



LIVING WITH VOICES

EXPLORING WAYS OF SUPPORTING PEOPLE WHO HEAR VOICES TO RECLAIM THEIR LIVES

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ABOUT THE WORKSHOP

Research suggests that hearing voices is a fairly common **human experience** that is not, in and of itself, indicative of a mental health problem. If we know where to look, **successful voice-hearers** can be found in the pages of history books, spiritual traditions & the media.

However, when someone feels **overwhelmed** by the power and intensity of the voices they hear - knowing that **Gandhi** and **Lady Gaga** heard voices doesn't necessarily help.

This workshop explores ways we can better support **people who feel disempowered** by the voices they hear. Informed by the principles of the **Hearing Voices Network**, it explores the way in which we can support people to **transform** their relationship with difficult voices & **reclaim** their lives.

THIS ONE DAY EVENT EXPLORES:

- The **diversity** of voice-hearing experiences and their impact on people.
- **Different models** of understanding voices.
- Having **safe & respectful conversations** with people about the voices they hear.
- Ways of **copng with distressing voices**, emotions & overwhelming beliefs.
- **Strategies for exploring**, and improving, people's relationship with their voices.

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, peer supporters, psychiatrists and more ...

16TH DECEMBER

10.00 - 4.30PM

FREEDOM FROM TORTURE,

111 ISLEDON ROAD,

LONDON, N7 7JW

£85 FULL | £50 REDUCED
£25 CONCESSIONS



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 National Hearing Voices Network & Vice Chair of ISPS UK. Rai is also a voice-hearer with personal experience of hospitalisation.

BOOK YOUR PLACE ONLINE, SEE:

www.voices-london.eventbrite.co.uk