

November 2022

www.bayareahearingvoices.org

Vol 2 #11

Maastricht Approach Training Offered

A training in the Maastricht Approach to learning about the content of voices is being offered in December by veteran British trainer and hearing voices trainer Peter Bullimore.

Bullimore is a voice hearer who spent ten years as a psychiatric patient. He recovered through learning holistic approaches and with support from the Hearing Voices Network. Peter now teaches on hearing voices and paranoia internationally, facilitates a support group in Sheffield, runs a training and consultancy agency, and is a founding member of the Paranoia Network. He teaches at the University of Manchester where he is also carrying out research into collaborative working between voluntary sector organizations and the university, and what recovery means from a service user's perspective.

Virtual 6 Sessions

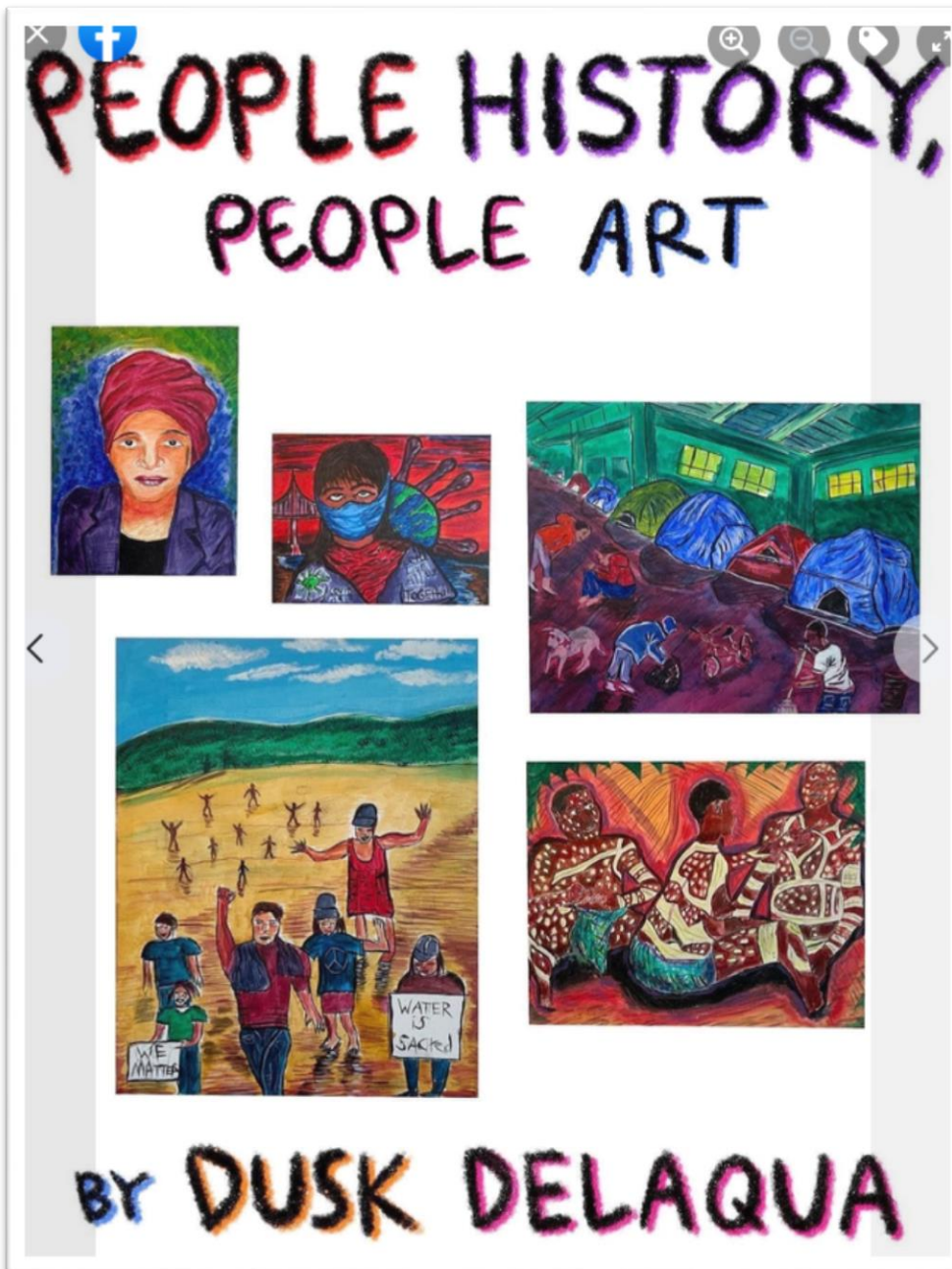
December 1, 5, 6, 8, 9, 15, 2022

Trainings include: working through the three stages of hearing voices, working through the three stages of paranoia, Maastricht Interview overview aims and outcomes, how to use the Maastricht Interview for hearing voices, how to use the Maastricht Interview for problematic thoughts, beliefs, and paranoia; how to use the information from the construct.

Cost is \$250.00 for the training. Payment and registration can be made at: <https://fundraise.givesmart.com/form/5OOCsw?vid=vcfv5>

Youth Spirit Art Exhibit

BAHVN Monday night group member Dusk Delaqua is one of the artists featured at the Youth Spirit Art Exhibit at Shanice Kiel Gallery in Berkeley, California. Titled "People History, People Art", YSA is an organization composed of young artists with a conscience. The exhibit runs from Oct 15th-Nov 15^h at the gallery



World Hearing Congress Lands in Brazil

This year's International Congress will be hosted by Hearing Voices Brazil, and will be located at Porto Alegre in the South of Brazil from November 3-5th, 2022. It will be hybrid - allowing for both in person and on-line participants - as supported by OnlineEvents who also supported last year's online Congress in Ireland. BAHVN board member Cindy Marty Hedge will be one of the featured speakers. More news to follow.

6 Session Class: Working with Hearing Voices and Unusual Beliefs

Participants will learn how to understand and support people to make meaning of their experiences with hearing voices & 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.

Thursday, Nov 3 10-2pm Eastern: Three Stages of Hearing Voices
Friday, Nov 4, 10-2pm Eastern: Three Stages of Unusual Beliefs/"Paranoia"

Tuesday, Nov 8 10-11:30am Eastern: Maastricht Interview Overview

Wednesday, Nov 9, 9-4pm Eastern: Using Maastricht for Voices

Thursday, Nov 10, 9-4pm Eastern: Using Maastricht for Unusual





SAVE THE DATE

Perspectives on the Hearing Voices Approach *Presented by the* Bay Area Hearing Voices Network (BAHVN)

Join us for a webinar about the hearing voices approach to living with voices and supporting our loved ones who hear voices or have other unusual experiences

Thursday, November 17th, 2022 5-6:30 pm PST

SPEAKERS: BAHVN Board Members: Psychologist Bret Fimiani, HV Group Facilitator David Hallsted, and BAHVN President and Family Member Edwin Herzog

For more information go to our [webinar page](#).

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 bottom of the [BAHVN homepage](#) or the [Game Night page](#) for links. Go [here](#) for step by step instructions for 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