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www.bayareahearingvoices.org

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Using Validation Curiosity Vulnerability and Community in our Groups and our Families

Curiosity, Vulnerability, and Community (**VCVC**) are some of the most important tools in our toolbox. We rely on them in our groups and in our families to communicate with our loved ones and each other.

Here they are: **Validation** allows us to validate the other person by saying things like: “That sounds so hard to be hearing a voice that is yelling at you with so much anger...” Think about it, often times that is all we need to feel heard and understood. **Curiosity** taps into our attempt to understand the other person, saying things like, “Can I ask do the voices sound familiar to you at all?” Or “I wonder what was happening in your life when you first heard the voices?” It is a non-intrusive way of opening up communication with the other person. **Vulnerability** asks the listener to open up within and look at ones own life to understand another’s experience, saying something like, “In my own life, it has been very difficult to sit with angry feelings, particularly my own.”

Finally **Community**, talking with people helps. Finding others with similar experiences helps us to come out of isolation and enables us to connect with others and talk about our voices in a safe place. Our BAHVN hearing voices groups are a safe, judgement free, non-fear based, non-pathologizing place. You might discuss questions like: “Are there any places or activities that seem to soothe the voices?” or “Has anyone else tried addressing their voices,” or “What helps you with more negative voices?” Anytime you come to any of our BAHVN groups you will see VCVC in action as we tenderly and compassionately support and communicate with each other and learn from those who have similar experiences and who have learned to manage and integrate them. Please join us!

HVN-USA Offers Trainings

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. They have offer individuals and groups or organizations an option that meets their 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.

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

Save the Date: World Hearing Voices Congress October 26th & 27th in Paris

Yann Derobert and his team at REV France are now accepting workshop proposals from all over the world. The theme of the 14th World Congress is "Breaking the Spell of Consensus Reality: Welcoming Every Human Experience". For more info go to paris2023@revfrance.org



TRAINING

6-Session Class on Voices & Unusual Beliefs with Peter Bullimore, On-line

Tuesday Oct 3, 10-2PM ET: Three Stages of Hearing Voices

Wednesday Oct 4, 10-2PM ET: Three Stages of Unusual Beliefs/"Paranoia"

Thursday Oct 5, 10-11:30AM ET: Maastricht Interview Overview

Monday October 9, 9-4PM ET: Using Maastricht for Voices

Tuesday October 10, 9-4PM ET: Using Maastricht for Unusual Beliefs/"Paranoia"

Wednesday October 11, 10-2PM ET: How to Use What's Learned from Maastricht

<https://email.cloud.secureclick.net/c/5387?id=506954.12890.1.6ac4194f1a72c0e25799acde931405e3>

Participants in this 6-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." 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.

When Conversation Turns to Suicide Training, Sept 5,7,12,14, 12-4PM EST

When Conversation Turns to Suicide is a 16-hour training based in the Alternatives to Suicide approach, and intended as an alternative to ASIST, QPR, and similar approaches that remain rooted in conventional medicalized systems. This training is open to providers, family members, peer supports, first responders, and anyone else who wants to learn how to offer support to someone who is suicidal. Participants will learn:

- Common Myths about Suicide
- A framework for being in conversation with someone who is struggling
- The links between trauma (including systemic oppression) and suicide
- The importance of power sharing
- And more!

The training will be held on the following dates:

- Tuesday, September 5; Thursday, September 7; Tuesday, September 12; Thursday, September 14

All days will be scheduled for 12-to 4pm Eastern USA time (11am to 3pm Central, 10am to 2pm Mountain, 9am to 1pm Pacific) and held on Zoom.

To enroll go to: tinyurl.com/WCTSepter or the Wildflower Alliance website.

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 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

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 For more information about us visit our website: bayareahearingvoices.org