

VCVC

Validation, Curiosity, Vulnerability, Community

One of the cornerstones of hearing voices values and practices is a model we call VCVC: validation, curiosity, vulnerability and community. As voice hearers and family and friends of voice hearers, VCVC is an essential tool we use to communicate and understand each other with self-awareness and compassion.

Validation: We all desire our experiences to be validated by our friends and loved ones, no matter who we are. We want to be understood, not judged. Hearing statements like: “I see you; I accept you as you are; and I am here to partner with you”, opens closed doors and let’s in greater understanding and communication.

Curiosity: Approaching our friends and loved ones with a sense of curiosity allows us to open up to our sense of beginners mind, where anything is possible. From this place we communicate statements like: “I value your individual story; I see you as a whole human being (not a case number or diagnostic label); I care about the context of your life; and I am committed to checking in with my assumptions about you.”

Vulnerability: Giving up our need to be in control and always “right” allows us to partner with our friends and loved ones and open up lines of communication we might not know exist. Recognizing that we are also human beings with our own strengths, limits, and weaknesses allows us to experience our shared humanity.

Community: “We are not alone.” Isolation and fear of stigma isolates us and closes doors for those of us most in need of community. In our hearing voices groups we find connection and support in a wider community that can transform us and lead us onto a path filled with understanding and love.

RESOURCES

FILMS

On those cold winter nights at home you might check out the following films and videos to watch about the voice hearing experience:

2009 and 2010 World Hearing Voices Conference DVD (2011),

www.intervoiceline.org

A Brilliant Madness (2002), www.pbs.org.

Beyond the Medical Model (2013), www.westernmassrlc.org/rlc-film-productions

Louise Pembroke, Dedication to the Seven: Hearing Voices in Dance and Catatonia (2007), www.mind.org.uk.

Dialogues with Madwomen (1993). Dir. Allie Light, Women Make Movies (www.wmm.com).

Hearing Voices: Approaches to Managing Psychosis (1995). BBC Worldwide, films for the Humanities & Sciences (www.ffh.com).

Mars Project (2008), www.madinamerica.com/product/mars-project-2008

People Say I'm Crazy (2004). Dir. John Cadigan and Katie Cadigan. Palo Alto Pictures, www.peoplesayimcrazy.org.

Someone Beside You (2006). Dir. Edgar Hagen, www.maximage.ch.

Take These Broken Wings (2008), wildtruth.net/dvd/brokenwings

There is a Fault in Reality (2010), www.madinamerica.com/product/fault-reality-2010

ON LINE VIDEOS

Eleanor Longden's TED Talk: ["The Voices in My Head"](#)

Mental Health Matters: ["Hearing Voices"](#)

Olga Runciman: ["Hearing Voices Network Denmark"](#)

Rufus May: ["Living Mindfully with Voices"](#)

Marty Hadge: Alternatives 2013, ["Hearing Voices Beyond the Labels"](#)

Daniel Mackler: ["Schizophrenia Recovery Without Medication"](#)

Daniel Mackler: ["Schizophrenia - Critique of Medication & Big Pharma"](#)

Daniel Mackler: ["Schizophrenia - Therapy Promoting Full Recovery"](#)



TRAINING

Trainings offered by the HVN-USA

Part of the intent and purpose of Hearing Voices Network USA is to support the development of new groups throughout the country, and to broaden understanding of the HVN approach across the US. In support of that, we have an experienced group of trainers who can offer you and your group or organization an option that meets your needs, including:

- **An Overview to the Hearing Voices Approach:** This option is typically a two-hour training during which participants will be oriented to the basic history and core concepts of the Hearing Voices Network's approach.
- **Hearing Voices Awareness Training:** This one-day training will address the same material covered in the overview, but will go into more depth to support participants' exploration in understanding hearing voices and other extreme or unusual experiences and some of the ways that the HVN groups and overall approach can support individuals to move forward toward integrating these experiences into their lives.
- **Facilitator Training:** This multi-day training (minimum of 24 hours) will cover all material addressed in the other trainings, and will prepare individuals to begin facilitating Hearing Voices groups.

Other topics (working with people who hear voices, etc.) available on request.

HVN-USA Trainers

The HVN-USA training team is made up of a variety of people from the United States and the United Kingdom. Several on the team have personal experience with hearing voices, seeing visions and other unusual experiences. Those who don't are nonetheless deeply invested in and closely allied with the movement. Each trainer has their own style, but all work within the same general framework including minimum number of hours and major points covered in each training. Generally speaking, at least two trainers are involved in facilitating any training, and at least one will have experienced hearing voices, seeing visions or other unusual experiences.

If you are interested in scheduling a training or want more information, please contact HVN-USA at <mailto:info@hearingvoicesusa.org>





Holiday Greetings from the Bay Area Hearing Voices Network

Since 2016 the Bay Area Hearing Voices Network has been offering supportive adult hearing voices groups for voice hearers and those with unusual experiences and for family and friends of voice hearers.

We have been a network that has been dedicated to increasing public awareness to offset stigma toward voice hearers and provide community support and refuge for those who hear visions, see visions, and experience other forms of extraordinary perceptions.

We kindly request year-end donations of any amount to further the growth, goals, and services of our movement in the New Year. Donations to the Bay Area Hearing Voices Network are tax deductible and may be made online securely by clicking on this [**DONATE**](#) button. Or if you prefer, checks may be mailed to our office c/o Bay Area Hearing Voices Network, 1012 Jones Street, Berkeley California 94710.



SAVE THE DATE

Perspectives on the Hearing Voices Approach *presented by the* Bay Area Hearing Voices Network (BAHVN)

Join us for a webinar about the hearing voices approach to living with voices and supporting our loved ones who hear voices or have other unusual experiences

Thursday, January 17th, 2022, 6-7:30 pm PST

SPEAKERS: BAHVN Board Members: Psychologist Bret Fimiani, HV Group Facilitator David Hallsted, and BAHVN President and Family Member Edwin Herzog
For more information go to our

[webinar page](http://www.bayareahearingvoices.org) at www.bayareahearingvoices.org

HEARING VOICES GROUPS

The Bay Area Hearing Voices Network offers five, online groups Monday-Friday. **To enter the on-line support group meeting go to our website: www.bayareahearingvoices.org and click on the link for the group you want at the bottom of the page.**

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 2:30-4:00 pm PST. To join contact cindy@westernmassrlc.org

BAHVN Game Night, Friday Nights, 5-7 pm:

An on-line weekly night of fun and games. Game play is free of charge to BAHVN adults, TAY, and family members, All attendees are required to open an [account at boardgamearena.com](http://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 501c3 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: <http://www.bayareahearingvoices.org/>