

Report of the Intervoice Meeting and the 3rd World Hearing Voices Congress 1-3 September 2011 in Savona, Italy by Robin Timmers

On 2 and 3 September the 3rd world congress about hearing voices was held in Italy. After the 1st world congress in Maastricht in the Netherlands and the 2nd in Nottingham in the UK, this time people from all over the world gathered in Savona in the north east of Italy to learn more about hearing voices. People came from Argentina, Australia, Austria, Belgium, Denmark, Finland, France, Germany, Greece, Japan, Kenya, The Netherlands, Norway, The UK, Spain, Sweden, Swiss and the USA. Like every year there was an Intervoice meeting before the congress. This allowed the members of this worldwide hearing voice network to have the opportunity to meet and update each other about the developments in their country. The organizers had arranged for translators who translated from and to Italian, so everyone could understand what was being said.

The texts and slides of the presentations will be available soon via both the website of the congress (www.parlaconlevoci.it) and the Intervoice website (www.intervoiceonline.org).

I have tried to make a truthful report of the congress and take care of privacy sensitive information as good as possible. If there is something incorrect or lacking, I apologize. Please send your remarks to: robintimmers@gmail.com. Hope you enjoy this report, Robin

Intervoice Meeting - Thursday September 1st 2011 (Savona, Italy)

Italy: Marcello Macario

Marcello Macario, who is the driving force behind the congress, starts the meeting by welcoming everybody. He explains that Italy has a hearing voices network for 3 years now. Italy has 10 hearing voices groups now and 1 extra in Milan soon. In Turin there is a self-help group out of the mental health care system, which is rare. There are also special trainings for psychiatrists as well.

Italy: Cristina Contini

Cristina Contini shares her experiences. She is a voice hearer for 25 years and went through a period of psychiatry and medication. In 2005 she came out of that and now she is working with people who hear voices. One of the things she does is Voice Dialogue with an organization called the Inner Team. Voice Dialogue is a conversation method in which one individual can go into a dialogue with different parts of another individual's personality. This way the feelings, ideas and wishes of the different parts can be expressed and integrated. Voice Dialogue can also be done with people who hear voices. In this case one individual talks with the voices of a voice hearer and the voice hearer tells what the voices say in return. A lot of people find this type of Voice Dialogue very useful. You can find more info about Cristina www.cristinacontini.it and about the Inner Team on www.innerteam.it.

Intervoice, Paul Baker

Paul Baker announces that, like every year, the World Hearing Voices Day takes place on the 14th of September. In different countries there are activities around this theme. Also Paul announces that there are free information packages with books and DVD's available for people who want to start a hearing voices group.

Kenya / The Netherlands: Kanja

Kanja tells about a project in Nairobi called Normal Difference. It's a community based project, which aim is to show that it is normal to be different. The projects offers a place to people from the streets to come together and talk and listen to each other. There are also artists and musicians involved.

Kanja explains it's not a much helping each other, as it is giving each other attention and respecting and appreciating each others differences. In Kenya people don't know what a psychiatrist is. There are more than 42 different tribes in Kenya, each having their own culture. He explains that there is a lot of old knowledge within these tribes, which can help us understand voice hearing. One of the things that Kanja is trying to do is to gather books so they can make a library for the Same Difference Project. If you have books you want to donate, you can send them to: Waithira, Lepelaarsingel 87c, 3083KD Rotterdam, The Netherlands.

Sweden: Ami Rohnitz

Ami tells that there are new, tough laws in Sweden. If you don't follow orders of forensic care or if you don't take your medicines, the police will come and get you. She advises everyone to listen to the voices and not the psychiatrists.

