



NEW: SUBSIDISED TRAINING OPPORTUNITIES IN THE NORTH EAST

www.behindthelabel.co.uk/YP-voices2018

Whilst hearing voices is a relatively common experience in childhood adolescence, affecting around 1 in 5 11-13 year olds, 8% of older teens and 23% of CAMHS clients aged 12-16, it remains an experience that can be difficult to speak about. For many this experience is either transient or doesn't cause a problem. It may provide comfort during a time of stress. For others, though, the voices can be overwhelming and be a signal of issues that need additional support.

The stigma surrounding voice-hearing can prevent young people who are struggling with difficult or distressing voices from opening up until they reach a crisis point. When young people do disclose their experiences they do not always find it easy to talk about it, and parents/youth workers may be unsure of how best to help.

This training initiative is facilitated by Rai Waddingham and is based on the ground-breaking work of Voice Collective in London and the Listen Up! Summer Art project at Durham University's Hearing the Voice. It includes 2 training courses and one free public awareness event that aims to:

- ★ Increase awareness around voices and visions in young people
- ★ Equip those supporting young people with the understanding, skills and tools to help young people who hear voices get the most out of their lives.
- ★ Stimulate the development of peer support opportunities for young people in the North East - in CAMHS and voluntary sector settings by training facilitators.

*** SPECIAL OFFER - REDUCED FEES & DISCOUNTS FOR TEAMS ***

UNDERSTANDING & SUPPORTING YOUNG PEOPLE WHO HEAR VOICES

19 JANUARY 2018, 10AM - 4.30PM @ DARLINGTON

This one day workshop explores: The experience and its impact; different ways of making sense of distressing voices and visions; links between voices, visions, emotions and trauma; ways of challenging the stigma surrounding 'voices' in youth services; safe ways of talking with young people about voices and visions; developing a toolbox of practical and creative youth-friendly coping strategies.

Suitable for: anyone supporting vulnerable young people, including: parents, foster carers, CAMHS practitioners, educational professionals, youth workers.



FACILITATING PEER SUPPORT GROUPS FOR YOUNG PEOPLE WHO HEAR VOICES

23-25 JANUARY 2018, 10AM - 4.30PM @ DARLINGTON

This three day workshop provides trainees with the understanding, skills and confidence to set up peer support groups for young people who hear voices, see visions or have other unusual experiences, including: the role of peer support; strategies to enhance participation; planning and promoting groups in your setting; launching groups, and managing common initial challenges; facilitation skills and managing difficult situations.

Suitable for: anyone interested in setting up and/or facilitating a peer support group for young people who hear voices.





UNDERSTANDING & SUPPORTING YOUNG PEOPLE WHO HEAR VOICES

INCREASING UNDERSTANDING . EXPLORING EXPERIENCES . DEVELOPING YOUR TOOLKIT

@raiwaddingham



rachel@behindthelabel.co.uk



www.behindthelabel.co.uk



ABOUT THE WORKSHOP

Around 22% of 11-13 year olds, and 8% of older teens hear voices that other people don't. For some these experiences are transient or pleasant, perhaps giving support or encouragement during times of stress or insecurity. For others, **the voices can become overwhelming** - bullying, threatening, distracting, commanding or criticising them.

These distressing voices can leave young people feeling **isolated**, frightened and struggling at school. It can be such a **stigmatising experience** that many hide it.

This one day event explores:

- The **experience** and its impact
- Different ways of **making sense** of distressing voices and visions
- **Links** between voices, visions, emotions and trauma
- Ways of **challenging the stigma** surrounding 'voices' in youth services
- Safe ways of **talking with young people about voices** and visions
- Developing a **toolbox** of practical and creative **youth-friendly coping strategies**

WHO IS THIS WORKSHOP FOR:

This workshop is open to anyone with an interest in supporting vulnerable young people, including:

peer support specialists, nurses, occupational therapists, social workers, psychiatrists, support workers, psychologists and other CAMHS / EIS workers, youth workers, family members, foster carers, voluntary sector organisations, counsellors, educational professionals, substance misuse workers and Youth Offending Teams.

TO BOOK YOUR PLACE ONLINE, SEE:

[www.behindthelabel.co.uk/
YP-voices2018](http://www.behindthelabel.co.uk/YP-voices2018)

19TH JANUARY 2018

10 AM - 4.30PM

RM D3.11 @THE FORGE,
CENTRE FOR PROFESSIONAL
DEVELOPMENT,
TEESIDE UNI, VICARAGE ROAD,
DARLINGTON, DL1 1JW



£75 FULL | £50 REDUCED
£20 CONCESSIONS

BUY ONE PLACE, GET ONE FREE*

To support the implementation of the approaches covered in this course, we are offering a free place for another member of your team and/or family. **To be eligible for this offer you must specify at booking.** Unused places will be subject to an admin fee.

TRAINER: RAI WADDINGHAM



Rai is an experienced international trainer with personal and professional experience of voice-hearing in childhood and adolescence. She set up, and managed, Voice Collective in London and is working in the NHS as an Open Dialogue Practitioner.



