

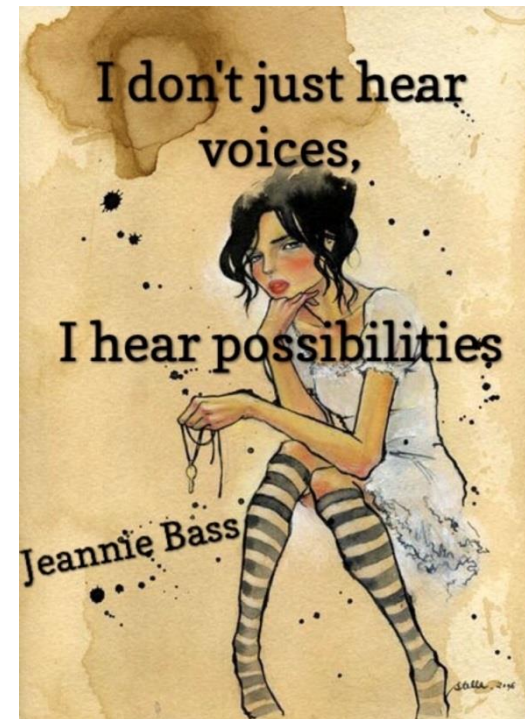


The Hearing Voices Movement

IN DIALOGUE WITH VOICES

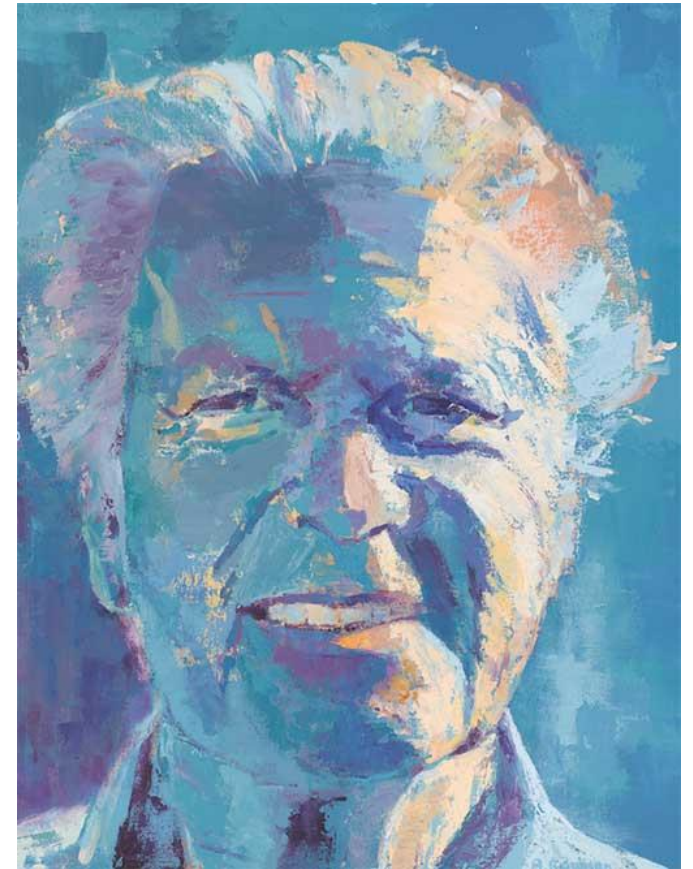


JEANNIE'S STORY



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A Human Rights movement specifically for voice hearer's began in the Netherlands in the late 1980's...



From its inception the HV movement Has historically...



- Acknowledged the reality of our experience and the right to talk about it
- Valued voice-hearer driven spaces where we can connect WITHOUT clinicians... while at the same time being open to allies.
- Emphasizes that voice-hearing is not a symptom of an bio-chemical illness and instead represents a wide umbrella of human experiences

Goals of the Hearing Voices Network



Raising awareness about voice hearing, visions and other unusual or extreme experiences.



Creating opportunities for personal understanding and making meaning.

