



# HEARING VOICES NETWORK AOTEAROA NZ

## NEWSLETTER

providing support & information on hearing voices and visions ISSN1177-536X

*Te Reo Orooro*

ISSUE 7 July 2012

[www.hearingvoices.org.nz](http://www.hearingvoices.org.nz)

### FROM THE COMMITTEE

Hi all.

Since we last wrote, we have had two wonderful committee members leave. The talented Vanessa Beavan, who has been with us since the start of the HVNANZ resigned and has taken a position in Australia. I am sure Vanessa will continue her work with voice hearers with all the lucky Sydneyites.

Robyn Aldrich has also resigned, due to other commitments. We are pleased to say Professor John Read has joined us and we look forward to his wonderful input to our organization.

Our support groups are growing, thanks to a bunch of volunteers committed to creating a place where voice hearers can meet others and share their experiences of voices and life.

See you at the AGM.

### LIVING WITH VOICES, an afternoon with the Hearing Voices Network Aotearoa NZ followed by our AGM.

Join us for the afternoon,. We have three wonderful speakers to enlighten you and inform you about how it is to be Living with Voices:

**Hearing Voices as a meaningful Human experience- A research Summary by Dr John Read :** Dr John Read is a Professor of Clinical Psychology at Auckland University. One of his main areas of work and research is in the area of hearing voices and Psychosis. He is a member of The Hearing Voices Network as well as ISPS. Dr Read has written many books and is an interesting and heartfelt speaker .

**Integration of Culture and Personal experience for living with Voices by Egan Bides:** Egan Bidois will speak about his own experiences, how he has “embedded them” and come to peace with them in his head/life/spirit etc. Egan now works in mental health and will also incorporate Maori Cultural aspects that he values, and how he perceives such experiences in relation to our cultural definitions, and how these secure and cement his ongoing wellness. Egan is a powerful speaker, coming from his own personal experiences, he is talking his walk.

**Coping and Living with Voices by Adrienne Giaccon.** Research amongst the Hearing Voices Network shows that many voice hearers live with their voices and can even find them to be helpful. The difference between those that are distressed, and those that aren't can often be how they react to the voices. Adrienne Giaccon has been a facilitator for our West Auckland Support group for over 5 years and runs a group at a Forensic clinic. She will share some of the techniques and understandings she has found helpful for coping and living with voices.

SPOT PRIZES TO BE WON.

**When: 1 to 4 PM Saturday 21st July 2012**

**Where: Lynfield Room, Fickling Convention Center, 546 Mt Albert Rd, Mt Roskill.**

**Cost:** \$20 for waged- \$5 for unwaged. Current HVN Members Free. If you cannot afford this fee please let us know and a koha can be accepted. n.b Afternoon tea provided. We are a registered charity. These fees will help support our work.

**Bookings:** Call Adrienne at 0272650266 for more details or email: [info@hearingvoices.org.nz](mailto:info@hearingvoices.org.nz) for a registration form. Please note spaces are limited. If you want to come you will need to book.

## BOOK REVIEW

### HENRY'S DEMONS– Living with Schizophrenia A Father and Sons journey out of Madness

By Patrick & Henry Cockburn

This is a well written book. It is cleverly co-written by a father, and a son. The son has a diagnosis of schizophrenia. The beauty of this book is that we see the experience from both sides.

On the Fathers behalf, we experience the shock, the frustration and the fear he experiences as he tries to come to grips with the unusual behaviour of his son and their battle to try and find help for him within the medical system. He voices his frustration at his son for not taking his medication on the one hand, yet voices his doubts about the medications effects on him on the other hand.

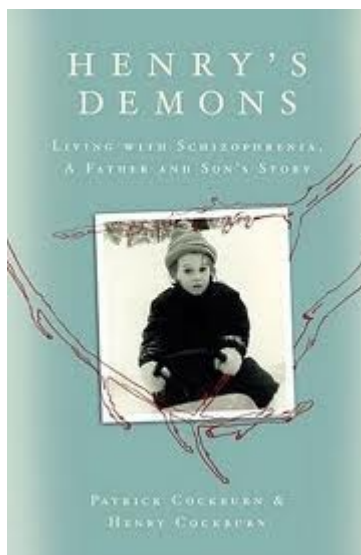
His son Henry , writes poetically of his experiences, which sound more like an incredible adventure into the wilderness of life. He “goes” with his experiences, following the advice he receives from the trees that tell him to run away. Which he does constantly from various institutions, always shedding his clothes which almost results in his death in mid winter.

