



# ONLINE TRAINING 2016

£65 (STATUTORY/COMMERCIAL) / £40 (INDIVIDUAL / VOL SECTOR) / £15 (UNWAGED)

## A FRESH APPROACH TO LIVING WITH VOICES

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, voice-hearers can be found in the history books, spiritual traditions and popular culture. 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 always help.

This course, run over 8 weeks, offers trainees the opportunity to understand more about the experience of hearing voices, and learn how thinking about voice-hearing as a relational experience can help people find new ways of living their lives. It is based on the principles of the Hearing Voices Movement.

### MODULES

1. Hearing Voices: an introduction
2. Hearing Voices: a relational approach
3. Finding Ways of Coping with Difficult Voices
4. Changing our Relationship with Voices

### THIS COURSE IS SUITABLE FOR:

Anyone interested in this topic, including: people who hear voices; family members; carers; mental health workers; students; voluntary sector; social care workers; substance misuse workers; GPs and more.

## A FRESH APPROACH TO TABOO & VIOLENT VOICES

Whilst hearing voices is often a taboo in western cultures, 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 person, and those around them, find very distressing. They can be extremely graphic, sometimes overlapping with violent thoughts, impulses or disturbing visions.

This course, run over 8 weeks, offers trainees the opportunity to explore the experience of hearing taboo & violent voices and how we can safely support people who feel very overwhelmed by what their voices say.

### MODULES

1. Taboo & Violent Voices: an introduction
2. Re-framing Taboo & Violent Voices
3. Finding a Safe Starting Point
4. Helping People Make Sense of Taboo & Violent Voices

### THIS COURSE IS SUITABLE FOR:

People who are interested in supporting others who hear taboo or violent voices and feel comfortable thinking about issues around this, including: peer supporters; group facilitators; mental health professionals; family members; voluntary sector; social care

**BOTH COURSES BEGIN ON 1 OCTOBER 2016 & RUN FOR 8 CONSECUTIVE WEEKS**

**MORE INFORMATION:** Each online course consists of 4 x 2 week modules featuring online access to a learning video (60-90 mins), an interactive discussion area and video Q&A. **Each week, new content is posted and you will have the opportunity to watch and learn at your own leisure.** On completion of the course, participants will be awarded a certificate of completion. **If you want to attend but really cannot afford the lowest fee, please get in touch.**

**FIND OUT MORE & BOOK YOUR PLACE: [WWW.BEHINDTHELABEL.CO.UK](http://WWW.BEHINDTHELABEL.CO.UK)**

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