FACILITATING PEER SUPPORT GROUPS FOR YOUNG PEOPLE WHO HEAR VOICES

LEARN THE SKILLS AND UNDERSTANDING TO SET UP & FACILITATE A PEER SUPPORT GROUP

@raiwaddingham



rachel@behindthelabel.co.uk



www.behindthelabel.co.uk



ABOUT THE 3 DAY COURSE

Based on the peer support groups founded by Voice Collective in London - hosted by voluntary sector youth groups, CAMHS and inpatient settings - this interactive 3 day course will help you to develop the skills and confidence necessary to set up, facilitate and sustain a peer support group for young people who hear voices, have visions or have other unusual experiences.

Hosted by Rai Waddingham, combining personal experience of voice-hearing with extensive experience facilitating peer support groups for young people, this course includes:

- Understanding hearing voices and other related experiences
- Strategies & pathways to growth & recovery
- HVN / Voice Collective ethos
- Empowerment in a youth peer support context
- Planning, promoting, launching & establishing safe and supportive peer support groups in a range of settings
- Practical group facilitation skills and managing challenging situations

WHO IS THIS WORKSHOP FOR:

This workshop is open to anyone with an interest in setting up and/or facilitating a group, including: peer support specialists, nurses, occupational therapists, social workers, psychiatrists, support workers, psychologists and other CAMHS / EIS workers, youth workers, family members, foster carers, voluntary sector organisations, counsellors, educational professionals, substance misuse workers and Youth Offending Teams.

TO BOOK YOUR PLACE ONLINE, SEE:

www.behindthelabel.co.uk/YP-voices2018

23RD-25TH JAN 2018

10 AM - 4.30PM

RM D1.16 @THE FORGE,
CENTRE FOR PROFESSIONAL
DEVELOPMENT,
TEESIDE UNI, VICARAGE ROAD,
DARLINGTON, DL1 1JW



£175 FULL | £100 REDUCED
£25 CONCESSIONS

TEAM OFFER - FREE PLACES*

This course is already heavily subsidised. However, groups are more likely to succeed if there are 2 or more people trained as facilitators in a team. Everyone attending is welcome to book a place for a co-facilitator for FREE. **This offer is only available at the booking stage.**

TRAINER: RAI WADDINGHAM



Rai is an experienced international trainer with personal and professional experience of voice-hearing in childhood and adolescence. She set up, and managed, Voice Collective in London and is working in the NHS as an Open Dialogue Practitioner.

BREAK THE SILENCE:

1 in 12 young people hear voices. Let's talk about it.

FOR YOUNG PEOPLE WHO HEAR VOICES, THEIR FAMILIES & SUPPORTERS

@raiwaddingham



rachel@behindthelabel.co.uk



www.behindthelabel.co.uk



DID YOU KNOW?

- ✔ Over 1 in 12 young people hear voices or see things that other people don't.
- ✔ These voices can be helpful or funny for some, but sometimes they can be scary, threatening or confusing.
- ✔ Famous people who've talked about hearing voices include: Lady Gaga, John Frusciante (ex Red Hot Chili Peppers) and Gandhi.
- ✔ People can, and do, recover and learn to deal with difficult voices or visions.

COME ALONG TO THIS FREE EVENT ..

- ★ Find out about **Voice Collective peer support groups** and the **Hearing Voices Network**
- ★ **Meet other young people** who hear voices or see visions, and their families
- ★ Challenge the **stigma** around voice-hearing
- ★ Find out about how people can **learn to deal** with difficult voices or visions
- ★ **Hear about, and help support, local developments** in the North East that can support young people who hear voices

WHO IS IT FOR?

- ★ Young people who hear voices or have similar experiences
- ★ Parents and family members
- ★ Youth workers and anyone interested in supporting these developments in the North East of England.

ALSO SEE: OUR SERIES OF WORKSHOPS ON SUPPORTING YP WHO HEAR VOICES.

SATURDAY 20 JAN 2018

10.30 - 1.30PM

@ DARLINGTON
FRIENDS MEETING HOUSE
6 Skinnergate,
Darlington, DL3 7NB



WITH: RAI WADDINGHAM

Rai has her own experiences of hearing voices and seeing visions. When she was younger, she kept them secret, but feels lucky enough to have gotten the help and support she needed later on to take back control of her life.

Since finding a way of making sense of her voices, she now works to support others who are struggling. She helped to set up Voice Collective - a London-wide project supporting 100s of children and young people who hear voices/see visions per year. She now works in the NHS as an Open Dialogue practitioner, supporting families and networks in crisis.

She is a trustee of the National Hearing Voices Network, Chair of Intervice and Vice Chair of ISPS UK. Oh, and she has 3 cats. See: www.behindthelabel.co.uk

FOR MORE INFORMATION, OR TO BOOK YOUR PLACE, CONTACT RAI
E: rachel@behindthelabel.co.uk | www.behindthelabel.co.uk/YP-voices2018