It highlighted to me how often the two do not meet in the middle. The

parents concern is that he is safe and taking his medication.

Henrys is trying to live within the multidimensional world that he is presented with. Henry is an artist, and the book makes one realise how much a part of the experience the multidimensionality is.

It is so much bigger and grander, then the everyday problems of wearing shoes and keeping warm. Henry, feels, communes and is part of his nature surroundings in such a complete way that he neglects his own care. His world is a living metaphor, just as his paintings are of the world.



It highlights how important it is for family to understand or try to have

some awareness of such profound experiences, so they can communicate more effectively.

It highlights how important it is for voice hearers to make an effort to include their families , to let them know how they want to be helped. How they need to be helped. To cope with living in the place they have landed.

I got this book out from Auckland Public libraries. It is always worthwhile seeing what they have available on voice hearing.

Adrienne Giacon.

## CREATIVE CORNER

### Poetry by Diana Giddens

#### RUN DAUGHTER RUN

Run daughter run  
Run daughter run as fast as you can  
For the pit is quick to suck you in...  
Run daughter run,

Put on your shield  
Run close to me I am here and I care

Don't cradle your life with subtle ambitions and dreams be someone who matters in my kingdom.  
Run daughter run,  
Flee from flaming arrows, those words you  
Long to get away from  
Run daughter run,

From that bottle of anguish and despair

Watch who you're hurting

You may be hurting deep inside but that doesn't give you the right to hurt others  
Remember every time you hurt I hurt with you,  
Your pain is my pain

Reach out and put a little love in your heart And the world will be a better place for you  
And for me  
You just wait and see.

#### DISTRACTION

Pitter patter I look to my left and to my right  
I turn around no body there  
Pitter patter where's that noise coming from it drives me berserk,  
I'm getting angry munch munch, Pitter patter, kill, man its noisy  
I wish it would shut up.

## Food & Mood By Kim Newton

Did you know that every single cell of our bodies are made from food? We have the amazing ability to heal ourselves if we eat the right foods that we are made from. To me this means nutritious and delicious.

I did have depression, but I changed my diet to an unprocessed natural diet and I have now cured myself! I also take an intensive vitamin and mineral supplement.

Overnight I changed from eating foods such as big pieces of meat, lots of cheese, salami, cream, sweetened yogurt, cakes and coke to lots of fruit and vegetables, nuts, seeds, fish, chicken, lentils and drinking water.

I went from drinking about 2 litres of coke a day to drinking 2 glasses of water a day. I slowly increased this to 8 a day. I thought water was tasteless, as my taste buds were so used to all the sugar in coke. I am now happy to drink water as I know that my body and mind need it to function properly. We are nearly 70% water.

I used to eat white rice, pasta and bread. White rice has lost 77% of its vitamins and minerals through processing So I now eat brown rice. It is yummy with veggies, fish, hard boiled eggs, lemon juice, parsley, curry, powder, soya sauce -what ever you like.

If you are stressed you might be interested to know that vitamin C is an anti stress vitamin. That means having a kiwifruit, apple, orange for breakfast or a snack or maybe some broccoli, or cabbage for dinner. It really helps if these foods are spray free and fresh from your garden or markets for higher vitamin C content. Try these foods instead of a coke and cake and see if you feel any different. By all means have your treats, but on top

of a healthy diet.

**SOME HELPFUL TIPS** Dehydration can affect your ability to think clearly and to concentrate.

It is recommended to drink 8 glasses of water a day.

Brain cells need oiling with essential unsaturated fats if they are to communicate properly with each other. Eat sardines, salmon, mackerel, herrings, 2-3 times a week.

Get food cravings? Some mental and emotional problems can be a sign of dipping blood sugar levels. For an even mood through out the day try wholegrain cereals, brown rice, oats, nuts, seeds.

Are you a vegetarian? Protein foods contain the building blocks that influence how you think and feel. Try eating good quality protein- lean meat, soya, tofu, tempeh, fish, eggs, cheese, peas, lentils, nuts and seeds with every meal.

Artificial additives- a rapid change in behaviour within minutes or hours after eating additive foods. Be aware of colourings such as tartrazine, flavour enhancers such as monosodium glutamate, artificial sweeteners such as aspartame, preservatives such as sulphur dioxide.

Caffeine is a stimulant and excessive amounts can cause anxiety. Healthy alternatives are herbal teas, roast barley, chicory, dandelion, small pieces of dark chocolate.

