



Hearing Voices Recovery Guide Training

for supporting individuals

This two day course is suitable for:

Anyone in undertaking supporting journeys with individuals who hear voices. This may include: Mental Health Professionals; Support Workers; Substance Misuse Staff; Hearing Voices Group Facilitators; Peer Workers; Probation / Criminal Justice Sector Staff; Family Members; Youth/Educational Staff.

details

**Friday 18th and Wednesday
23rd September 2015**

10.30am-4.30pm

Cardboard Citizens
77A Greenfield Rd
London E1 1EJ

about the course

This Hearing Voices Recovery Guide Training course, inspired by the work of the International Hearing Voices Movement, will introduce you to ways of journeying with individuals who want to explore and work on aspects of their voice-hearing experience. The course will explore:

Recognising our own power, and knowing difference between guiding and leading

Working together to establish a sense of safety

Different levels of journeying and how to support the voice-hearer to choose a depth that works for them

Different areas of exploration, including: listening to voices; getting to know voices (identity and characteristics); relationships with voices; beliefs about voices; communicating with voices; power relationships with voices

Working collaboratively to make sense of what is found and relate it to the voice-hearer's narrative

Recognising and managing challenges along the way

fees

£125 Voluntary Organisations

£190 Statutory Organisations

£10 People with their own lived experience of voices

to book your place

Book online at:

<https://hvjourneysept15.eventbrite.co.uk>

For more information call or email:

John Wetherell: 0207 241 8978

lhvn@mindincamden.org.uk

about the facilitator

This course will be facilitated by **Rachel Waddingham**. Rachel has personal and professional experience of working with voices and specialises in innovative ways of supporting people who struggle with extreme states including 'psychosis', 'dissoaciation' and post traumatic reactions.

to prepare

We ask that you familiarise yourself with the Hearing Voices Movement approach before attending the course by reading:

www.voicecollective.co.uk

www.hearing-voices.org