England: Rachel Waddingham

Rachel is involved in a lot of hearing voices projects, such as: voice hearing groups in London (now 45!), the youth project called Voice Collective (www.voicecollective.co.uk), the prison project in Camden, London, and the paranoia groups that are about to start in 2012. Today she tells us about the prison project in Camden. She explains that there are 90.000 people in prison in the UK, of which 7500 in London. And then there are also the people locked up in the closed wards. London alone has 8 prisons: 1 for women, 1 for young people and 6 for man. The mean age is of these people is 27 years and 26% of them spend more than 23 hours in their cell every day. 70% of the prisoners in London have been labeled with 2 or more diagnosis's and 7% of the males and 14% of the females hear voices. The suicide risk for people locked up in prison is 15 times higher than the rest of society. The normal mental health care is unable to help these fellow humans. Rachel explains that prison is a pretty scary place and that voice hearing groups can provide it's members the trust and safety they need to tell their stories and share their experiences with voices. And there is a lot to talk about: voices, trauma, motherhood, self harm, bullying, frustrations, prison life, sentence, diagnosis. Her plan for this project was first to engage all the people involved (prison staff, volunteers, prisoners) and then inform them with trainings and resources. The next step was to start a pilot group, evaluate it and learn from it. The last step was to establish more groups, supply facilitations and create a sustainable network. The first three steps are now successfully completed and the goal is now to establish as much voice hearing groups in prisons as possible!

Australia: Ross Bowyer

Ross is a recovery trainer and today she tells us about a pilot project in Perth called Voices @ Work. This project aims to help 25 voice hearers who are unemployed or on social welfare to find and maintain a job . The project involves giving education and training, as well as a support group. This project is a partnership with the employers and a job agency. All of the staff members will receive a training about hearing voices. More information can be found on: www.rfwa.org.au/programs/voiceswork.html.

France: Yann Derobert, Adèle, Sonja

Yann himself doesn't hear voices, but he brought 2 people with him who do: Adèle & Sonja. Yann felt a lot anxiety for 10 years. In this period it was difficult for him to go outside. 2 years ago he went to a hearing voices group. This gave him strength. Now he is training people to facilitate a hearing voices group. Also, now there is a French translation of Paul Baker's guide of how to set up and run a hearing voices group. Yann tells that the people from Canada could not be here, but that they have send a love letter.

Adèle has joined a HV group in Lille. Going to the group made her feel well, free to be who she is. It helped her to prove that she is innocent. In the HV group they always said that she was not ill. Now she feels comfortable with the idea that hearing voices is a gift.

Sonja is a HVG facilitator. She tells us that the HV groups helps them to understand and sympathize with each other, to talk about their fights and joys. In their HV groups there are not only voice hearers. Sonja is a spiritual person and she really wanted to hear voices and when this happened it was like a door to the music of the other spheres opened. She wants the door to stay open.

Finland : Alex Airola

Alex tells us about a peer support group with voice hearers, but with family members too.

Greece : Marianna Ketallinou, Lykourgos Karatzaferis

For 2 years there is a hearing voices network in Greece and things are going good. The network is self funded. There is no money from the government because of the crisis. There are 3 HV groups which are located in Athens and Saloniki. Hopefully they will be facilitated by a voice hearer soon. The groups helps the members to connect and stand up for their rights.

USA: Gail Hornstein, Will Hall, Oryx Cohen

Last year Gail was happy to be able to say that anything was happening in the USA, this year she was glad to tell about that there is more and more interest in hearing voices. She had given a lot of talks, interviews and trainings in which people learn how to run such a group. So far 75 people have been trained. Because in the USA medication is privatized and doctors get paid for the medicines they prescribe, the power of the pharmaceutical industry is big. That's why the approach of the Hearing Voices Network is important, because it gives a good alternative.

Oryx Cohen is involved in the National Empowerment Center, a peer run organization (www.power2u.org). Together With Will Hall he has been active in the Freedom Centre (www.freedom-center.org), a grassroots organization about spirituality and madness. 4 years ago he met Gail in HV group and this is when he talked about his experiences for the first time in 8 years. This was good for him. It helped him to integrate the voices in his life. Now he gives HVG trainings. He proposes a partnership between voice hearers, professionals and allies. He is wary because of bad experiences in the past, but nonetheless he thinks this is the time to cooperate. In this context he mentions the National Alliance on Mental Illness (NAMI, www.nami.org). The American delegation proudly announces that on Hearing Voices Day (14th of September) the new website of the USA HV network will be launched: www.hearingvoicesusa.org.

Will Hall starts by apologizing for 10 years of George W. Bush. Will is a voice hearer, he has a master's degree and is a therapist. But to him the voice hearing part gives more therapy to the therapist part, then the other way around.

