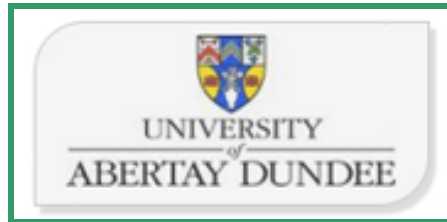


WORKING TO RECOVERY LTD
Are proud to Present,
In Association with the



A Two Day Workshop

'Talking To Voices'
(An Exploration of Voice Dialogues)
Dundee: 18th/19th April 2007

With Dr Dirk Corstens & Dr Rufus May



Venue: Dudhope Castle Centre, University of Abertay,
Dudhope Park, Barrack Road, Dundee

Course times: 09.30-16.30pm

Registration: 08.45am Wednesday 18th April

Cost: £300 + VAT Statutory sector
£250 + VAT Voluntary sector
Cost includes: Information and training on 'Voice Dialoguing', with guest speaker's; Dr Dirk Corstens and Dr Rufus May, course materials, free parking, coffee on arrival, morning and afternoon tea/coffee and lunch.

Information: E-mail: info@workingtorecovery.co.uk
Telephone: +44 0 1382 542517

Talking with voices

Many people who hear challenging voices have found that a turning point in coping with the experience is finding different ways of talking with and understanding them. Exploring the voice's motives and discovering different ways of relating to them can help change the relationship between the voice-hearer and their voices.

Why is Speaking With Voices Helpful?

1. This method does not focus on voices as a symptom of "illness": nor does it concentrate on discovering what is "wrong" with the person.
2. It offers a neutral but strong attitude to work with voices - acceptance is the core of the technique.
3. It offers a positive model for the existence of voices.
4. It helps develop increased awareness, objectivity and a more productive relationship between voices and voice-hearer.
5. By definition, voice-hearing is very lonely experience. Allowing others to "hear" the voices is empowering, liberating and a source of considerable support. In turn, it also affords professionals, friends and family some valuable insight into the reality of a person's voice-hearing experience.

Basic Principles

The most essential principle is that we are not necessarily trying to change the voices, nor banish them from the person's life. What we are trying to do is explore their relationship with the voice-hearer. Doing this work will help the individual gain a different perspective on what the voices are trying to say: and if the person can develop a stronger attitude then the voices are able to change. Our aim is not to get rid of the voices, but to make their relationship with the voice-hearer more equal through helping the person take back control.

During the two days participants will cover the following topics.

- General information about the treatment methods for those hearing voices using the Maastricht model.
- An Introduction to voice dialogues.
- Practicing voice dialoguing with volunteers
- How to overcome problems within the process

Who should attend?

People whom would benefit from these workshops are primarily front line staff; Nurses, Psychiatrists, Psychologists, Occupational Therapists, Support Workers, and Social Workers. Participants will have the opportunity to study and practice the voice dialoguing method, and explore various ways of understanding and relating to the voice hearers experiences.

TRAINERS: DIRK CORSTENS & RUFUS MAY

Dirk Corstens (born 1956)



Social psychiatrist and psychotherapist since 1992. Educated in cognitive, psychodynamic and systems therapy, Transactional Analysis and Voice Dialogue.

Since 1992, Dirk has been Collaborator in the Hearing Voices Project of the University of Maastricht, with Prof. Marius Romme and Dr Sandra Escher and is involved in treatment for voicehearers. Developed the treatment programme, 'Working with Voices', and is preparing research on this subject.

Rufus May



Rufus May is a Clinical Psychologist working in Bradford Assertive Outreach Team. He has an interest in promoting self-help and recovery processes in psychosis. His ideas and thinking are influenced by his own experiences of being a psychiatric patient when he was eighteen year's old. Rufus is a member of Mad Pride.



www.workingto-recovery.co.uk

Working to Recovery Ltd
4 The Beehives
Kilmany Road
Wormit, Fife
Scotland, UK
DD6 8PD
Tel & Fax: 01382 542517
info@workingto-recovery.co.uk

'Talking to Voices': Booking Form

Two Day Voice Dialoguing 18th/19th April 2007

SURNAME: _____ TITLE: _____

FIRST NAME: _____

ORGANISATION: _____

POSITION: _____

ADDRESS: _____

POSTCODE: _____

TELEPHONE: _____ FAX: _____

MOBILE: _____

EMAIL: _____

Payment may be made online via www.workingto-recovery.co.uk by debit/credit card.
Card payments may also be taken over the phone on 01382 542517. Alternatively you may pay by cheque (payable to 'Working to Recovery Ltd) or by BACS, on receipt of invoice.

INVOICE ADDRESS (If different): _____

OFFICIAL ORDER NUMBER (If required): _____

NUMBER OF PLACES REQUIRED: Statutory _____ Voluntary _____

TOTAL AMOUNT ENCLOSED: _____