Kim holds food and mood workshops For more info email [kimnewton-3@hotmail.com](mailto:kimnewton-3@hotmail.com)

### MAKING SENSE OF PSYCHOSIS CONFERENCE "VALUING SUBJECTIVE EXPERIENCE" AUGUST 29,30 & 31ST Auckland University.

First joint conference of the Australian and NZ branches of ISPS ([www.isps.org](http://www.isps.org)) August 29th (training workshops), 30th & 31st (seminars), 2012 University of Auckland

**KEYNOTE SPEAKERS:**  
Professor Colin Ross (Baylor University, USA)  
Dr Melissa Taitimu (Te Rarawa, Headspace Gold Coast), Dr James Scott (University of Queensland), Kellie Comans (Gateway Community Health, Wodonga, Victoria)  
Professor Robert Schweitzer (Queensland University of Technology) Debra Lampshire (University of Auckland) Dr Jim Geekie (Auckland DHB)

#### WORKSHOPS

Working with Voice Hearers (Colin Ross)  
Working with Families (Kathryn & Gary Platz – Wellink Trust, Wellington)

Other Speakers include:

Dr Vanessa Beavan, Dr David Codyre, Dr Ingo Lambrecht, Dr Patte Randal, Professor John Read,

For Registration form email: [ispsnz@gmail.com](mailto:ispsnz@gmail.com)

To submit an abstract (250 to 300 words) to present a paper on your research, work or experiences of psychosis and/or mental health services, email Ingo Lambrecht on [ingol@adhb.govt.nz](mailto:ingol@adhb.govt.nz), by July 10th, 2012

**SUPPORTED BY: HEARING VOICES NETWORK AOTEAROA NZ, MENTAL HEALTH FOUNDATION and NEW ZEALAND PSYCHOLOGICAL SOCIETY**

## FIVE PEOPLE TALK ABOUT THE VALUE OF FACILITATING HEARING VOICES GROUPS IN NZ

Compiled by Tracey Cannon

***“Co-facilitation (of the hearing voices support group), has made such a difference in my life, it has helped me cope a lot better than I did”***

A group of hearing voices support group facilitators from around the country were asked a few simple questions about the groups they facilitate. Three of the group are voice hearers and two identified as clinicians working in mental health. All of the facilitators were very positive about the benefits of running a group, both for themselves and for the group participants.

This article briefly describes what motivates the facilitators to run a group, what people who come to the groups say they are looking for and the personal benefits and challenges experienced by facilitators.

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**‘What made you want to run a group?’**

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***“I am passionate about anything that I can share (from my own experiences) that might help others cope better and that could make a positive difference in their lives”***

People have a variety of reasons for wanting to help facilitate a support group. Most voice hearers talked about wanting to support others and find a positive way to use their own experiences. Clinicians talked about the importance of being of service and of having the opportunity to learn about ‘non-medical’ or holistic ways to support people, particularly those who are distressed by their voices.

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**‘What would you say are the things that come up most frequently in the groups?’**

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Facilitators say that coping strategies, finding meaning in the voices and experiences and looking for answers about what causes voices are the most common topics brought up in groups. People attending groups are also looking for companionship, and practical support with things like getting back to work. Some people want to know more about how to support a family member who hears voices and voice hearers also talked about how valuable it is to be in a non-judgemental environment where they can discuss anything without fear of discrimination.

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**Has being a hearing voices support group facilitator had an impact on the way you look at things i.e. your own experiences or your work etc?’**

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A clinician who facilitates a hearing voices support groups describes how it has impacted her work;

***“I am less and less convinced by psychiatry! In my own work I am much more interested in people’s stories and less concerned with diagnosis. I really do now see voice hearing on a continuum of normal human experience***

Other facilitators described gaining a deep understanding of what it means to support others, the privilege of listening to people stories, and the comfort that can be gained from having someone that is ready to listen.

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**‘What are the challenges and benefits of running the group?’**

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***“Relaxation, companionship and (it gives me a) spiritual lift”***

Group facilitators describe many benefits of being involved in running a group. Most commonly they talked about the satisfaction of seeing others benefit from the group.

***“I love the outcome when someone in the group moves forward in their own recovery, and you see their confidence increasing”***

***“Its always interesting, people are so genuine and honest....its great to be part of meaningful conversations for a change”***

The main challenge described by facilitators was how to spread the word about the groups so that more people could benefit. It was felt by most that there is still a great deal of stigma about hearing voices, and that not having access to useful information disadvantages many people.