Italy: Raffaello Pocobello, Mauro

Raffaello invites the Italian voice hearers to participate in the HV network and join HV groups. There is a lot we can learn from lived experience. Mauro tells us about a HV self help group outside of psychiatry in Turin. They are professionals that work at the university. They come together and debate or watch a film. He reminds us that in the time of the anti-psychiatry Italy was proud to have closed the madhouses. He expresses his concerns about the emphasis on medication in psychiatry and the influence of pharmaceutical companies. He supports more independent research and research into holistic approaches based on the personal account of the people themselves, including their views and desires.

Open Space:

In the afternoon there was an open space. People who wanted to share anything with others could make a poster with a short description or drawing. This could for instance be a workshop, poetry or sharing of experiences. The rest could then choose which open space suited their interest. I myself joined an open space with Rufus May and Kate Crawford about paranoia.

Intervoice News & Awards and General Discussion

Dirk Corstens from the Netherlands is the chairperson of the Intervoice board. He gives an update about the current situation of Intervoice. He explains that Intervoice has changed from a movement to an official organization. The membership of Intervoice is made free, to make Intervoice as open as possible. The board consists of 7 people. Besides Dirk there are: Jacqui Dillon (UK), Ron Coleman (UK), Sandra Escher (Netherlands), Liz Ellis (UK), Jørn Ditlev Eriksen (Denmark) and Ami Rohintz (Sweden). The board comes together 2 times every year, but will try to go to 4 times. Besides this they Skype every month. The board expresses it's wish for more young people on the board. Rachel Waddingham and Paul Baker take care of the website. Because of possible conflicts of interest it is decided that there is no bookstore on the website. Intervoice is also active via Facebook, where news is spread and people are able to connect. One of the things Intervoice is thinking about is developing certification and accreditation for people and organizations who offer services related to voice hearing. Another wish is the joining of new countries, like South Africa, Brazil and Indonesia. Intervoice also has a research board and this board is very interested in the questions that voice hearers would like to have researched. Last year Intervoice expressed it's wish to be a human rights organization for voice hearers whose rights are violated in psychiatry. So far there had been no concrete steps. Voice Hearers who are willing to go to court are invited to contact the board. The author of this report is certainly interested in this.

Since 2010 year Intervoice hands out award to people who have contributed a lot to the worldwide hearing voices network. This year the awards go to Olga Runciman from Denmark, Marcello Macario from Italy and Monika Hoffmann from Germany. Paul Baker from the UK received the special title of honoree officer of Intervoice.

The general discussion mainly focused on the question whether the hearing voices network should cooperate with traditional science and psychiatry or not. Rufus May remarks that traditional professionals can be like difficult voices and that it is good to go into a dialogue and overcome conflicts. The author of this report says that it would be good that mental health care workers and students will be informed about the facts and philosophy of the hearing voices network in their education. That may pave the way for understanding and cooperation.

3rd Hearing Voices World Congress – Friday 2nd September

Cristina Contini (Italy)

Cristina opens the day in Italian. She notes that a lot of parents don't know that their children hear voices. She explains that the last years there has come more information about Hearing Voices available, some of which will be presented at the congress. This information and the approach of the HV network will help us to talk more freely about hearing voices.

Recovery factors; or what helps and what doesn't – Gail Hornstein (USA)

Gail Hornstein is a professor in psychology. The last 15 years she has gathered more than 900 first person stories of madness. She included only stories that have been published as books in English. So there are many more stories out there that don't meet these criteria, for instance in other languages and those published on the internet. The people in these stories have had every possible diagnosis, background, psychological treatment and economical situation. All these stories have one thing in common and that is: the belief in recovery. Gail read all these stories and looked at what factors

helped these persons in their recovery. This is another approach than the evidence-based approach which is now dominant in science. In the latter approach people are being treated as objects that are randomly assigned to different conditions, like for instance a certain receiving a treatment or not. But people are not objects, their thoughts and feelings about the research influences the results of these studies. So Gail decided to look at the evidence from personal experience and testimony by compiling and studying this bibliography of madness. She found that there are 4 important factors that contribute to recovery:

- 1) Being listened to
- 2) Being believed
- 3) An empathic witness of the suffering
- 4) Being seen by at least 1 key person to become well again.

