



Richmond Fellowship Tasmania Inc.

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Working with Voices training in Launceston

16th – 20th November 2009

Working with Voices Workshops

Hearing voices is one the most common experiences that people diagnosed with a psychotic illness have. Research has shown that many people continue to hear voices even after prolonged use of medication. This has meant voice hearers do not get relief from their experiences. The consequence of this is that many people live lives that are low in quality & high in distress. Many workers and voice hearers are left frustrated when medication does not deliver the desired results.

Training Aims

These 3 distinct workshops, over 5 days, are designed to better equip voice hearers, family members, and mental health workers with the skills and knowledge to gain a better understanding of hearing voices and developing coping strategies.

Program overview

- 1** This workshop is open to voice hearers, family members and mental health workers
150 places on offer
 - An introduction to hearing voices and recovery.
 - How voice groups can assist voice hearers.
 - It's an opportunity to ask question about hearing voices.

- 2** This 2 day workshop is for voice hearers, family members and mental health workers.
This workshop is open to up to 40 people,
 - Voice simulations
 - Working with current beliefs
 - Is recovery from Schizophrenia possible?
 - Voice dialoguing
 - Working with voices – case work
 - Running hearing voices groups.

- 3** This 2 day workshop is mental health workers and voice hearers working together to learn how to use the "Working with voices" workbook (work book include in cost).
This workshop is open to 15 worker and 15 voice hearers. Please note that a worker will need to attend this workshop with a voice hearer.
 - This will be an intensive 2 days for both workers and voice hearers
 - An understanding of Hearing Voices.
 - Introduced to developing coping strategies
 - Introduced to working within a belief system
 - Introduced to voice profiling
 - Develop confidence & awareness in working with voices
 - Develop a toolkit for working with voices
 - To be confident in using the voices workbook
 - Develop a better relationship with voice hearers.

Facilitators

Ron Coleman: Ron is a mental health trainer and consultant specialising in psychosis prevention and resolution. He has designed training packages to enable voice hearers to gain ascendancy over the negative aspects of the voice hearing experience. His own route to recovery, after spending 13 years in and out of the psychiatric system, has given him many insights into the many difficult issues facing today's mental health services.

Ron has published several books including 'Politics of the madhouse', co-authored 'Working with voices' & 'Working to recovery' and also wrote 'Recovery an alien concept?' – Ron is now back in his homeland of Scotland after 20yrs of self imposed exile!.

John Barrigan: John is the Program Manager of Richmond Fellowship's Mowbray service which provides a non clinical residential recovery service for the northern health region. His background includes working with an extensive work history in mental health and disability in both Victoria and now Tasmania, John has developed his recovery and hearing voices knowledge under the tutelage of Ron Coleman.

Margie Osborne: Margie is the Team Leader for the northern recreation program. The program connects individuals living in the community breaking down barriers of social and geographic isolation. Margie's history is working as a registered nurse in far north Queensland and has been working within the mental health field for 8 years in Tasmania.

Roz Loveless: Roz is the Program Manager of Richmond fellowship's Glenorchy program. Roz has worked within the non clinical mental health field for 9 years, both in New Zealand and Tasmania and has developed a strong understanding and knowledge of recovery and hearing voices.

Venue: Launceston area . To be announced

Days: 16 to 20 November 2009

Time: 9.30 – 4pm each day

Morning afternoon tea and lunch provided

Registration closes on Tuesday 3rd November 2009.