



Richmond Fellowship Tasmania Inc.

198 New Town rd. New Town

Phone: (03) 6228 3344

Fax (03) 6228 3300

Working with Voices training in Hobart

9th – 13th 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 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!

Marlene Janssen: Marlene draws on her experience as an expert by profession as a clinical nurse and by expertise by experience as one who is navigating her journey to recovery from mental illness. Marlene resided at Richmond fellowship WA. For 1 year and after leaving the accommodation site she was employed by RFWA as a project worker for Hearing voices network association, (HVNA) Marlene is now the coordinator of the HVNA, she is passionate about working with people and is actively involved in assisting both consumers and services providers to become aware of strategies and skills to cope with the distress of living with a mental illness as well as exemplifying the steps one needs to undertake to achieve their recovery dreams.

Venue: To be announced

Days: 9th – 13th November 2009

Time: 9.30 – 4pm each day

Morning afternoon tea and lunch provided

Registration closes on Tuesday 3rd November 2009.