

Communicating with VCVC

Communicating with each other and our loved ones can sometimes be difficult, especially when we are coming from different frameworks about our understandings of what is “real”.

Validation, Curiosity, Vulnerability and Community (VCVC) is one of the strongest tools we practice in our hearing voices groups in order to help us reach each other from a place of understanding and compassion. Often it means we need to step away from our need to fix the other person as well as our assumptions, judgments, held beliefs, and our deeply held fears.

Validation: statements of validation can be, “I see you, I accept you as you are, I am here to partner with you”;

Curiosity: statements of curiosity could be, “I value your individual story, I see you as a whole human being (not a case number, label, or diagnosis), I care about the context of your life and this moment”;

Vulnerability: “I am also a human being with my own strengths, weaknesses, and limits”;

Community: We are not alone. Our connection exists in wider community. Let’s share resources, encourage and help identify a broader network of support.



RESOURCES

When Conversation Turns to Suicide

When conversation turns to suicide is a 16-hour training based on 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 some who is struggling; the links between trauma (including systemic oppression) and suicide; the importance of power sharing.

When: Saturdays: February 4, 11, 18, 25; 12 pm-4 pm EST

Registration link:

[When Conversation Turns to Suicide, February, 2023 Tickets, Sat, Feb 4, 2023 at 12:00 PM | Eventbrite](#)

Alternatives to Suicide on-line groups

Mondays: 6:30-8:00 pm EST

Access by web: <https://zoom.us/j/129319114>

Access by phone: 646.876.9923

Meeting ID: 129 319 114

Wednesdays: 1-2:30 pm EST

Access by web: <https://zoom.us/j/913556470>

Access by phone: 646.876.9923

Meeting ID: 913 556 470

BAHVN Publicist Needed

We are looking for someone to help us build BAHVN and the Hearing Voices Movement in California. Duties include: publicizing our events, expanding public awareness about our network; informing the public, educational, and private mental health agencies about our work; social media; expanding our email list; and managing and updating our website. Candidates with lived experience and HVN training preferable. Contact: bayareahearingvoices.org

ANNOUNCEMENTS

Withdrawal from Psychiatric Drugs 2

The second online conference by the International Institute for Psychiatric Drug Withdrawal will present a mixture of talks, video, discussion groups and panels to recap what we know about psychiatric drug withdrawal, and what we still have to learn.

**When: Friday, Feb 10th and Saturday, Feb 11th
7am-10:30 am PST**

This conference will present a mixture of talks, videos, discussions and panels to recap what we know so far about psychiatric drug withdrawal, and what we have still to learn. It will address questions such as:

- ‘What can we learn from people with lived experience of withdrawal?’
- ‘What are the different ways we can support someone in withdrawal as a peer or professional?’
- ‘What about children, young people and psychiatric drugs?’

The conference will also look at the latest developments in research and the world of online peer support and offer a practical method for withdrawing from antidepressants and other prescribed drugs.

There'll be opportunity for audience questions and a dedicated hour for audience discussion during this two-day conference – but most importantly, we hope conversations continue long after the conference is over. The conference is spread over two day with three hour-long segments per day.

To Get more info and book tickets here: <https://withdrawal-from-psychiatric-drugs-2.eventbrite.co.uk>



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 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 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: www.bayareahearingvoices.org