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

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## Key Values of the Hearing Voices Approach

For many of us who have grown up hearing about the Western psychiatric/medicalized orientation and approach to voice hearing we are often confused and frightened about these experiences. Often we turn to the “professionals” for help in understanding them. This biological, “brain disease” model/myth, so dependent on medication and hospitalization, can often be unhelpful as well as ignorant of the many different alternative approaches focused on a recovery model.

In the hearing voices movement and in our hearing voices groups we take a different approach. **The following are some of our key values:**

- \*No assumption of illness;
- \*The goal isn't necessarily to get rid of the voices;
- \*No assumption that voices are bad or can't be helpful

**The following are some of our core beliefs:**

- \*The problem is not hearing voices but how people cope with them;
- \*There are many ways to understand and make meaning of hearing voices;
- \*There are many paths for moving forward.

If you would like to learn more you are invited to attend our adult hearing voices groups or our family member groups. All groups are on line and free of charge. Meeting times can be found on the last page of this newsletter.



# Allies in Recovery: Forming a Connection with Your Loved One

*Excerpts from a talk given by Kayla Solomon, LICSW, a facilitator with “Allies in Recovery”.*

Families are typically the first line of recognition and care for a loved one struggling with voice hearing and other extreme experiences. They are called upon to be the person’s case manager, vocational counselor, therapist, and housing specialist—all with little access to training and support. Allies in Recovery ([www.alliesinrecovery.net](http://www.alliesinrecovery.net)) is an online service that teaches skills in connection and awareness as well as self-care for those who are dealing with a struggling loved one.

Solomon uses a technique called “intentional dialogue,” which means communicating with complete consciousness. “You begin by repeating back what the other person is saying. But you do this without making additions, editorializing, giving your own explanations, or offering personal reactions. To add your reactions would be like making a funhouse mirror, which distorts the image. Think of the Imago process as offering a flat mirror, which gives a true reflection. For example, if your loved one says he or she is hearing voices, you would say, “You’re hearing voices. Tell me more about that.”

“What we all require,” she says, “is being seen and being heard. And there is safety in making this connection. You take the threat out of the discussion by taking your own reactivity down to zero.

“People naturally want to have their feelings and experiences validated. You say, for example, “That makes sense to me. Reflective listening—or mirroring dialogue, summarization, and validation— does not always present a solution. But it allows you to move forward with the person because you have made a connection.”

*(From the NAMI East Bay Bulletin reported by Thomas T. Thomas)*

**BAY AREA HEARING VOICES NETWORK**



## ANNOUNCEMENTS

### Understanding & Helping with Voices: A Presentation for Family Members

*Wednesday, April 12, 9 am to 12:30 pm (EST)*

*6 am-9 am (PST) via Zoom*

While the majority of children who hear voices aren't negatively affected by them, this may be of little comfort if your child is struggling to cope. When voices and visions are very intrusive, powerful or distressing, it is normal for the whole family to feel overwhelmed. The good news is that research shows recovery is possible, and you as a family member have an important role to play. Information in this workshop will aim to give you some inspiration to find your way forward for you and your loved one.

To register [CLICK HERE](#)

### The Mind and the Moon: A talk about Mind, Brain, Human Dignity and Spirit

If you were unable to attend the April 3rd talk featuring “Mind and The Moon” author Daniel Bergner with Caroline Mazel-Carlton and Bob Bergner you can watch the [recording](#) on the HVN-USA website.

*The Mind and the Moon: My Brother's Story, the Science of Our Brains, and the Search for Our Psyches* raises profound questions about how we understand ourselves and the essential human divide between our brains and our minds. *Funds raised from this event will go to support Hearing Voices USA and ISPS-US*



# HEARING VOICES GROUPS

The Bay Area Hearing Voices Network offers five, online groups Monday-Friday. To enter the online 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 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 Meetings:**

The HVN-USA Family and Friends Group (friends, lovers, and caretakers) are welcome) meets online for 90 minutes Thursdays 2:30-4:00 pm PST, 5:50-7:00 pm (EST) To join contact [cindy@westernmassrlc.org](mailto:cindy@westernmassrlc.org)

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

An online 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)*