

# Cindy Story





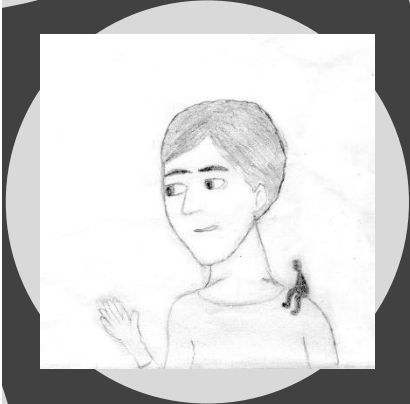
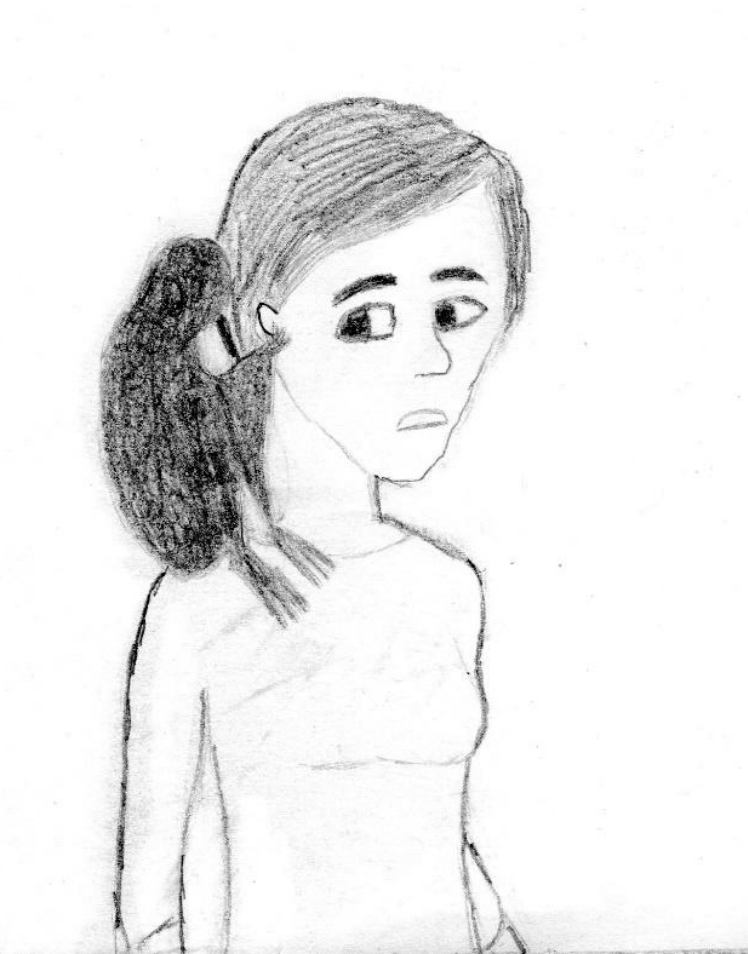
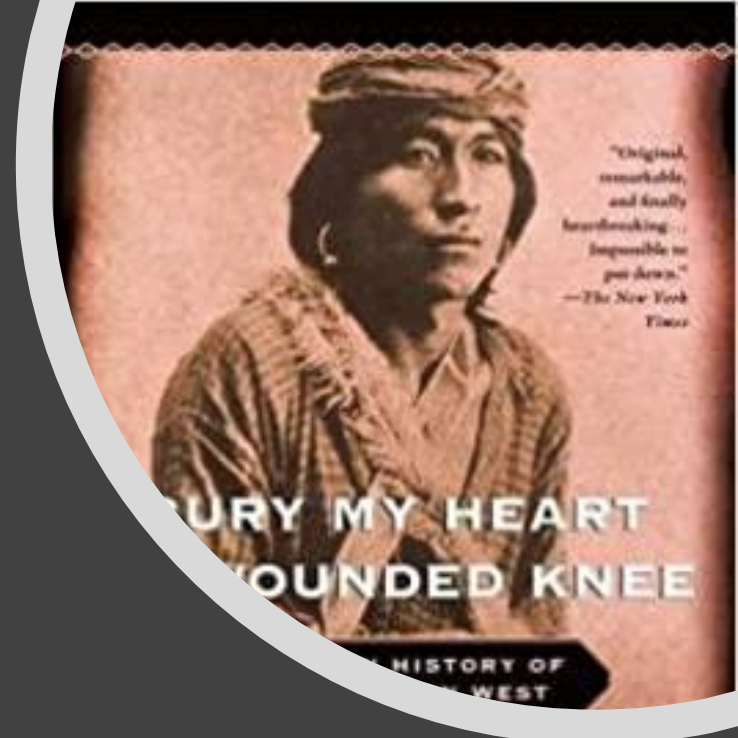
# Merry Christmas And Medical Trauma

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A Loving Mother who  
could Protect me  
from Evil.