This is important for everyone who want to recover or want to help someone else recover. So one need to be able to tell the story and find someone who listens uncritically. Trauma's need to be acknowledged and integrated in the life history. And hope, conceiving of a life with less suffering, is necessary. What not helps is: being lied to or not being told the whole truth, not being believed or taken serious, and being told that you have a lifelong incurable disease. Unfortunately this is what still happens a lot in science and psychiatry. Gail's research shows that this may lead to unfortunate selffulfilling prophecies. Gail told about a new law in the USA for which the Substance Abuse and Mental Health Administration was looking for a working definition of the concept of recovery. They had a poll in which one could choose among different options. With the help of Will Hall and Orex Cohen 1000 voters were organized who voted for the definition that eventually was accepted: A definition which emphasizes self-determination, respect, human relationships and optimism. Exactly the ingredients for recovery that Gail found. You can find the Bibliography of Madness on: www.mtholyoke.edu/acad/assets/Academics/Hornstein_Bibliography.pdf

Emancipatory pride as crucial factor in the recovery process – Cristiano Castelfranchi (Italy)

Cristiano Castelfranchi is a professor in cognitive and social psychology. In his talk he explains that pride can be a crucial factor in recovery and emancipation. When one achieves something, one can feel pride over that. Like when a child learns to walk. This is also true for achieving recovery. This pride helps to elevate ambition, self trust and self esteem and this can be a form of positive self fulfilling prophecy. This way one can find power within oneself and one doesn't have to receive power from others. Shame is the opposite of pride and can have the opposite effects. Pride is a key element in every emancipatory movement, like for instance black pride, gay pride and now mad pride. Cristiano's website: www.istc.cnr.it/createhtml.php?nbr=62.

Freedom as participation: an user led research on the recovery of voice hearers – Raffaella Pocobello & et al. (Austria and Italy)

Rafaella is writing a proposal for a user led research on voice hearing. Her motto is freedom as participation. She wants to investigate what recovery means for voice hearers, what it means to be involved in helping others to recover. In order to do that, they need to find a definition of recovery and find out what does and does not help recovery. Then policy needs to be changed to implement these findings. Rafaella notes that it is important that this information will be passed on to the next generations. She reminds us that Italy was the first country to close mental hospitals in the 70's. unfortunately the knowledge and insights of that time are not passed on. Rafaella presented a protomodel, with 3 different views of recovery:

- 1) Recovery is not possible (diagnosis with negative expectations, hopelessness, loss of power, acceptance of role as a patient, compliance)
- 2) Recovery exists (surprise, belief revision, regain motivation, admiration, hope)

- 3) Recovery happens (acceptance, responsibility, ownership, empowerment, mad pride, rehabilitation)

Paths To Recovery (parallel workshops)

In the afternoon of the first day of the congress workshops were given. Slides & info about the workshops will be posted soon at the website of the congress (www.parlaconlevoci.it) and the Intervoice website (www.intervoiceonline.org). I attended the workshop of Ros Thomas, Ann-Marie and Kelly. So I can only report about that.

Workshops:

Exploring the relationship between voices and the life history

- Dirk Corstens (Holland) – Eighty constructs, what do they tell?
- Jacqui Dillon & Eleanor Longden (England) – Trauma, dissociation and voices
- Marius Romme (Holland) & Pino Pini (Italy) – Presentation of the Italian edition of "Making Sense of Voices" and "Living with voices"

Support during psychotic episodes

- John Watkins (Australia) – Unshrinking psychosis: understanding and healing the wounded soul
- Will Hall & Oryx Cohen (USA) – Coming off medication: an harm reduction approach
- Sandra Escher (Holland) – Children who hear voices

Coping strategies

- Cristina Contini & Franca Errani (Italy) – Beyond coping: the dialogue with the voices
- Samuel Ruggiero & Elisabetta Berta (Italy) – Relaxation techniques and yoga for voice hearers
- Rufus May (England), Alessandra Santoni & Marcello Macario (Italy) – Talk with aggressive voices
- Ros Thomas, Ann-Marie Middleton, Kelly Bayley & Gateway Community Health (Australia) – Working with young people who hear voices: early intervention in the community

Workshop: Ros Thomas, Ann-Marie Middleton, Kelly Bayley & Gateway Community Health (Australia) – Working with young people who hear voices: early intervention in the community

Ros starts the workshop by sharing her background. She explains that she has been a psychiatric nurse for 20 years and that she has trained other nurses. She worked with doctor called Rod Morris, who was very dedicated to recovery. Now she works with young people aged between 16 and 26. These young people have different backgrounds, some of them hear voices. The aim is to provide a safe and respectful environment that help them to recover. Kelly was the first co-facilitator and after 10 years she still is. After the Perth congress about recovery from psychosis the HARD (Hope And Recovery DVD) project started. Recovered people came back to share their stories. They made a list 117 questions that were not asked to them by the people who were supposed to take care of them. In Ros's work the keywords are engaging, connecting, caring and contributing. Parents are also involved the young people's program. Another project is Kids in Control for youngsters aged 12-15 years. Ann-Marie co-facilitates this project. One of the things they do going on camps, where they develop their (coping) skills, knowledge and strengths and connect with each other.

