



SUMMER & FALL TRAININGS

Family Dynamics And Voice-Hearing: Communicating Effectively and Supportively

Among those affected by struggles with voices and visions are family members. Even those who want to help often do not know how, and damaged relationships frequently result. While each family is unique, our panel will discuss communication, (re)developing trust, and providing genuine support. We will also describe the increasing role family members are looking to have in changing the narrative on voices and visions, as well as guidance on how to set up a Family and Friends HVN group in your area.

When: Friday. July 16th, 9:00 AM-10:30 AM PST; 12:00-1:30 PM EST

About the Panel: Pat Wright has been learning about voice hearing from many family members' personal experience. She has been chair of the family committee for ISPS-US for several years. **Ed Herzog** is the co-founder of the Bay Area Hearing Voices Network, which includes adult hearing voices groups and a family and friends group; he is on the HVN-USA board, and co-facilitates two Family and Friends Hearing Voices Groups. **Dmitriy Gutkovich** is chair of the Experts by Experience Committee for ISPS-US, and is on the board of Hearing Voices Network NYC, Hearing Voices Network USA, and the NYC Peer Workforce Coalition. He is author of "Voices: A Guide for Harmony."

To register, please follow this link:

<https://www.eventbrite.com/e/family-dynamics-and-struggling-with-voices-tickets-157352227749?aff=ISPSEmail>

BAY AREA HEARING VOICES NETWORK



SUMMER & FALL TRAININGS

HVN-USA In-Person Trainings

Intentional Peer Support: This 5-day core Intentional Peer Support (IPS) training will take place on from August 23rd to August 27th at the Clarion in West Springfield. IPS is an approach to peer-to-peer support (originally developed by Shery Mead) that focuses on building connection, understanding worldview (how someone came to be in the world the way that they are and believe what they believe), mutuality (a focus on the relationship rather than on any one individual, and the belief that everyone can be impacted by and learn from one another regardless of their roles, and moving toward (rather than away from). More can be found on this approach at www.intentionalpeersupport.org.

Applications are due by July 16th, and can be completed on-line HERE

Hearing Voices Group Facilitator training: This 3-day Hearing Voices training grows out of the international Hearing Voices movement that emphasizes the importance of not assuming voices and visions are 'bad' or the symptom of a disease, and instead focuses on supporting people to make meaning of their experiences, and seek ways to navigate them while building a full life.

Applications are due by August 27th, and can be completed on-line HERE

Alternatives to Suicide Group Facilitator training: This 3-day training is based in an approach developed by the Wildflower Alliance. It focuses on Alternatives to Suicide groups that create space to have real conversations about taboo topics like wanting to die without assuming illness, and without punitive action like taking away someone's freedom.

Applications are due by September 17th, and can be completed on-line HERE



Working with Hearing Voices and Unusual Beliefs with Peter Bullimore and Company

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.

<https://sable.madmimi.com/c/12931?id=902044.18763.1.3bf92d10f5fe840a626e222847d4adfa>

Tuesday, October 19, 10-2pm: **Three Stages of Hearing Voices**
Thursday, October 21, 10-2pm: **Three Stages of Unusual Beliefs/”Paranoia”**
Tuesday, October 26, 10-11:30am: **Maastricht Interview Overview**
Thursday, October 28, 9-4pm: **Using Maastricht for Voices**
Tuesday, November 2, 9-4pm: **Using Maastricht for Unusual Beliefs/”Paranoia”**
Thursday, November 4, 10-2pm: **How to Use What’s Learned from Maastricht**

Facilitators’ Support Group

A phone-in and zoom 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 via toll free conference call. Like other Hearing Voices groups, it’s a place to share our stories, challenges and victories to gain a new perspectives and connect with other who may have similar experiences. First Friday of every month, 3-4 pm Eastern Time. Email Caroline Mazel-Carlton for more into: caroline@westernmassrlc.org

Resources

[Download the PDF](#) of our recommended introductory books, articles, videos, and web sites on the experience of hearing voices, the history and philosophy of the Hearing Voices movement, this family & friends group, and ways to support loved ones who hear voices. (We are limited to 35 downloads per month, after which you’ll receive an error message.)



Intervoice Congress 2021

The 12th World Hearing Voices Congress, Cork, Ireland,
September 1-3, 2021.
“Solidarity in Times of Adversity:
The Global Voice Hearing Community Reconnecting”

Congress Theme

Over the past 18 months, the Covid-19 pandemic has caused an unprecedented challenge across the globe, which many of us will have experienced as disconnecting, isolating, frightening, chaotic, overwhelming, and, at times, unbearable. However, the pandemic has also shown the power of solidarity when communities come together to offer each other support in times of adversity.

This year’s Congress will create spaces for voice hearers, family members, carers, practitioners, academics, and all those interested in the principles and values of the International Hearing Voices Movement, to connect and/or reconnect with one another in a post-pandemic world, either in person in Cork, Ireland or online across the globe.

Drawing on two ancient Irish traditions, the Congress organisers aim to provide a platform (ardán*) to focus on the ways in which many voices can work together, supporting each other in difficult times (meitheal*).

*Ardán (pronounced ar-dawn) is an Irish word meaning platform, stage, but it is also used in the context of ‘raising one spirits’!

*Meitheal (pronounced meh-hill) is the Irish expression of the ancient and universal appliance of cooperation to social need, referring to the co-operative labour system in Ireland where neighbors help each other in turn with farming work, such as harvesting crops. It establishes community unity through cooperative work and mutually reciprocal support.

Board member Cindy Marty Hadge is one of the keynote speakers!

For more information, please email:

info@hearingvoicesnetworkireland.ie

HEARING VOICES GROUPS

The Bay Area Hearing Voices Network offers five, online groups Monday-Thursday. **To enter the on-line support group meeting go to our website: www.bayareahearingvoices.org and click on the link at the bottom of the page to the Wednesday group.**

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 3-4:30 pm PST.

To join contact cindy@westernmassrlc.org

Thursday BAHVN Game Night, 5-7 pm, Game play is free of charge to BAHVN adults, TAY, and family members, an on-line weekly night of fun and games. All attendees are required to open an [account at 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 501©3 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