



**May 2021**

**[www.bayareahearingvoices.org](http://www.bayareahearingvoices.org)**

**Vol 1 #3**

## **What you are saying about our HV Groups**

Last month many of you completed a survey about how you feel about our weekly adult and family member Hearing Voices groups. We do this every year not only to help us improve our groups but as part of an annual report to agencies that help fund our groups.

Some of the questions we asked are: How has the group helped you? What do you like about the group? How has the group changed your life? Why do you feel safe in the group (or why not)?

The following are some of the answers we received:

*"It's so freeing to share experiences in such a non-judgmental space"; "It helps me find the strength to go out into the world after being with people who understand what I'm going through"; "Allowed me to talk to my folks about my voices"; "Total acceptance"; "It's helped me understand that people that hear voices have hope"; "This group has helped me be more understanding of our son and more understanding of the gifts and challenges of hearing voices"; "It's showed me that I am not alone".*

To read a full copy of the survey and responses go to our website:

[www.bayareahearingvoices.org](http://www.bayareahearingvoices.org)

## ***HV Groups Going Forward: To Zoom or Not To Zoom?***

In the fall we hope to offer all our groups both on-line and in-person. In our survey we asked about advantages and disadvantages of meeting on zoom. Here is what folks said:

*"It's easier for me because I have a disabled husband"; "I do not drive and it makes it easier to get there"; "Not everyone has internet access"; "Much more convenient because I would have a 2.5 hour round trip"; "I like to be in the comfort of my own home"; "I didn't go when it was in person"; "It feels less safe on-line"; "I hate being lumped together with people"; "On line allows a greater audience to attend."*

What do you think? Let us know.

## Support Voice-Hearer Led Research on Language Use

Ayden Parish is a voice-hearer who studies Linguistics at the University of Colorado. He is seeking other voice-hearers to interview about their experiences to better understand the structure and grammar people use when describing voice-hearing experiences. Interviews would be about an hour and recorded. To support this project, please contact Ayden at [ayden.parish@colorado.edu](mailto:ayden.parish@colorado.edu).



## Help Us Create a Book Celebrating American Voice-Hearers (Deadline Extended due to Pandemic)

We are seeking MORE poetry and personal narratives of 5000 words or less from voice-hearers and visionaries from the United States! Thanks to those who have contributed so far! Visual art and music can also be submitted. The due date for submissions is **May 31st, 2021**. The following questions may be useful to you in structuring your writing:

\*When did you first begin hearing voices or having other unusual experiences? \*How old were you and what was going on in your life? \*What was the content of these experiences in the beginning? \*How did you understand them, and how did they make you feel?

\*Do these voices or experiences decrease your quality of life-- or prevent you from doing what you would like to do? \*Do they also enhance your quality of life? \*Did you tell anyone about your experiences? \*What or who has been helpful to you or What was least helpful? \*What meaning do you think these experiences have?

\*Have your ideas changed about this since your first experiences? \*Have you developed some strategies to help you cope with negative aspects of your experiences and increase the positive aspects? Do you feel that you have a relationship with your voices? \*What changes would you like to see in the kinds of support available for people living with voices and other unusual experiences?

Please submit to [info@hearingvoicesusa.org](mailto:info@hearingvoicesusa.org).

# Intervoice Congress 2021

The 12th World Hearing Voices Congress, Cork, Ireland,  
September 1-3, 2021.

**“Solidarity in Times of Adversity:  
The Global Voice Hearing Community Reconnecting”**

## Congress Theme

Over the past 18 months, the Covid-19 pandemic has caused an unprecedented challenge across the globe, which many of us will have experienced as disconnecting, isolating, frightening, chaotic, overwhelming, and, at times, unbearable. However, the pandemic has also shown the power of solidarity when communities come together to offer each other support in times of adversity.

This year’s Congress will create spaces for voice hearers, family members, carers, practitioners, academics, and all those interested in the principles and values of the International Hearing Voices Movement, to connect and/or reconnect with one another in a post-pandemic world, either in person in Cork, Ireland or online across the globe.

Drawing on two ancient Irish traditions, the Congress organisers aim to provide a platform (ardán\*) to focus on the ways in which many voices can work together, supporting each other in difficult times (meitheal\*).

\*Ardán (pronounced ar-dawn) is an Irish word meaning platform, stage, but it is also used in the context of ‘raising one spirits’!

\*Meitheal (pronounced meh-hill) is the Irish expression of the ancient and universal appliance of cooperation to social need, referring to the co-operative labour system in Ireland where neighbors help each other in turn with farming work, such as harvesting crops. It establishes community unity through cooperative work and mutually reciprocal support.