Ann-Marie showed us 2 autobiographical films: A clay animation and a film with pictures and music. The clay animation showed her struggle within the psychiatric system and the misunderstanding and lack of respect she experienced there. She left the mental health system behind and now she is dedicated to help as a survivor of psychiatry to create a paradigm shift in mental health care. The second DVD is called Annie's Journey and shows her some of her beautiful photographic work with music by her friend. After the films Ann-Marie tells us about the things they do in the Kids in Control project. There are lot of creative workshops (dance, music, film, radio) and they made strength cards. She also gives workshops at schools called Hope, Recovery and Self Discovery.

3rd Hearing Voices World Congress – Saturday 3rd September

Due to personal circumstances I missed the first part of Saturday morning program, which included the opening addresses and the stories of recovery. So there is no report about that from me, sorry!

Opening Addresses

- Lorena Rambaudi (Liguria Region)
- Giuseppe Tibaldi (Italian Society of Psychiatric Epidemiology)
- Giovanni Durante (ARCI Savona)
- Roberto Romani (Foundation “Agostino De Mari”)

Stories of Recovery (plenary session)

- Elisabeth Svanholmer (Denmark)
- Catherine McGroggan (Ireland)
- Glenda Piona (Italy)

Epidemiological research on voices – Eleanor Longden (England)

Eleanor Longden is a psychologist and expert by experience. In her talk she scientifically shows that hearing voices is not a sign of mental illness. First she reminds us that Kraepelin did not think hearing voices is “a principle attribute” of dementia praecox (precursor of the term schizophrenia) and Eugen Bleuler, who coined the term schizophrenia, also thought that hearing voices was not a major psychotic symptom. Only with Kurt Schneider hearing voices became a “first rank symptom” of schizophrenia, although he agreed with Bleuler and Schneider that they were not “crucially important features”. Eleanor goes on to show that in many spiritual traditions hearing voices are accepted and appreciated. Then she gives examples of the many circumstances in which voices might be heard. She then presents an overview of 7 scientific studies that looked at the occurrence of voice hearing in the general population (0,6%-16%) and 6 studies that looked at student / adolescent populations (2%-41%). From these studies she concludes that it is fair to say that 13% of the general population hears voices. This while the percentage of people who have mental problems and hear voices is much lower [In the Netherlands the percentage of people with schizophrenia and voices is 0,4%, remark by the author of this report]. And to compare: the percentage of people who are left-handed, vegetarian, have a PhD or have red hair is all less then 13 %. In other words hearing voices is just as normal/common as these characteristics. Then she looks at the question whether certain types of voice hearing might be pathological and others not. Based on scientific research the answer is no. But what is the difference then between distressed and non-distressed voice hearers? The answer is the way they live with voices. Non-patient voice hearers engage more with their voices, they accept the more, they have meaningful explanations and more often they resolved and worked through the reasons of the voices presence.

Using medications wisely and coming off medication – John Watkins (Australia)

John Watkins is a mental health counselor and wrote some very informative books, such as “Hearing Voices: Common Human Experience” and “Healing Schizophrenia: Using Medication Wisely”. Today he talks about medication. First he explains that expectations can have a big influence on the effects of medication. For instance there is the positive placebo effect, in which a fake medicine can have a good effect. But there is also the nocebo effect, in which an effective medicine won't work because of the negative expectations the person has of this medicine. John show a list of possible advantages and disadvantages that antipsychotics can have. So it comes down to make a wise decision. John proposes a holistic approach that focuses also on coping strategies, lifestyle and nutritional factors. He proposes to minimize medication as wisely as possible. So starting medication free, looking for the minimal effective dose and regularly look whether it's wise to reduce the dosage. For reducing or stopping medication he advises to follow a plan that includes: seeking and accepting appropriate

guidance & support, good preparation (physical, mental, social, spiritual), contingency plans in case of difficulties and very gradual reduction of the medication dosages. Also it's important to recognize personal "warning signals" and to be prepared to increase dosage if necessary. It is also a matter of accepting to have more personal responsibility. John advises to change only one drug at a time (inc. social drugs). The slides of John's presentation will soon be posted on www.parlaconlevoci.it and www.intervoiceline.org.