Expanding access through development of new groups and ways to connect.



Language is a tool to build an inclusive Hearing Voices movement

Parts

Divine Messengers

Ancestors or Past Lives

Possession States

Spirit Guides

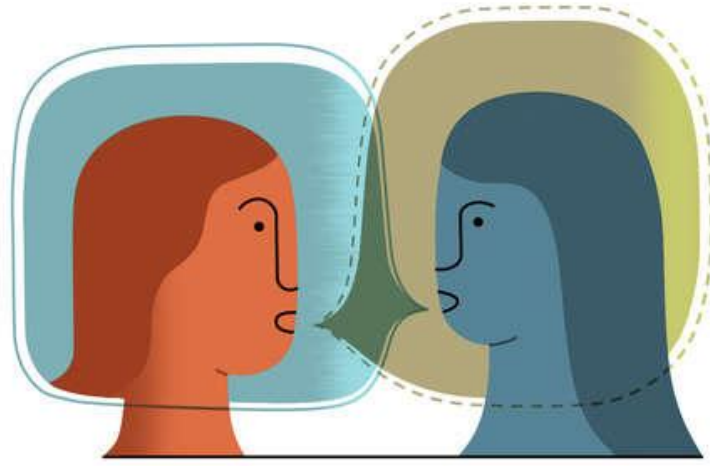
Trauma Echoes

Extraterrestrial Communication

Government Control

Satellite Transmission

Multiplicity



Hearing voices makes sense in relation to our personal life experiences...



...the problem is not hearing voices,
itself, but the difficulty with
navigating the experience...

Tasha's Story





Hearing voices is **not** a sign of illness.

Hearing voices is a normal, though deeply personal, variation of human experience

About 1 in 10 people hear voices at some point in life

A third of voice hearers never interface with psychiatry.

Claims of Biological difference have often driven society's treatment of voice-hearers however...

There are no brain differences among voice-hearers that cannot ALSO be found in trauma survivors...

Or accounted for by the use anti-dopaminergic drugs.



One in Ten People Hear Voices at some point in their lives...Research shows “good” copers:

- ★ **Feel themselves to be stronger than the voices**
- ★ **Communicate more often about and to their voices**
- ★ **Set limits and listen selectively to their voices**
- ★ **Use fewer distraction techniques**