***“I really believe there is a need for the group, but we are still just getting a trickle of people coming along”***

This article highlights some of the value that can be gained from facilitating a hearing voices support group both for the facilitators and the group members.

It is estimated that 5% of the population hears voices, but only 1% are diagnosed as having some kind of illness. Many people who have found ways to cope and live well with their voices have done so because they have had access to useful information about effective coping strategies. Voice hearers talk about learning ways to accept and value their experiences, and perhaps most importantly about finding support and acceptance with people who share similar experiences

The vision of the Hearing Voices Network is ‘People who hear voices are accepted, valued and treated with equal dignity as contributing members of our community’. If you think there is a need for a support group in your area, the Hearing Voices Network can offer the support you need to start one .

## Dealing with Paranoia and Understanding Voices with Peter Bullimore

BY Edna Heled

I am tempted to add a big **H** to the name of Peter Bullimore, the UK based international presenter, trainer, and expert by experience. He delivered Working with Paranoia and Understanding & Working with Voices workshops in Auckland.

**H** for **H**eart, for **H**onesty, for **H**onouring and for **H**umbleness. Those days were not only inspiring but also transforming.

The New approaches to understanding and working with people who experience paranoia and unusual beliefs" workshop, shifted the focus of relating to paranoia. From being a distant and isolated personal experience to a familiar feeling that can be understood, normalized and perceived as a justified response to life circumstances, albeit aggravated. Most of the times, Peter said, there is a reason why the fear, which is the master emotion that dominates paranoid behaviour, has become so strong. Something usually triggers this behaviour such as victimisation or trauma. Peter strongly advised to develop clear and positive communication, relationships and trust with the person who experiences paranoia and to try and explore the whole person, not just the "disorder".

This can be done by asking questions such as "What happened to you?" rather than "What is wrong with you?". Saying "I do not share your beliefs, but I sincerely do believe you and I am interested in what those beliefs mean to you, and want to try and explore with you when you think they started. When they feel more real to you" etc. Such approach helps the person disclose underlying causes for the frozen terror that is experienced in paranoia.

Peter gave us exercises in small group, where we brainstormed ideas in different case scenarios. He advised professionals how to help clients manage the Paranoia by not attacking, cancelling or denying their experiences. Instead take actions in a way that the fear will be reduced;

recording and decoding what is happening, befriending; gradually challenging the thought and by giving real tools that assist in feeling more safe and protected until the thoughts become secondary and eventually not necessary any more.

Peter shared his personal story- 10 years of being under the mental health system, his background and his recovery.



The second day's Workshop - "Effective ways to help people understand and live fulfilling lives while experiencing hearing voices" was educative and thought provoking. Peter presented the different cultures and their attitude to voice hearing,

For some it is completely normal ; for some it is a collective responsibility and not a personal disability. He spoke about famous people such as figures in the bible, Winston Churchill and Anthony Hopkins who are voice hearers and portrayed that the difference between "eccentricity" and "madness" is the ability to create a construct around the voices that gives them meaning and explanations and being in control of ones actions.

Peter said voices are part of reality for voice hearers and should be acknowledged and respected in this sense. He noted how different a life experience can be for a voice hearer if the reaction of the people around him is accepting and embracing rather than fearful, diminishing and rejecting. The distress becomes much worse if the person becomes isolated, judged and stigmatized.

Instead, if someone shows a genuine interest in exploring the voices, their quality, intensity and identities and what they want to say, there is a high probability of revealing what triggered the voices in the first place .

If there is a painful or traumatic event that is repressed it sometimes takes form in the shape of voices. This exploration and understanding, along with learning how to live with the voices , while giving them less power and authority , so they are better managed is the best way to recovery.

One of the most affective exercises for therapists who don't hear voices was a role play. Peter put us in a group of four - alternating different roles in a job interview setting. While one was the interviewer and one was the job seeker, the other two were whispering in the interviewee's ears, from both sides,

negative and sometimes really strong aggressive thoughts and comments about the interviewer. It was very shocking to have this taste of how real and disturbing voices can be, and very challenging to keep functioning while trying to ignore them.

The three basic principles of working with voices are Understanding, Accepting and Recovery. However, Peter suggests using a different terminology, and says that once we stop relating to "hearing voices" as an illness we can also replace the term "Recovery" with "Discovery".

