



HEARING VOICES: A RELATIONAL APPROACH

FINDING WAYS OF UNDERSTANDING, EXPLORING & LIVING WITH DIFFICULT VOICES

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INTRODUCTION

Whilst it's being increasingly recognised that hearing voices is a relatively common human experience that is not necessarily linked to distress or illness, this fact may be little comfort to those who are struggling with distressing and overwhelming voices.

Based on the non-pathologising approach of the Hearing Voices Movement, this workshop explores ways in which we can make sense of and relate to even the most difficult of voice-hearing experiences. We will consider the ways social circumstances, trauma, poverty and adversity can impact on them. We will discover a range of creative strategies to help people explore their experiences, giving full attention to informed consent and ways of keeping such journeys as safe as possible.

Ultimately, we will look for ways to help people feel more empowered with their experiences within their lives.

ABOUT THIS WORKSHOP:

This one day event explores:

- **A relational approach to hearing voices**
 - diverse experiences of voice-hearing and the impact they may have on someone's life
 - different ways of making sense of, and relating to, voices
- **Relational strategies for working with voices**
 - strategies to help someone explore their experience of hearing voices and the ways in which it may relate to their lives
 - changing our relationship with voices
 - empowerment in a disempowering world

Suitable for: nurses, social workers, counsellors, peer support workers, psychiatrists, voice-hearers, family/friends, support workers, OTs, CAMHS ...

4TH MARCH 2019

9.30 AM - 4.30PM

DOCK, PIONEER PARK

75 EXPLORATION DRIVE

LEICESTER, LE4 5NU



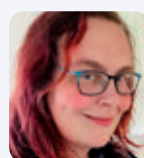
£75 FULL (NHS, STATUTORY & COMMERCIAL ORGANISATIONS)

£50 REDUCED (SELF-FUNDING & VOLUNTARY SECTOR ORGANISATIONS)

£20 CONCESSIONS*
(UNWAGED / LOW-WAGED SELF-FUNDING)

*IF YOU CANNOT AFFORD THIS, LET ME KNOW.

TRAINER: RAI WADDINGHAM



Rai is an international trainer specialising in innovative ways of supporting people in distress (inc psychosis, trauma & dissociation). She is an Open Dialogue Practitioner and has particular expertise in working with children, young people & people in prison who hear voices, see visions or have overwhelming beliefs. Rai is a trustee of the English National Hearing Voices Network and Vice Chair of ISPS UK. She uses her own experiences of voices, visions, distress & service use to guide her work.

TO BOOK YOUR PLACE ONLINE, SEE:

[www.behindthelabel.co.uk/
Voices-Leics2019](http://www.behindthelabel.co.uk/Voices-Leics2019)