



June 2022

www.bayareahearingvoices.org

Vol 2 #6

Free Online Group Game Activities for the Hearing Voices Community!

Greetings! The Bay Area Hearing Voice Network, BAHVN, is happy to announce that we are offering [Game Night](#) starting **Friday nights, June 3rd, 5-7 pm PDT**. Game Night is an organic, entertaining, and engaging way for peers to come out of isolation and join an open, safe, and accessible opportunity to relax and enjoy themselves.

We currently run digital games on zoom and Board Game Arena Platform (<https://en.boardgamearena.com/>). No experience necessary, no cost per participant, or equipment/software needed. Just internet access from a phone or computer.

All attendees are required to open a free [account at boardgamearena.com](#), and follow all steps required with that process. To join Game Night, click on the Zoom link [here](#).

We play a wide range of games suited to all skill levels and would love to have more attendees. Please feel free to distribute the attached flier. We are happy to answer further questions. If you want more information, please contact us at: bayareahearingvoices@gmail.com.



The Three Stages of Voice Hearing

Romme and Escher

The Startling Phase: This stage occurs when people are still overwhelmed by the “strange new experience of hearing voices.” Typically, the voices may be so frightening and/or so unfamiliar that it leads to confusion.

The Organization Phase: This stage occurs when the person hearing voices has grown more used to them and is looking for ways to manage/deal with.

The Stabilization Phase: This stage occurs when the relationship between the individual and the voices they are hearing has become more balanced. Anxiety is lower and people feel more in control. The voices are also seen more as belonging to the individual.

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 long time 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 propose presentations that promote mutual collaboration and respect, and can allow us to offer each other both greater understanding and more light. We 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](https://isps-us.org/upcoming-conferences).



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



Encouragement

“One of the most beautiful gifts in the world is the gift of encouragement. When someone encourages you, that person helps you over a threshold you might otherwise never have crossed on your own. There are times of great uncertainty in every life. Left alone at such a time, you feel dishevelment and confusion like gravity.

“When a friend comes with words of encouragement, a light and lightness visit you and you begin to find the stairs and the door out of the dark. The sense of encouragement you feel from the friend is not simply the words or gestures; it is rather their whole presence enfolding you and helping you find the concealed door. The encouraging presence manages to understand you and put him/herself in your shoes. There is no judgment but words of relief and release.”

By John O’Donohue from the book: Eternal Echoes

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 two 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-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