

The University of Leeds
23 – 24 July 2009

Advanced Skills in Living and Working With Voices

The Innovation Suite
Charles Thackrah Building, 101 Clarendon Road, Leeds, LS2 9JL
09.30am - 4.30pm

Hearing voices is a significant and meaningful experience - even if these meanings are painful and difficult to face. However, while attempts to eliminate voices are traditionally considered a 'cure response', understanding, accepting and integrating the emotional and personal significance of one's voices can be seen as the recovery response. This session will explore how individuals can be supported to make sense of their voices, recover their well-being and in doing so promote practical healing and emotional growth. Particular attention will be given to ways of working with powerful and controlling voices.

Learning Outcomes By the end of training all participants will have:

- Enhanced confidence, responsiveness and awareness for supporting people hearing distressing voices.
- Been introduced to the concept of voice dialoguing.
- Increased knowledge of working therapeutically with dissociative experiences and use of the DES-II.
- Awareness of effective short and long-term coping strategies for reducing distress and gaining control.
- Experience of using formulation to make sense of voice-hearing experiences.
- Acquired skills and knowledge to work collaboratively with voice hearers to help them reclaim ownership of their experiences and work towards recovery.

Suitable for anyone wishing to understand more about the experience of hearing voices, including mental health/social service professionals, voluntary sector workers, psychotherapists and counsellors, voice hearers and their friends and family.



Dirk Corstens is an internationally renowned social psychiatrist and psychotherapist who collaborated in the Maastricht Hearing Voices Project with Marius Romme and Sandra Escher. Dirk pioneered the innovative Voice Dialoguing method and is currently preparing research around it.

Jacqui Dillon is Chair of the national Hearing Voices Network and is on the editorial board of the international journal *Psychosis: Psychological, Social and Integrative Approaches*. A respected speaker and activist, Jacqui has lectured and published worldwide on aspects of trauma, dissociation and voice hearing.

Eleanor Longden is a psychology undergraduate currently working in an Early Intervention in Psychosis team. In addition to her work developing and promoting Voice Dialoguing, Eleanor has won awards for both her clinical and academic contributions within the areas of voice hearing and self-injury.

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Demand is expected to be high so please book early to avoid disappointment!

Cost for two days training (lunch not included): **£140**

A limited number of reduced rate places are available for the unwaged and students. Please e-mail for more details.

Name:

Address:

Address for invoicing:

Email: Tel. No:

Please make cheques payable to Asylum Associates and return to: PO Box 60484, London, E8 9EN. For any further information contact eleanorlongden@gmail.com 07824 553926 or Jacquidillon333@aol.com 07951 635033

Payment due seven days prior to event. Cancellations under ten days will be required to pay in full.

