

Talking with Voices

A 2-day workshop facilitated by
Rufus May and Elisabeth Svanholmer

When: Sat and Sun 5th – 6th of Oct 2019

10am – 4pm both days

Where: Mezzanine, The Birchcliffe Centre

Birchcliffe road, Hebden Bridge

HX7 8DG



The Owl by Anita Klein
www.anitaklein.com

There is increasing interest in using dialoguing skills to help people who hear voices.

This 2-day workshop will look different ways to use the voice dialogue approach with people who hear voices.

This training is for mental health workers, people who hear voices and their supporters. Its aimed at people who have attended training on hearing voices approaches and want to learn more about dialoguing.

It will include:

- Voice dialogue ideas that everybody has different parts or sub-personalities
- Using compassionate communication skills
- Mapping out the voices people are hearing
- How to dialogue with someone else's voices
- Deciding whether or not to use the dialoguing technique
- Grounding strategies
- Dialoguing as a self-help tool
- Creative ways to dialogue with voices

There are limited places so please only book if you are committed to attending. The event is not for profit but we hope people feel able to contribute towards expenses.

Suggested donations £25

To book and for more info pls email

openmindedtraining@gmail.com

Rufus May has facilitated hearing voices groups for 13 years and has worked extensively as a psychologist in the NHS in adult mental health. See www.rufusmay.com

Elisabeth Svanholmer hears voices and has been organising and facilitating events and training since 2006. See www.livinglifegently.live