

The Hearing Voices Approach is not Just for Voices!

The Hearing Voices approach is helpful for exploring the context of a wide variety of experiences including visions, tactile perceptions, unusual beliefs and more. It can also be especially useful for people who experience plurality, having parts or being more than one person in one body. The focus is not on dismissing these experiences but figuring out how to build a sense of knowledge and power in relation to them. Many of the coping strategies that have come out of the wisdom of the Hearing Voices Network (including Voice Mapping & Voice Dialogue) can be used by people who deal with intrusive or severely critical thoughts.

The Hearing Voices Network is not just support groups!

The Hearing Voices approach can be implemented in a wide variety of ways. It is true that many people benefit greatly from the acceptance and community they find in HVN Full, Affiliate and Family & Friends support groups. However, groups are not the only place to practice the VCVC dialogue model (Validation-Curiosity-Vulnerability-Community) that facilitators are trained in. In fact, many tools (such as Maastricht Interview) that are taught in Wildflower Alliance curricula can work better one-on-one.

The Hearing Voices Network is not just for people who hear voices!

The Hearing Voices Network has tools, strategies, supports and a framework that are beneficial to clinicians and other providers, family members, peer supporters, and more. While it is not recommended for family members to facilitate groups that their loved ones attend, there are many elements of the Hearing Voices approach that can be adapted to family relationships. And the approach offers some tools (such as the Maastricht Interview) that can be extremely beneficial within the context of clinical treatment, as well as useful in peer-to-peer support and beyond.

RESOURCES

FILMS

On these cold winter nights at home you might check out the following films and videos to watch about the hearing voices movement.

2009 and 2010 World Hearing Voices Conference DVD (2011),

www.intervoiceline.org

A Brilliant Madness (2002), www.pbs.org.

Beyond the Medical Model (2013), www.westernmassrlc.org/rlc-film-productions

Louise Pembroke, Dedication to the Seven: Hearing Voices in Dance and Catatonia (2007), www.mind.org.uk.

Dialogues with Madwomen (1993). Dir. Allie Light, Women Make Movies (www.wmm.com).

Hearing Voices: Approaches to Managing Psychosis (1995). BBC Worldwide, films for the Humanities & Sciences (www.ffh.com).

Mars Project (2008), www.madinamerica.com/product/mars-project-2008

People Say I'm Crazy (2004). Dir. John Cadigan and Katie Cadigan. Palo Alto Pictures, www.peoplesayimcrazy.org.

Someone Beside You (2006). Dir. Edgar Hagen, www.maximage.ch.

Take These Broken Wings (2008), wildtruth.net/dvd/brokenwings

There is a Fault in Reality (2010), www.madinamerica.com/product/fault-reality-2010

ON LINE VIDEOS

Eleanor Longden's TED Talk: ["The Voices in My Head"](#)

Mental Health Matters: ["Hearing Voices"](#)

Olga Runciman: ["Hearing Voices Network Denmark"](#)

Rufus May: ["Living Mindfully with Voices"](#)

Marty Hadge: Alternatives 2013, ["Hearing Voices Beyond the Labels"](#)

Daniel Mackler: ["Schizophrenia Recovery Without Medication"](#)

Daniel Mackler: ["Schizophrenia - Critique of Medication & Big Pharma"](#)

Daniel Mackler: ["Schizophrenia - Therapy Promoting Full Recovery"](#)



TRAINING

Working with Hearing Voices and Unusual Beliefs With Peter Bullimore

Learn with Peter Bullimore (and crew) from the United Kingdom, one of the most experienced trainers of the global Hearing Voices movement. These sessions are particularly helpful for clinicians who are seeking to understand Marius Romme's Three Stage model and to implement the Maastricht Interview tool into their practice. Originally developed as a research tool, Maastricht interviews have been found to help many individuals make sense of their non-consensus reality experiences and envision new paths forward in managing them.

ALL SESSIONS ARE ON LINE

Wednesday, January 11, 10-2pm: Three Stages of Hearing Voices

Thursday, January 12, 10-2pm: Three Stages of Unusual Beliefs/"Paranoia"