Our own Cindy Marty Hadge is one of the keynote speakers!

For more information, please email:

[info@hearingvoicesnetworkireland.ie](mailto:info@hearingvoicesnetworkireland.ie)



## When Conversation Turns to Suicide

When Conversation Turns to Suicide is a training for providers, peer supporters, family, friends and others in the community who want to build understanding, and develop skills to aid them in more effectively supporting others who might be struggling with suicidal thoughts.

This training is rooted in the 'Alternatives to Suicide' approach and offers an alternative to more medicalized suicide prevention and related programs such as QPR, ASIST, and Mental Health First Aid (MHFA) that tend to emphasize largely ineffective and potentially harmful assessment and referral strategies. Participants in this training will explore:

Myths and misunderstandings related to suicide and how to help; The relationship of trauma, and losses of power and control to suicide; A framework for support; Ways to share power in your supporter role; Ways to take care of yourself both before and after offering support; How to influence change in suicide prevention policies and beyond;

**Class Options\*: Apply by Friday, May 14** to your first choice of the following on line sessions:

Option 1 Saturday June 5 and Saturday June 12 from 9:30-5

Option 2 Tuesdays June 8 and 15<sup>th</sup>, Thursdays June 10 and

17<sup>th</sup> from 1-5 on zoom. Go to Eventbrite to register:

<https://www.eventbrite.com/e/alternatives-to-suicide-overview-tickets-137416483401> If questions email [info@westernmassrlc.org](mailto:info@westernmassrlc.org)

*\*Trainings are open to anyone, but family members and providers from the local area will be prioritized. Please only apply to the option that is your top preference.*

## TRAINING

### Working with Hearing Voices & Unusual Beliefs with Peter Bullimore & company

Participants in this 6-session training will learn how to better understand and support people to make meaning of their experiences with voice hearing and/or unusual beliefs or what gets called “paranoia.

” Attendance at all sessions is required to fully complete the training. All sessions will be held on-line, and all times listed are in Eastern USA time. *Registration is required.* Space is limited.

**Monday, August 2 10-2pm:** Three Stages of Hearing Voices

**Monday, August 9, 10-2pm:** Three Stages of Unusual Beliefs/”Paranoia”

**Monday, August 16, 10-11:30am:** Maastricht Interview Overview

**Monday, August 23, 9-4pm:** Using Maastricht for Voices

**Monday, August 30, 9-4pm:** Using Maastricht for Unusual Beliefs/”Paranoia”

**Wednesday, August 8, 10-2pm:** How to Use What’s Learned from Maastricht

<https://sable.madmimi.com/c/12931?id=875144.18284.1.86d00533a5eec5938996ecaad395c7aa>

Peter Bullimore operates the training/consultant agency, Asylum Associates, and is the founding member of the Paranoia Network in England. He also holds a teaching and research post at Manchester University and is a published author on voices and trauma including the workbook *Asking the Questions* with Paul Hammersley and John Read, a guidebook on childhood trauma. He will be joined by at least one other member of his team in leading this event.



## HEARING VOICES GROUPS

The Bay Area Hearing Voices Network offers four, online groups Monday-Wednesday. **To enter the on-line support group meeting go to our website: [www.bayareahearingvoices.org](http://www.bayareahearingvoices.org) and click on the link at the bottom of the page to the Wednesday group.**

### **Monday Meetings:**

**BAHVN in partnership with Berkeley Mental Health offers separate support groups for adults and family members, The 2 separate Support Groups meet Mondays from 6 to 8 pm.**

### **Tuesday Meeting:**

**BAHVN in partnership with [HealthRIGHT360 of San Francisco](#) offers an online adult support group Tuesday evenings from 6 to 8 pm led by trained facilitators with lived experience in the mental health system.**

### **Wednesday Meeting:**

**BAHVN, in partnership with the [Mental Health Association of San Francisco](#) (MHASF), offers an online adult support group Wednesday evenings from 6-8 pm.**

### **Thursday Meeting:**

**The HVN Family and Friends Group (friends, lovers, and caretakers are welcome too) meets online for 90 minutes every Thursday 3-4:30 pm PST. To join contact [cindy@westernmassrlc.org](mailto:cindy@westernmassrlc.org)**

*The Bay Area Hearing Voices Network is a non-profit 501©3 organization. We seek to expand public awareness, provide community support, and refuge for those who hear voices, see visions, and experience other forms of extraordinary perception. To submit articles contact: [edherzog48@gmail.com](mailto:edherzog48@gmail.com) For more information about us visit our website: [bayareahearingvoices.org](http://bayareahearingvoices.org)*

## BAY AREA HEARING VOICES NETWORK

