

28 FEBRUARY - GLASGOW | 3 MARCH - LONDON

KNOWLEDGE IS POWER

Helping people who hear voices to feel more empowered and overcome stigma

Up to **1 in 10** people will hear voices at some point in their lives. It is an experience that can happen to people with a psychiatric diagnosis such as psychosis, bipolar disorder, borderline personality disorder, anorexia and depression, as well as people who do not have a mental health problem.

Internalised stigma and disempowerment are perhaps the biggest barriers to people feeling able to talk about distressing voice-hearing experiences and find ways of managing them. There is a wealth of information available in print and online, but sometimes it can be challenging to know what to use, how to use it and how to integrate it into a supportive relationship without overwhelming or further distancing people and their loved ones.

Free half-day training courses

Brought to you by **Hearing the Voice** (Durham University) in collaboration with **Rai Waddingham** (voice-hearer, mental health trainer), this workshop will explore the way in which we can use information and resources to help people distressed by their voices feel more empowered and reduce internalised stigma. It will include an introduction to *Understanding Voices*, a new website for voice-hearers, their families and health professionals, and ways of using this in practice, as well as exploring strategies and techniques for talking about voice-hearing in a normalising way.

This course is suitable for:

Anyone with an interest in this topic, including voice-hearers, family members, carers, mental health professionals, volunteers, social care workers, peer supporters, group facilitators, GPs and more.

Details and how to register:

The same half-day training course is offered in both Glasgow and London, and will take place at the following venues and times:

GLASGOW

10-1pm, Friday 28 February 2020

The Albany Learning and Conference Centre
(Woodlands Suite)
44 Ashley Street, Glasgow G3 6DS

LONDON

10-1pm, Tuesday 3 March 2020

NCVO (Rooms 1 and 2)
Society Building
8 All Saints Street, London N1 9RL

The training is free to attend and runs from 10am to 1pm, with lunch provided at 1pm. Certificates will be available at the end of the course.

REGISTER: <https://tinyurl.com/knowledgeispower-registration> or victoria.patton@durham.ac.uk