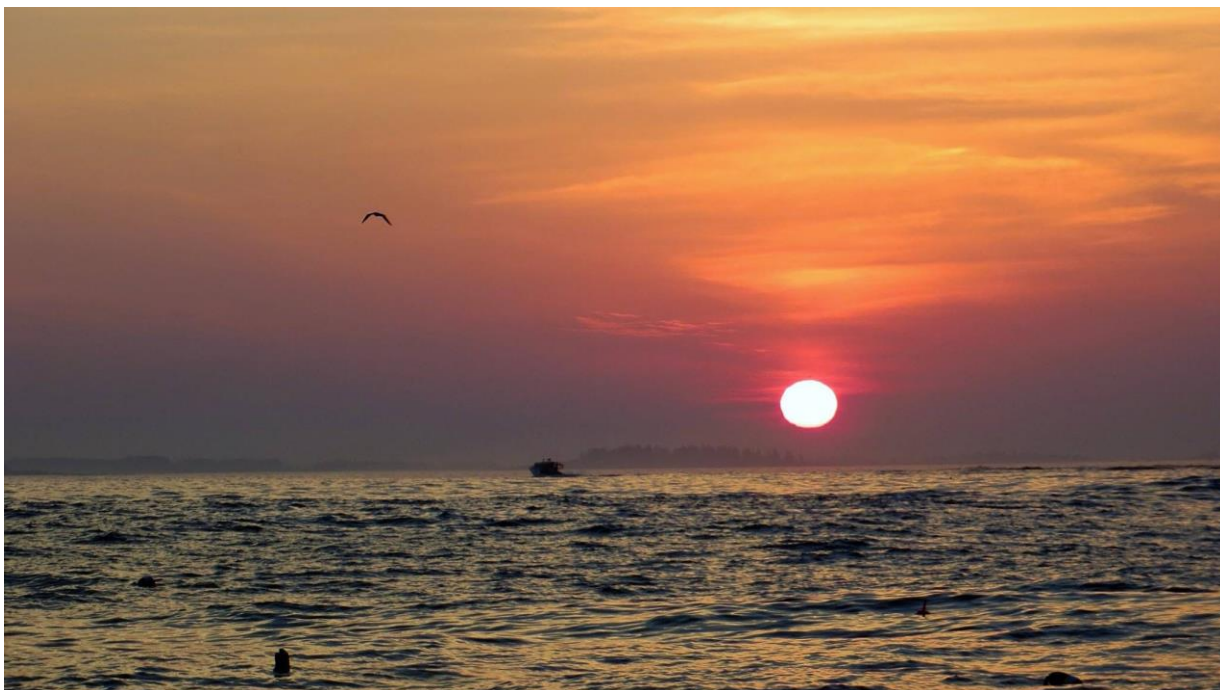
Friday, January 13, 10-11:30am: Maastricht Interview Overview

Monday, January 16, 9-4pm: Using Maastricht for Voices

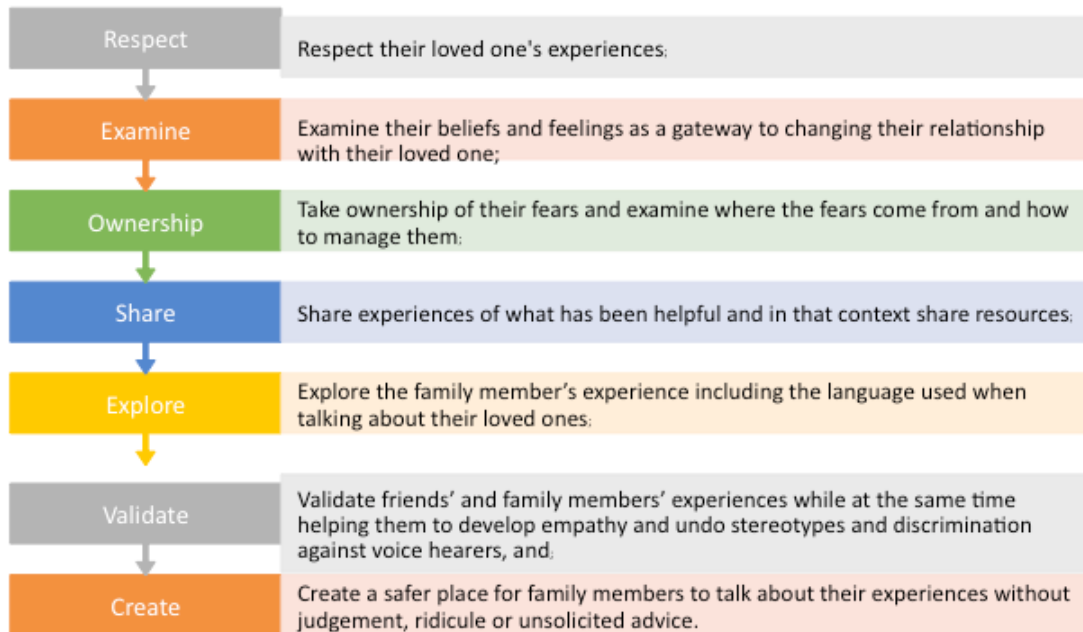
Tuesday, January 17, 9-4pm: Using Maastricht for Unusual Beliefs/"Paranoia"

Wednesday, January 18, 10-2pm: How to Use What's Learned from Maastricht

For more details or to register go to the Wildflower Alliance website: Wildfloweralliance.org



Hearing Voices Values



Anchoring our hearing voices groups are our hearing voices values. We try to model them and express them in our groups and use them to improve and strengthen our relationships with our loved ones.

Often as family members we feel fearful and lost how to improve our communication and understanding of our loved ones. We sometimes also think our loved ones seem lost in their experiences that we don't understand. Hearing voices values help us to step back from our assumptions and judgments about realities and frameworks we don't understand. They enable us to learn to listen with a sense of curiosity that help us validate and empathize with our loved ones who might be having a hard time with their voices and other experiences they don't yet understand.

These values also help us create a safe place within our families where we can learn to communicate with our loved ones from a place of empathy and compassion. It's not easy, and we often make mistakes that we often regret, but these values offer us a foundation we can build on in order to improve communication and understanding of ourselves and our loved ones.



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 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 info, visit our website: bayareahearingvoices.org