Following the interest of the workshop's participants, Peter has started a forum which will be through his website [www.nationalparanoianetwork.org](http://www.nationalparanoianetwork.org)

With Peter's personal sharing, together with Arana's warm holding of the space and the beautiful songs he played and made us all sing along, it was a memorable experience.

*Te Reo Orooro*



**HEARING VOICES NETWORK AOTEAROA NZ**

*providing support & information for hearing voices & visions*

We are part of an international society of Hearing Voices Networks co-ordinated through INTERVOICE– the International Network for training, education and research on hearing voices. For more information see their website [www.intervoiceonline.org](http://www.intervoiceonline.org)

**FAMOUS VOICE HEARD**



Comedian Stephen Fry **“I’ve never really thought of myself as someone who hears voices, but I do. I have this constant voice berating me, telling me I’m ‘a piece of shit’ all the time in my head.”**

**MEMBERS & SUPPORTERS FORM**

The Hearing Voices Network Aotearoa New Zealand is an independent society and as such relies on funding and donations. If you would like to become a member of our society and support our organisation please fill in this form and return to us with your payment. We are a registered charity and donations are tax deductible.

- **Voting Rights:** Whilst our services are provided to all, only paid members of the society may vote for or be part of our committee. As a society we are run by our members in the form of a committee that is voted in each year.
- **Newsletter:** Our newsletter is sent to all members. At present it’s biannual. We welcome public contributions to it.
- **Internet:** [www.hearingvoices.org.nz](http://www.hearingvoices.org.nz) is our website It is packed full of helpful information which we update regularly. There is a forum on the site too. We also have an email subscribe list that is free.
- **Seminars and Events:** We will let you know you of any seminars or events we may be hosting and keep you informed of other relevant events. They are also listed on our website
- **Support Groups and Information to the Public:** Membership is not necessary to attend our support groups which we provide for free or at minimum cost. However membership fees do help us to better equip them with books and other resources

NAME:.....

ADDRESS .....

tel no: .....Email:.....

WAGED \$20.00 • UNWAGED \$10.00 • Corporate \$60.00

Membership Amount \$.....DONATION \$.....

TOTAL AMOUNT ENCLOSED \$.....

Please make cheque payable to:

Hearing Voices Network Aotearoa NZ, PO BOX 78-132, Grey Lynn, AUCKLAND 1245 Contact: Adrienne [info@hearingvoices.org.nz](mailto:info@hearingvoices.org.nz)

**UPCOMING DATES AND MEETINGS 2012**

**Grey Lynn Hearing Voices Group** At Toi Ora, 6 Putiki Rd, Grey Lynn. Every two weeks 6.30pm to 8pm. Next dates:18th July, 1st,15th, 29th August, 12th, 26th September.tel:021 2684 397

**West Auckland Hearing Voices Group.** Every 2nd Wednesday 7.00pm to 8.30pm at Waves Trust 7 Henderson Valley Rd, Henderson Auckland Next dates are: 25th July,8th, 22nd August,5th, 19th September. tel 027 265 0266

**Glenfield Hearing Voices Group** Every 2nd Thursday from 2pm to 3.30pm at Glenfield Community Centre,

cnr Glenfield Rd and Bentley Avenue, Glenfield. NEXT DATES .19th July, 16th 30th August, 13th, 27th September tel: 094433700

**Mangere Hearing Voices Group** at Hindu Niwass 2-30 Bukem Place Mangere. every 2nd and 4th Tuesday of the month. 6.30pm to 8pm . tel 022649 8927

**Greenlane Hearing Voices group** Greenlane Presbyterian Church cnr Ht South Rd & Greenlane West, Every 2nd Wednesday 1pm to 2.30pm next dates: 25th July, 8th, 22nd Aug, 5th, 19th Sept .tel: 5314040 ext 9377

**Hamilton Hearing Voices group.** Every 1st and 3rd Tuesday Center 401 Training room, 306 Tristram St, 5.30pm– 7pm Next dates: 17th July, 7th, 21st Aug, 4th, 18th Sept.

**Palmerston North Hearing Voices Group;** At Journeys to Wellbeing, 1st Wednesday of every month 12.45pm to 2.30pm Cnr Rangitikei & 140 Broadway Ave, Palmerston North. call Christina tel: 06 355 3387

**Wellington Hearing Voices Group** Meets every second Saturday of the month. 1 to 3 pm 94 Riddiford St, Newtown Wellington call Lize 021 049 0887 Next meeting 14th July