



Hearing Voices: What do we need to know?

Wednesday 11 September 2019 | 1-5pm
The Assembly Rooms, Fenkle Street, Newcastle-upon-Tyne



INTRODUCTION

A symposium to launch *Understanding Voices*, a new web site produced by Hearing the Voice, Durham University.

Developed over two years through extensive consultation and collaboration with voice-hearers, *Understanding Voices* reflects the current state of our collective knowledge and understanding of voice-hearing. But what do we not yet understand about voices? Which directions are we and should we be headed in? This event brings voice-hearers, their families and allies together with academics, activists and mental health professionals in order to explore future directions in voice-hearing research, advocacy, policy and clinical practice.

Visit the site:

understandingvoices.com

Join the discussion:

[#UnderstandingVoices](https://twitter.com/UnderstandingVoices)
[@hearingthevoice](https://twitter.com/hearingthevoice)

A NOTE ABOUT RESPECT

Hearing the Voice is strongly committed to diversity, accessibility and inclusion. Underpinning that commitment is a firm belief in the value of freely exploring competing ideas and concepts – with a fundamental respect for the rights, dignity and value of all persons.

We ask you to join us in ensuring that 'Hearing Voices: What do we need to know?' creates a dynamic, friendly, intellectually enriching and harassment-free environment for everyone, regardless of gender, sexual orientation, gender identity, disability, physical appearance, ethnicity, religion or other group identity. All communication should be appropriate for an interdisciplinary academic audience including people of many different backgrounds. Please be kind to others.

If you do experience or observe harassment, please contact our Equality and Diversity Lead, Mary Robson, in person at the event or via email (mary.robson@durham.ac.uk) or telephone (079318938726). Mary will respond immediately to determine the appropriate course of action and may consult with and engage other University staff as appropriate.

Thank you for helping make this a welcoming, friendly event for all.

TIMETABLE

1pm	Launch of <i>Understanding Voices</i>	
	Welcome	Mary Robson
	Introduction	Angela Woods
	Three digital stories:	
	'Am I Dangerous?'	Nikki Mattocks
	'My name is Stephen'	Stephen Groves
	'Hearing voices isn't all bad'	Wenda Parsons
	Launch of <i>Understanding Voices</i>	Charles Fernyhough Victoria Patton Rachel Waddingham
2pm	The Future of Hearing Voices: Part 1	
	The more the look the less we see?	Akiko Hart
	Psychosis risk and the social environment	James Kirkbride
	Finding new ways to listen to and learn from young people	Sarah Parry
	Voices in Clinical and Non-Clinical Populations	Emmanuelle Peters
	Context matters: service user leadership and perspectives within digital voice-hearing research	Stephanie Allan
	TBC	Colin King
3.15pm	Tea, coffee and refreshments	
3.45pm	The Future of Hearing Voices: Part 2	
	A world without voices	Elisabeth Svanholmer
	Making space for madness	Jason Poole
	Culture & Hearing Voices: What do we need to know?	Dawn Edge
	Augmenting the technology of talking: the digital future of help for hearing voices	Neil Thomas
	Hearing voices: What's the tipping point?	Ben Alderson-Day
	I think we got off on the wrong foot. Can we start over?	Rachel Waddingham
4.55pm	Close	
	Next steps	Angela Woods
5pm	Wine reception	

MEET THE SPEAKERS



Ben Alderson-Day is a research psychologist at Durham University and a Co-Investigator on Hearing the Voice. He is a member of the *Understanding Voices* Editorial Board.



Stephanie Allan is a second year PhD student exploring the implementation of digital interventions for psychosis.



Dawn Edge is Professor of Mental Health and Inclusivity in the Division of Psychology and Mental Health, School of Health Sciences, at the University of Manchester. She currently leads a team undertaking research to develop Culturally-adapted 'talking treatments' for families of Sub-Saharan African and Caribbean backgrounds affected by psychoses. She is also the University's Academic Lead for Equality Diversity & Inclusion; providing academic leadership, direction, advice and support to colleagues involved in the delivery of Equality Objectives across Faculties, Schools & Professional Support Services (PSS) to drive Equality, Diversity & Inclusion (ED&I) and to deliver the Race Equality Chartermark Action Plan.



Charles Fernyhough is Principal Investigator and Director of Hearing the Voice at Durham University. His research in the last decade has focused on applying ideas from mainstream developmental psychology to the study of psychosis, particularly the phenomenon of voice-hearing. He is a member of the *Understanding Voices* Editorial Board.



Stephen Groves is a voice-hearer working in mental health. He uses music as a therapy to cope with his voices and tries to raise awareness that people who hear voices can and do make a contribution to society.



Akiko Hart is the Chair of ISPS UK, a Committee Member of the English Hearing Voices Network and the Hearing Voices Project Manager at Mind in Camden. As part of her work at Mind in Camden, she helps set up and facilitate Hearing Voices groups and networks in a variety of settings, including the community, in-patient units, children and adolescent mental health services, prisons, secure units and Immigration Removal Centres.



Colin King is a mental health survivor, practitioner, commissioner, trainer, teacher and researcher.



