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www.bayareahearingvoices.org

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Attendance at Hearing Voices Groups Means Lower Rates of Hospitalization, says Study

According to a paper published in *Lancet Psychiatry* 2021 people with a schizophrenic diagnosis had lower rates of hospitalization when a carer and voice hearer attended an adult or family and friends HV group.

The study aimed to “evaluate the efficacy, acceptability, and tolerability of psychosocial and psychological interventions for relapse prevention in schizophrenia.” After 72 studies with 10,364 participants (3939 females and 5716 males with sex indicated) the study concluded that “family interventions, family psycho education, relapse prevention programs, and cognitive behavioral therapy reduce the risk of relapse more than treatment as usual at 1 year.”

They recommended that, “these treatments should be the first psychosocial interventions to be considered in the long-term treatment for patients with schizophrenia.”

This study provides an “overall picture of all the available evidence on comparative efficacy, acceptability, and tolerability of psychosocial and psychological interventions for relapse prevention in people with schizophrenia.” They found a clear benefit in “reducing the risk of relapse for family interventions, family psycho/education, and cognitive behavioral therapy.”

The study’s authors suggest that “policy makers and clinicians consider giving priority to family interventions, family psycho/education, and cognitive behavioral therapy when allocating resources and planning maintenance treatment for patients with chronic schizophrenia.”

(Published on line October 12, 2021, Department of Psychiatry and Psychotherapy School of Medicine Technical University of Munich, Germany)

(Dear readers, as you probably know the BAHVN does not normally use the medical terminology/language quoted in this article but we wanted to accurately quote the results of their study.)

BAY AREA HEARING VOICES NETWORK



TRAINING

Working with Hearing Voices and Unusual Beliefs with Peter Bullimore and Company

Participants in this 6-session January 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.

<https://sable.madmimi.com/c/12931?id=902044.18763.1.3bf92d10f5fe840a626e222847d4adfa>

HVN Group Facilitator Training Over Zoom

Join this ON-LINE Hearing Voices training that has grown out of the international Hearing Voices movement. The HVN movement emphasizes the importance of not assuming voices and visions are 'bad' or the symptom of a disease, and instead focuses on supporting people to make meaning of their experiences, and seek ways to navigate them while building a full life.

The next training will be held as follows:

January 10, 11, 17, 18, 24, & 25 from 12pm to 4pm.

Applications are due by November 29. You can learn more information and apply by going to the following website: wildflowralliance.org

PLEASE NOTE: This on-line training is intended for people who are unable to attend an in person training, and seats will be prioritized for people who are geographically unable to attend an in person event or who have other accessibility needs.



TRAINING

Learning Opportunity: ISPS-US Virtual Conference

**Moving Toward Shared Understandings in Extreme States:
*Professional, Individual, and Family Perspectives***

November 5-7, 2021 on-line

From the website:

Join ISPS-US at our 2021 Conference and Annual Meeting as we consider the progress that can be made when multiple perspectives are honored in the understanding of extreme states. For more information contact: <https://www.isps-us.org/upcoming-conferences.php>

Alternatives to Suicide Group Facilitator Training ON-LINE

Join the next ON-LINE Alternatives to Suicide Group Facilitator training. Learn the values that guide the Alternatives to Suicide approach, and how to facilitate Alternatives to Suicide groups so you can start a group or support an existing one!

Training dates will be in December: 6, 7, 13, 14, 21, and 21st. **Each training day will be 12:30pm to 4:30pm Eastern USA time.**

PLEASE NOTE: This on-line training is intended for people who are unable to attend an in person training, and seats will be prioritized for people who are geographically unable to attend an in person event or who have other accessibility needs. For more information and to register go to: wildfloweralliance.org

Beyond Possible: How the Hearing Voices Approach Transforms Lives

The film was released in 2019 as a part of the **Hearing Voices Research & Development Fund's** efforts to increase understanding of the impact of Hearing Voices groups, and increase their accessibility across the United States. The fund represents a collaboration between **Open Excellence, Mount Holyoke College,** and the **Wildflower Alliance.** To access the film go to YouTube:

<https://www.google.com/search?q=beyond+possible%3A+how+the+hearing+voices+approach+transforms+lives>

HEARING VOICES GROUPS

The Bay Area Hearing Voices Network offers five, online groups Monday-Thursday. **To enter the on-line support group meeting go to our website: 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 Meetings:

The HVN-USA 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

Thursday BAHVN Game Night, 5-7 pm, Game play is free of charge to BAHVN adults, TAY, and family members, an on-line weekly night of fun and games. All attendees are required to open an [account at boardgamearena.com](#), where the game night will be held online. Go to the [BAHVN homepage](#) for a Zoom audio link to Game Night.

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 For more information about us visit our website:bayareahearingvoices.org