



## Bay Area Hearing Voices Network NEWS

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

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### **BAHVN's Cindy Marty Hadge in Conversation With Family Members**

Last month, BAHVN board member Cindy Marty Hadge was featured in an on-line talk with family members from NAMI-East Bay, a SF Bay Area NAMI affiliate. The following is a link where you can watch the hour-long talk:

[https://us02web.zoom.us/rec/share/MW3C4g1emVW\\_pWJ55Mymde1xBGmLInTIMQnbl2xo9fx4ugRtrR-o6c140BuNh1ph.V2iLw3vn93rVNpAe](https://us02web.zoom.us/rec/share/MW3C4g1emVW_pWJ55Mymde1xBGmLInTIMQnbl2xo9fx4ugRtrR-o6c140BuNh1ph.V2iLw3vn93rVNpAe)

Passcode: EA\*2zh&D

Cindy is a Lead Trainer for the Wildflower Alliance and Hearing Voices Network USA and she is an internationally award winning trainer and keynote speaker. Cindy spent many years struggling with trauma, use of both prescribed and un-prescribed drugs, and distressing voices, while receiving services from a mental health system that was at times helpful but was also frequently injurious.

She is now creating a life she finds worth living through the healing environment of the Wildflower Alliance, the Hearing Voices Movement, and a belief in a loving higher power. In doing so, she has found that all her struggles have value in creating space for herself and others to heal. Cindy will share her experience of navigating her voice hearing experience and supporting others to do the same.

# **BAY AREA HEARING VOICES NETWORK**



### **Best Selling Author Ruth Ozeki Featured in Conversation with HVN-USA**

Last month, bestselling author Ruth Ozeki was featured in a conversation with HVN-USA about her latest book, “The Book of Form and Emptiness”. It tells the story of a young voice hearer named Benny Oh. The novel is narrated by one of Benny's voices. Although Benny experiences mainstream psychiatric care including psychiatric hospitalization, it is not the medical model that helps Benny make sense of his life.

Like many voice hearers, Benny makes meaning out of his experiences through developing relationships with fellow psychiatric survivors and voice hearers, and through finding ways to relate positively to his own voices. “The Book of Form and Emptiness” is a remarkable example of how the core principles and understandings of the Hearing Voices Network approach is influencing mainstream culture. To access the conversation click on the following link to YouTube: <https://www.youtube.com/watch?v=tvVcBKyH224> If you enjoy this video and are in a position to contribute further, you may do so here: <https://bit.ly/ISPSHVN>

### **HVN-USA Board Member Featured in NY Times Article and Book**

Hearing Voices USA Board member, Caroline Mazel-Carlton, was recently featured in the New York Times in an article entitled '***Doctors Gave Her Antipsychotics, She Decided to Live with Her Voices.***' The article is a long-form piece that also features **Chacku Mathai**, and others sharing pieces of their histories, as well as the innovative work they're doing to change the face of support for extreme states in the US. The article is written by Daniel Bergner who developed the piece based on his simultaneously released book, 'The Mind and the Moon'.



# TRAINING

## World Hearing Congress Lands in Brazil

This year's International Congress will be hosted by Hearing Voices Brazil, and will be located at Porto Alegre in the South of Brazil from November 3-5<sup>th</sup>, 2022. It will be hybrid - allowing for both in person and on-line participants - as supported by Online Events who also supported last year's online Congress in Ireland. BAHVN board member Cindy Marty Hedge will be one of the featured speakers. More news to follow.

### 6 Session Class: Working with Hearing Voices and Unusual Beliefs

Participants will learn how to understand and support people to make meaning of their experiences with hearing voices & 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.* All sessions will be led by Peter Bullimore & company.

**Thursday, Nov 3 10-2pm Eastern: Three Stages of Hearing Voices**  
**Friday, Nov 4, 10-2pm Eastern: Three Stages of Unusual Beliefs/"Paranoia"**

**Tuesday, Nov 8 10-11:30am Eastern: Maastricht Interview**  
**Overview**

**Wednesday, Nov 9, 9-4pm Eastern: Using Maastricht for Voices**  
**Thursday, Nov 10, 9-4pm Eastern: Using Maastricht for Unusual Beliefs/"Paranoia"**

**Friday, Nov 11, 10-2pm Eastern: How to Use What's Learned from Maastricht.** *To register go to: [WildflowerAlliance.org](http://WildflowerAlliance.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](http://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](mailto: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](mailto:edherzog48@gmail.com). For more information about us visit our website: [bayareahearingvoices.org](http://bayareahearingvoices.org)*