

THE HEARING VOICES APPROACH

2 Day introductory course



'Hearing Voices' is a term used to represent the experience of what is also called 'auditory hallucinations', or hearing things that other people cannot. 'Hearing Voices' can also be related to the experiences of seeing visions, sensing things and beliefs that others may find unusual.

Many people hear voices and find them helpful, sacred or just a normal part of life. Some people find voices confusing or frightening and seek help to cope. These people are commonly diagnosed with schizophrenia or another mental illness.

This course is the perfect starting place if you are new to the Hearing Voices Approach.

By the end of the 2 days you will have a solid understanding of the Hearing Voices Approach and how to apply it in practical settings. These skills are transferrable either for yourself, in your work as a mental health professional or in your family/home environment.

This course is ideal if you:

- Want to better understand the experience of hearing voices & recovery
- **Want to start a hearing voices group**
- Are interested in a new approach to working with individuals on their voices
- **Want to change your own relationship with voices**
- Work with voice hearers in a clinical or community setting
- **Are a friend or family member of a voice hearer**

Dates	6th & 7th September 2018
Time	9.30am - 4.30pm daily
Venue	211 Chapel Street, Prahran
Fees	\$600 Full fee \$420 Concession/Student fee We do provide hardship rates please contact Voices Vic to find out more.

"Life Changing"

"Eye opening"

"Important for anyone working within this area"



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