Romme & Escher

General Strategies

Acknowledging that the experience is real and meaningful

Not feeling obligated to do what voices tell you to do

Not taking the voices literally but still looking for their message



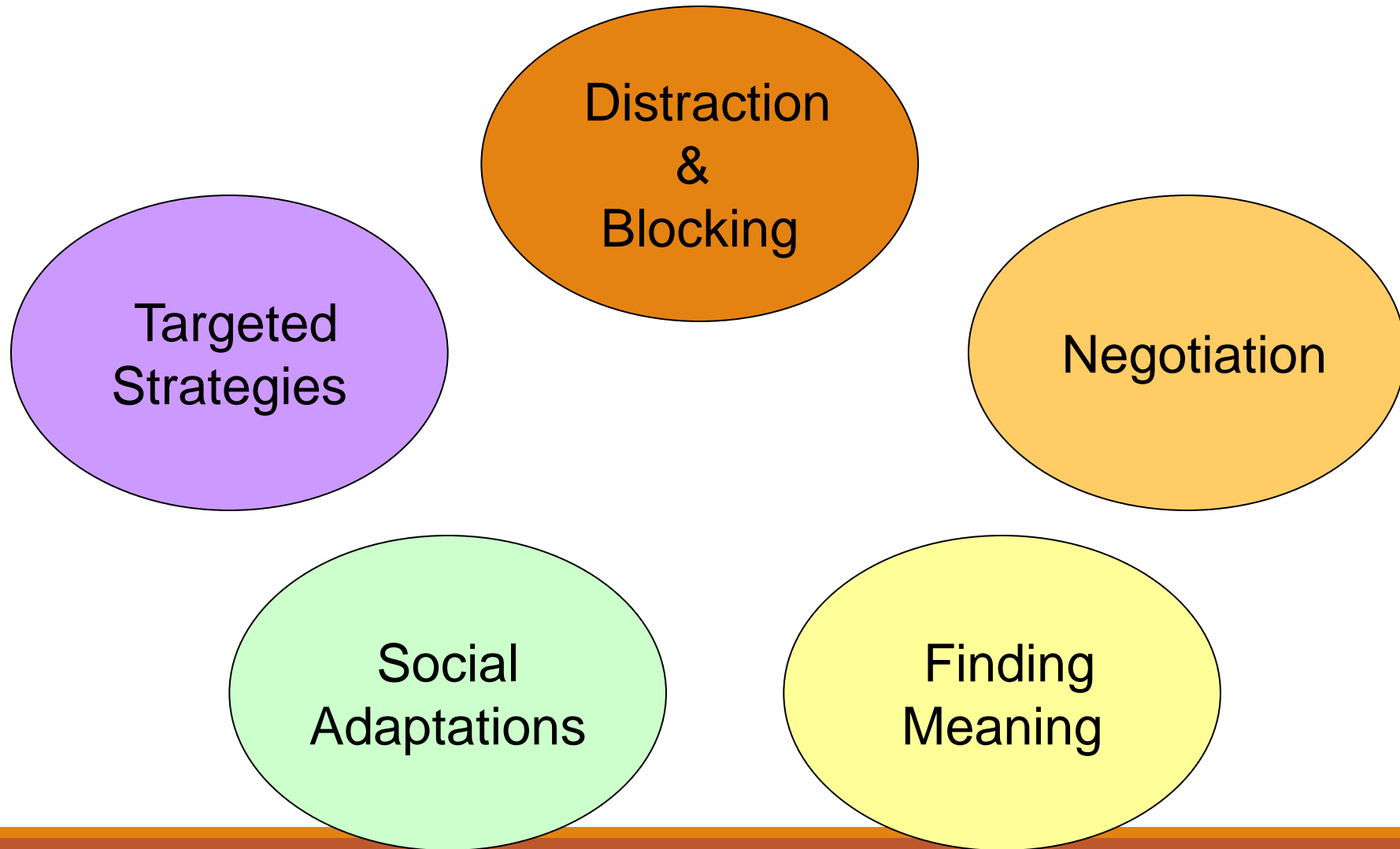
General strategies cont.



Talking with people

- Particularly those who have similar experiences and who have learned to manage and integrate it
- Particularly in a safe (judgement free, non fear based, non pathologizing) place.

Specific Strategies





People who hear voices can cope with their experiences by owning and making meaning of their voices...

...dialogue with our voices is encouraged...

And can change the relationship we have with our voices...

STRATEGIES FOR THOSE PROVIDING SUPPORT

Take care of yourself – who is your support system?

Start with basic needs: food, water, sleep, shelter

Asking what the person you are supporting is looking for in terms of help... What is it that they want to work on? What do they want to achieve in life? What do they perceive is getting in the way?

Being transparent and own your own needs, concerns, feelings. “I” statements work great! Modeling vulnerability creates connection and new ways forward.

MORE STRATEGIES FOR SUPPORTERS

Curiosity keeps the lines of communication open – judgment or agenda-driven questioning can shut it down.

How does the person you are supporting understand their experiences? What are their fears, emotions? Nothing ends a conversation quicker than “You’re wrong!”

Support with looking for the metaphor and context of voices.