James Kirkbride is a psychiatric epidemiologist studying the causes of psychotic disorders and symptoms, and in particular the role of the social environment, including migration, ethnicity and living in adverse social conditions. He uses large population datasets to understand trends in patterns of psychotic phenomena to aid public mental health interventions to help people manage their psychotic experiences.



Nikki Mattocks is a mental health and human rights speaker and campaigner, who has spoken in schools, conferences, parliament and the media about her personal experiences of mental health and illness. She works in mental health and also set up a peer support group called Evolve aged 17, which is still running today.



Sarah Parry is a clinical psychologist and Associate Clinical Fellow at Manchester Metropolitan University. As Principle Investigator for the Young Voices Study, Sarah and her colleagues have been gathering stories from young people who hear voices and have other sensory experiences. The team have also heard from parents and carers to develop a better picture of the relational aspects of voice hearing for young people, specifically how relational experiences and interactions can influence the voice hearing experience. The Young Voices Study and Voice Collective have developed several information guides and three animations to share the initial findings from the study.



Wenda Parsons is a 41-year old woman interested in art, music, tai chi, kung fu and meditation. She has been diagnosed with BPD and is interested in helping and supporting people who hear voices.



Victoria Patton is the Communications, Engagement and Impact Lead for Hearing the Voice, Durham University. She is the project lead for *Understanding Voices*.



Emmanuelle Peters is Reader in Clinical Psychology at the Institute of Psychiatry, Psychology & Neuroscience, King's College London, and an Honorary Consultant Clinical Psychologist for the South London and Maudsley NHS Foundation Trust, where she is the director of an award-winning, specialist outpatients psychological therapies service for psychosis (PICuP). She has specialized in psychosis for the past 25 years as a clinician, researcher and trainer. Her research interests include the continuum model of psychosis and psychotic experiences in the general population; psychological processes in delusions and hallucinations; and psychological interventions for psychosis, especially Cognitive Behaviour Therapy for psychosis (CBTp).



Jason Poole is a Trainee Clinical Psychologist at the University of East London and a Visiting Scholar at London South Bank University. He worked with the Voices Unlocked project to establish and evaluate the first Hearing Voices group in a migrant detention centre. His work is concerned with institutional structures, vibrancy and human rights, and how these are continually re-negotiated in spaces of detention.



Mary Robson is Creative Facilitator of Hearing the Voice and the Institute for Medical Humanities at Durham University. She played a leading role in *Understanding Voices* consultation events.



Elisabeth Svanholmer has heard voices all her life and since 2006 has been organising and facilitating training and events around hearing voices. She is passionate about compassionate and holistic approaches to the things that challenge us in life such as pain, aging, death, distress and confusion. Elisabeth finds joy and meaning in nature, dancing, creative expression, playfulness and being with people she loves.



Neil Thomas is a clinical psychologist and Associate Professor based at Swinburne University of Technology in Melbourne, Australia, where he leads treatment research at the Centre for Mental Health. He established one of the world's first specialist Voices Clinics, where his research program aims to develop better therapeutic approaches for people distressed by hearing voices. He is also director of the National eTherapy Clinic, where he is involved in developing online and mobile mental health programs. Neil has particular interests in psychological therapy, peer support and how we can use digital technology to enhance our ways of helping people.



Rachel Waddingham: I hear voices, see visions and have beliefs that have overwhelmed me. Once written off as 'severely mentally ill', I was lucky enough to get the support I needed to find a way forwards. These experiences have helped shape my ethical compass and commitment to peer support and the wisdom generated when we find the space to listen to one another. I'm an Open Dialogue Practitioner, trainer, Chair of HVN, Vice-Chair of ISPS UK and PhD student. I work across the world to help create spaces where voices, visions and other 'taboo' experiences can be talked about, explored and understood.



Angela Woods is Co-Director of Hearing the Voice and Deputy Director of the Institute for Medical Humanities, Durham University. She Chairs the *Understanding Voices* Editorial Board.

How have voice-hearers been involved in the making of this resource?

Voices-hearers and their allies have been involved in *Understanding Voices* every step of the way.

Rachel Waddingham (voice-hearer, mental health trainer, researcher, and leading figure in the international Hearing Voices Movement) is a member of our editorial board, the body that is responsible for decisions on all aspects of project management, website structure and content. A robust stakeholder consultation process also engaged over 100 voice-hearers, family members and clinicians in identifying key needs for the site.

The first phase of our consultation process revealed an urgent need for practical, front-line information and for stories from lived experience. Elisabeth Svanholmer (voice-hearer, mental health trainer) and Rufus May (Hearing Voices Group facilitator) were then commissioned to find out more about the coping strategies that voice-hearers use to deal with distressing voices through a series of workshops and an online survey. Eve Mundy (formerly Voice Collective) and other members of the voice-hearing community subsequently developed this material into written content for the UV site.

Prototype versions of *Understanding Voices* and draft content for the website were tested by an end-user group comprised of voice-hearers, their families, friends and clinicians.



UNDERSTANDING VOICES