Emergency strategies to cope with the voices – Cristina Contini (Italy)

Cristina is an expert by experience and she helps people who hear voices. She describes the starting of hearing voices as an emergency; it indicates that something is emerging. This could be a useful signal. It might tell us something is broken, but it is also an opportunity to discover parts of oneself that one didn't not know yet. Cristina thinks it is important to accept that it will never be like before. She sees the voices as a signal for help, for coping. Once one has recovered and survived this period, one can go beyond and start to help others. According to Cristina helping others is the meaning of life. She advises to help the people that ask for help and not to waste time with people who don't ask for help. She advises to be silent or speak of love. You can find more info about Cristina www.cristinacontini.it.

Paths To Recovery (parallel workshops)

In the afternoon of the second day of the congress workshops were given. Slides & info about the workshops will be posted soon at the website of the congress (www.parlaconlevoci.it) and the Intervoice website (www.intervoiceline.org). I attended the movie Crooked Beauty and the subsequent discussion. So I will only report about that.

Recovery process

- Karen Taylor (Scotland) – Recovery of professionals
- Ron Coleman (Scotland) – Recovery of voice hearers
- Italian family members (Italy) – Recovery of family members
- Irene van de Giessen & Suzanne Engelen (Holland) – Recovery factors from the voice hearer perspective
- Ros Bowyer (Australia) – Voices at work: a program to support voice hearers in getting a job

Hearing voices groups: between freedom and structure

- Rachel Waddingham (England) – Working creatively: developing hearing voices groups for young people
- Peter Bullimore (England) – Starting a paranoia self help group and understanding the experience
- HV groups from Milan, Imola and Reggio Emilia (Italy) – Start up of an HV group: within/outside/close to the mental health services

Live!!! (film & theatre)

- Ken Rosenthal (USA) – Crooked Beauty (www.crookedbeauty.com the recovery journey of Jacks McNamara)
- "A cielo aperto" Association (Italy) – Live theater with voices

Film & Discussion: Crooked Beauty: The recovery journey of Jacks McNamara by Ken Rosenthal (USA)

Crooked Beauty is an award winning poetic documentary that chronicles artist-activist Jacks McNamara's transformative journey from childhood abuse to psych ward inpatient to pioneering mental health advocacy. The movie shows beautiful images, mostly in black and white, while Jacks narrates her story. This gives the viewer, the time and space to contemplate about what Jacks is saying. Jacks became a cofounder of the Icarus Project. The Icarus Project is a network of people living with and/or affected by experiences that are often diagnosed and labeled as psychiatric

conditions. The people of the Icarus project believe that these experiences are mad gifts needing cultivation and care, rather than diseases or disorders. By joining together as individuals and as a community, the intertwined threads of madness, creativity, and collaboration can inspire hope and transformation in an oppressive and damaged world. Participation in The Icarus Project helps to overcome alienation and tap into the true potential that lies between brilliance and madness. More info about Crooked beauty can be found on: www.crookedbeauty.com and about The Icarus Project on: www.theicarusproject.net (here you also can find articles like: "Harm Reduction Guide To Coming off Psychiatric Medications" and "Friends Make The Best Medicine Support Manual Draft").

Closing of the congress

The organizers of the 2010 congress in Birmingham have brought a Bulldog-teddybear with a UK-flag to give it to the organizers of this 2011 congress in Savona. In turn they will bring a coffee-percolator with an Italian flag next year to Ireland for the 2012 World Congress on Hearing Voices.. For 2013 Australia is on the agenda.

About the author of this report:

Robin Timmers is a bachelor psychologist and expert by experience from the Netherlands. He is coeditor of the Klankspiegel, the magazine of the Dutch Hearing Voices Network. Robin trains students and mental healthy care workers and is currently setting up a Support Centre Voice Hearing in his hometown, Nijmegen.