

BAHVN: Our Values

The Bay Area Hearing Voices Network came into existence in 2014. We were a group of family members, voice hearers, mental health workers and researchers who were dissatisfied with the lack of alternatives to the medicalized treatment model offered to ourselves and our loved ones.

After much discussion, we adopted the following values from the HVN-USA charter:

- *Hearing voices is a normal though unusual variation in human behavior;
- *The problem is not hearing voices but the inability to cope with the experience;
- *Diverse explanations are accepted for the origins of voices;
- *Voice hearers are encouraged to take ownership of their experience and define it for themselves;
- *Voice hearing can be interpreted and understood in the context of life events and interpersonal narratives;
- *A process of understanding and accepting one's voices may be more helpful for recovery than continual suppression and avoidance;
- *and, Peer support and collaboration is empowering and beneficial for recovery.

We continue to educate society about the meaning of voices so as to reduce ignorance, stigma, and anxiety about them, as well as demonstrate the wide variety of voice hearing experiences and their origins and peoples' approach to coping.

We are a certified 501c3 non profit organization and offer three adult hearing voices groups and one for family members and a game night group. In collaboration with HVN-USA and the Wildflower Alliance, we also offer facilitator trainings and workshops. If you are interested in becoming a HVN facilitator or want more information contact us on our website: bayareahearingvoices.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@rev

Online Peer Support Group

An Online peer Support group centered on moving beyond psychiatric hospital supports and to build the lives we want to live is being offered by Wildflower Alliance. To join bring your lived experiences in the mental health system as we co-create a supportive environment to keep us in the community.

**Monday & Wednesday 4p-6pm Eastern Standard Time
On Wildflower Discord Chat [HERE](#)**

Support Group for HVN Facilitators

HVN USA is happy to offer an ongoing mutual support group for people who are currently facilitating HVN groups and for those interested in starting new Hearing Voices groups.

This group is happening once-a-month online via Zoom (including a phone-in option), free of charge. Like other Hearing Voices groups, it's a place for facilitators to share our stories, challenges and victories, to gain new perspectives and connect with others who may have similar experiences.

When?

First Friday of each Month

3pm-4pm Eastern Standard Time

For more info contact: info@hearingvoicesusa.org



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