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www.bayareahearingvoices.org

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The Maastricht Interview Process

The Maastricht Interview Process was originally designed as a research tool to elicit information from people who hear voices. It was developed by Sandra Escher, Patsy Hage, and Marius Romme, from the Netherlands, who created the foundation for the Hearing Voices Movement.

It has proven to be extremely useful in getting a much fuller picture of the shared experiences of voice hearers. The results have been used to develop a range of coping strategies that can help voice hearers come to terms with their experience. It has also proven to be a good way of beginning the process of exploring the voice hearing experience for individual voice hearers.

It was designed for people who hear voices and intended to help them understand their experiences better. It was the authors' view that the voice hearing experience gives voice hearers the knowledge and expertise that no one else has. The interview questions are designed to help voice hearers discover in what circumstances they hear voices and what methods they use to cope with them.

The interview process can also be used as a way of opening up discussion about voices and stimulate dialogue about the voices with family members. The questionnaire can also be a way of building trust between the voice hearer and the person they are working with and can create favorable conditions for further discussion and action about how to cope with the voices. *To obtain a copy of the Maastricht Interview Process go to the HVN-USA website.*



ISPS-US Call for Proposals

The international Society for Psychological and Social Approaches to Psychosis, (ISPS-US), will hold their next conference - Opportunity through Experience: Psychosis, Extreme States, and Possibilities for Transformation - from November 4-6, 2022, in Sacramento, CA, as well as online.

Keynote speakers to include Celia Brown, psychiatric survivor and a longtime advocate for people with psychiatric disabilities; Lionel Corbett, psychiatrist, Jungian analyst, and professor of depth psychology; Carlos Padrón, licensed psychoanalyst.

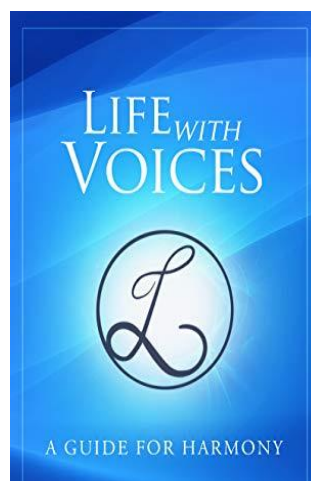
People with lived experience, family members, clinicians and researchers are all invited to attend or propose presentations that promote mutual collaboration and respect, and can allow us to offer each other both greater understanding and more light. They especially welcome proposals from members of marginalized groups whose experiences have included systemic as well as relational traumas and challenges. *For more details contact: ISPS-us.org/upcoming-conferences.*

Check out: 'Life with Voices: A Guide for Harmony'

'Life with Voices: A Guide for Harmony' by former HVN:USA and BAHVN board member Dmitry Gutkovich offers a toolkit of strategies that have won high praise from those with lived experience, and also from their family members, academics, and medical providers.

It explores how to learn, how to avoid confusing beliefs, defeat hostile voices, and create a voice ecosystem with rules and positivity. To learn more you can order the book on Amazon. (Review from HVN-USA News)

Looking for more to read? You may also want to check out 'Hearing Voices, Living Fully' by current Hearing Voices USA Board member Claire Bien.



TRAINING

Working with Hearing Voices and Unusual Beliefs

6 Session Class with Peter Bullimore & Co, July 2022

Participants in this six 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." All sessions will be held on Eastern Standard Time.

Tuesday July 12, 10am-2pm: Three Stages of Hearing Voices

Wednesday July 13th, 10am-2pm: Three Stages of Unusual Beliefs/"Paranoia"

Thursday July 14th, 10am-11:30am: Maastricht Interview Overview

Tuesday July 26th, 9am-4pm: Using Maastricht for Voices

Wednesday July 27th, 9am-4pm: Using Maastricht for Unusual Beliefs/"Paranoia"

Thursday July 28th, 10am-2pm: How to Use What's Learned from Maastricht

To register email info@wildfloweralliance.org

Hearing Voices Support Groups for Family and Friends

Hearing Voices groups have been a tremendous support—sometimes life changing for so many who hear voices and have other related experiences. However, too many loved ones have remained at a loss for how best to support their family members and friends. In 2019, the Wildflower Alliance began offering family and friend groups in collaboration with Hearing voices USA Board and BAHVN board member Ed Herzog, and Cindy Marty Hadge, BAHVN board member.

Two groups meet Mondays at 8-9:30 pm EST and 6-8pm PST; and Thursdays, 5:30-7 pm EST (2:30-4 PST). All family and friends are welcome to attend. You can get more info at bayareahearingvoices.org



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 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 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