At Twelve







# Hearing Voices Groups



Can support feelings and experiences of :

- Finding inner strength and wisdom.
- Gaining perspective and moving through shame and guilt.
- Finding voice and meaning – ending silence.
- Finding value and purpose.
- Learning new possibilities .
- Having new kinds of relationships and building trust.

# Meaning Purpose & Connection







Hearing voices is **not** necessarily a sign of illness.

Hearing voices is a normal, though deeply personal, variation of human experience.

About 1 in 10 people hear voices at some point in life.

Over one third of voice hearers **never** seek psychiatric services.

People who hear voices can cope with their experiences by owning and making meaning of their voices, dialogue with our voices is encouraged...



...And can change the relationship we have with our voices.

# Trauma



**An individual with an ACE score of 7+ is 500% more likely to report hearing voices or seeing visions than someone with an ACE score of 0.**



**70 to 80% have a voice or voices that reflect a traumatic memory or emotions surrounding that trauma.**



**Most common examples:  
A Voice which sounds like an abuser, voices which represent unfelt emotions such as anger or fear, voices which attempt to protect or warn.**

# Factors that Mitigate Trauma

Addressing shame and guilt.

Being seen, heard, and validated.

Playing a role in one's own healing/rescue.

Human connection (reducing isolation).

Sharing power (information is empowering).

# General Strategies

- Acknowledging that the experience is REAL and meaningful.
- Not feeling obligated to do what voices tell you to do.
- Talking with people:
  - Particularly those who have similar experiences and who have learned to manage and integrate it
  - Particularly in a safe (judgement free, non fear based, non pathologizing) place.



# Distraction/Blocking

- Physical Activity
- Using headphones
- Brain games
- Sub vocalizing
- Meditation
- Wearing sunglasses
- Affirmations
- Loud music
- Ear plugs

**LOOK!**  
**A Distraction!**

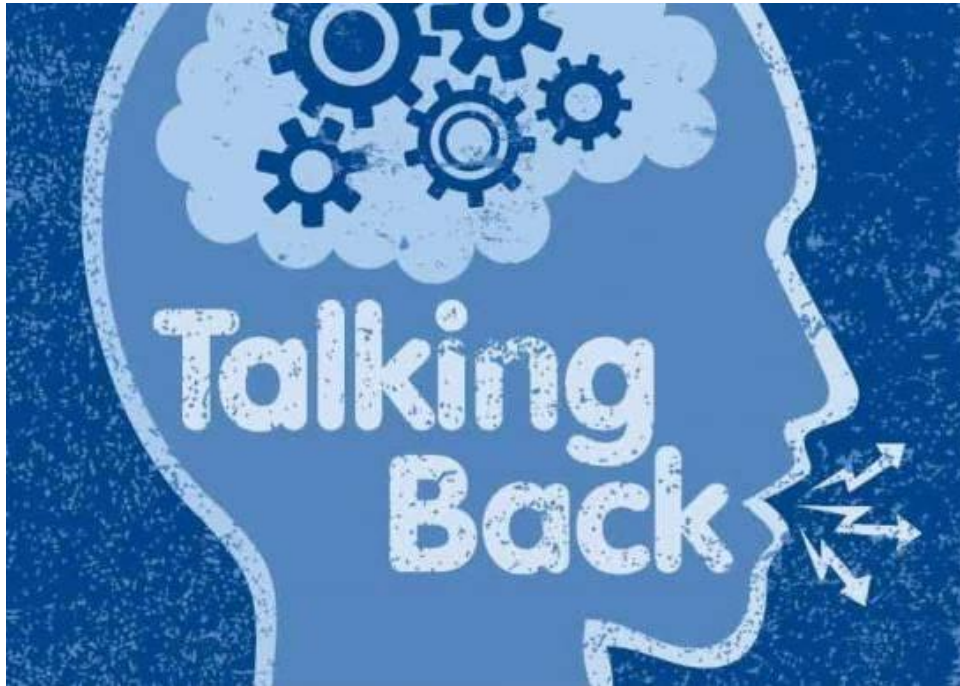


# Discovering the Meaning

- Not necessarily taking voices literally but looking for their message.
- Looking at the context of the experience.
- Voice mapping.
- Asking when do they come and in relation to what.
- Sharing your experience at Hearing Voices groups and asking for feedback.



# Negotiation



- Talking back to the voices.
- Making an appointment with the voices.
- Half-way attempts to comply with the voices.
- Attending to the voices. (What do they want or need?)
- Not feeling obligated to do what the voices tell you.