BEING A BRIDGE VS. A LIFE RAFT



Share resources

Support the person to build a broader network of support

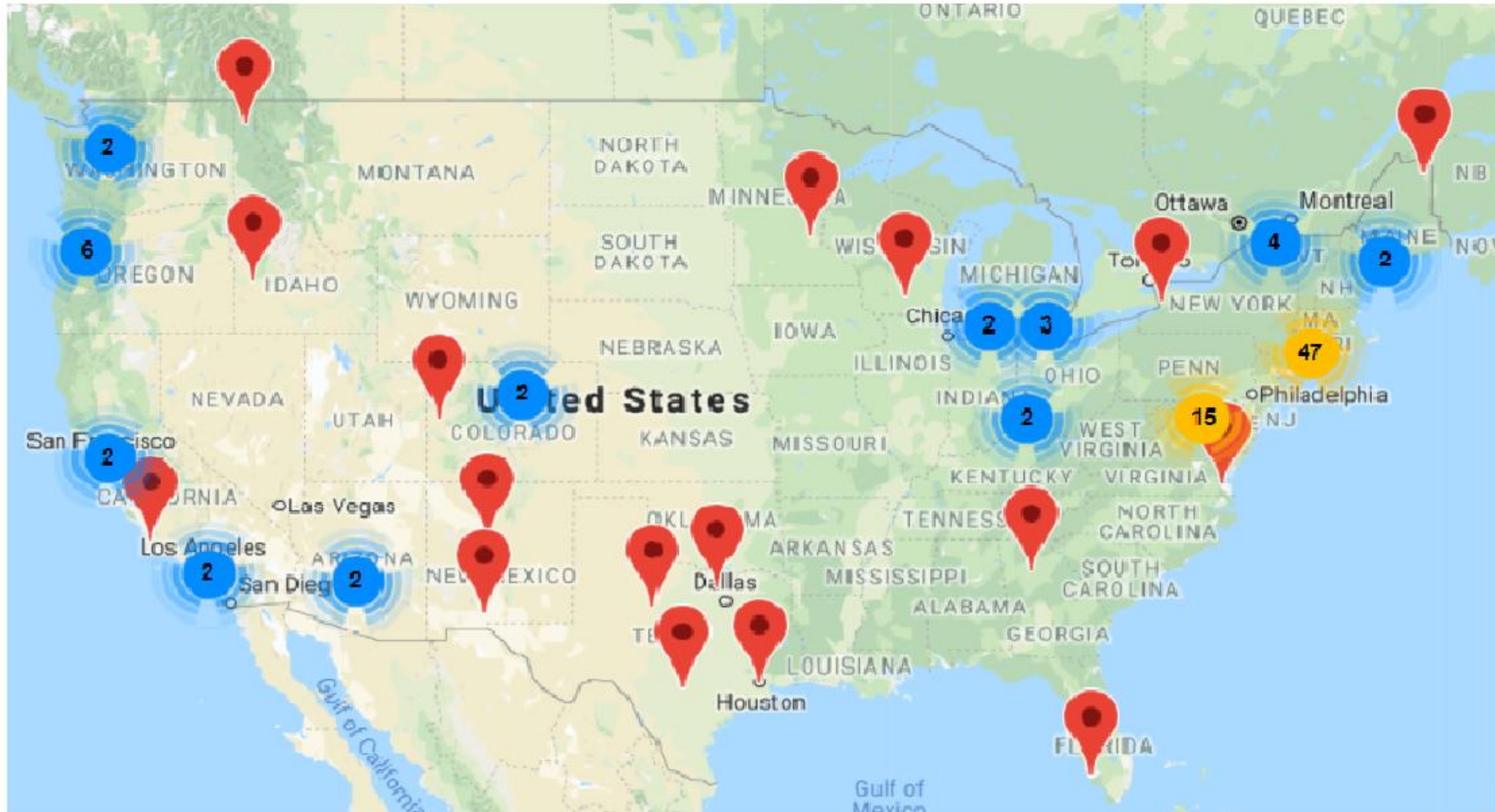
Understand that you cannot “fix” it... but in community we begin to heal and find purpose

A more just and accepting society for people who hear voices improves our ability to have empowered relationships with our voices and lead free and happy lives...



Discrimination and exclusion of people hearing voices must end.

www.hearingvoicesusa.org



Plus two weekly online groups



Contact us!

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