

# Working with Voices

1 day workshop facilitated by  
Rufus May and Elisabeth Svanholmer

**When:** Tuesday September 3<sup>rd</sup> 2019 10am – 4pm

**Where:** Main Hall, The Birchcliffe Centre,  
Hebden Bridge HX7 8DG

An interactive workshop looking at how we can support people who hear voices to change the relationship with their voices.

It will include:

- Introduction to the Hearing Voices Approach
- Ways to be curious about hearing voices
- Coping strategies
- Setting boundaries with voices
- Making links between life events and hearing voices

This workshop is open to anybody interested in this subject such as people who hear voices and their supporters.

Places are limited so please only book if you are committed to attending. It is a not for profit event but we hope people feel able to contribute towards expenses. Suggested donation £10

Resources and more information about training we offer on [www.openmindedonline.com](http://www.openmindedonline.com)

For bookings go to <https://www.eventbrite.com/e/working-with-voices-tickets-63212915532>

Enquiries: [openmindedtraining@gmail.com](mailto:openmindedtraining@gmail.com) or 07926685432

*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](http://www.rufusmay.com)*

*Elisabeth Svanholmer hears voices and has been organising and facilitating events and training since 2006. See [www.livinglifegently.live](http://www.livinglifegently.live)*



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