANCE HOUSE,

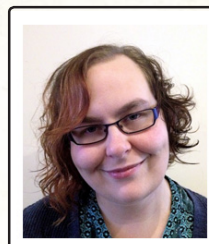
6 BISHOP ST, LEICESTER, LE1

£85 WAGED | £50 UNWAGED

CPD CERTIFICATES INC.



## 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 Hearing Voices Network & Vice Chair of ISPS UK. Rai is also a voice-hearer with personal experience of taboo & violent voices.

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