



# Hearing Voices...

*Assisting people to cope with an extraordinary experience*

**A workshop for family, friends, allies and health professionals**

**Facilitated by Richard Lakeman** DipNsg, BN, BA Hons, Grad Dip Psychotherapy, FANZCMHN

This workshop is designed for people wishing to better understand the experience of hearing voices and provide practical assistance in coping with the experience.

## **Learning Objectives:**

Participants who attend this workshop will:

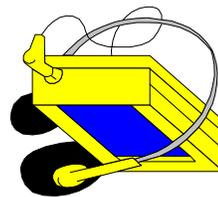
- Reflect on the personal and socially constructed meanings of hearing voices;
- Gain insight into potential problems of living associated with hearing voices;
- Further develop skills in responding therapeutically to people who hear voices;
- Identify potentially helpful and 'evidenced based' 'self-help' approaches to coping with and 'controlling' voices;
- Identify key features of an assessment of voice hearing and the significance of findings.

## **Process:**

The session will commence with exercises to gain insight into the voice hearing experience. Participants will be encouraged to reflect on the meanings attributed to voice hearing and behaviour. The facilitator will present a working model of coping with voices drawn from the theory and research on the aetiology of voices, coping, beliefs about voices, expressed emotion and the phenomenology of voice hearing. This model will form the framework to identify and explain the effectiveness of strategies that may assist people in coping with voices. Participants will review key components of an assessment of voice hearing and the significance of findings.

## **What participants need to bring:**

An open mind, enthusiasm and a walkman (CD or tape)



## **Professional profile of facilitator:**

Richard is a registered nurse with many years post-graduate experience encompassing nursing care in acute and continuing care psychiatry, work for charitable and voluntary organisations, group facilitation, community education, research and education. His Honors research examined how people cope with voices. He has contributed to many international nursing journals and several books on ethics, research, legal issues, cognitive behavioural therapy and health care systems. He has presented as key-note speaker at conferences in the UK, Australia and New Zealand. In 2003 he was awarded the Rotary Sunflower Award for outstanding service to mental health by a government worker.