



The Voice Sanctuary

Hearing Voices, Healing Voices

Short Course | Sep 27th & Oct 4th 2024

Overview

Hearing voices is a frequently misunderstood yet common human experience. Large-scale research has found that between 4%-13% of people hear voices.¹ In Western psychiatry, it is most often associated with psychosis and the diagnosis of schizophrenia, yet it can be found in people with other diagnoses, as well as the general population. Furthermore, in some cultures, voice-hearing is not considered to be an illness, and is often perceived as a gift associated with psychic and emotional sensitivity.

This training is a unique opportunity to gain insight into the voice-hearing experience. Using a trauma-informed approach which respects all belief systems, it explores different explanations for voice-hearing and provides a snapshot of recovery ideas and tools which can be used by voice-hearers or offered to clients. Perhaps more importantly, it seeks to dispel stigma and fear so that voices-hearers, carers and workers can respond in more compassionate and helpful ways to voices.

Training Format

This program is offered as 2 x half-day sessions with a small group of 8-12 participants.

Friday 27th September 9:15 am – 1 pm

Friday 4th October 9:15 am – 1 pm

The training is held in small groups to allow for a relaxed feel and time for discussion and questions. The space is created to be trauma-informed, with sensitivities of voice-hearers in mind. The content is designed to appeal to a range of learning styles, using a mix of clinical research and knowledge, lived experience story and art, and discussion.

¹ Romme, M.A.J. and Escher, A. (2000). Making sense of voices. Mind: UK

Content Overview

The content includes:

1. Lived experience perspective and story
2. Explanatory perspectives from psychiatry, psychology, shamanism, religion and other cultural understandings
3. The Hearing Voices Approach: a non-judgmental and inclusive way of interpreting and working with voices
4. Voices and trauma: the role of trauma and dissociation in voice-hearing
5. Voices and spirituality: the role of metaphysical phenomena and spiritual beliefs in voice-hearing
6. Coping and healing strategies

Please note: due to time constraints, this one-day course is focused on understanding voices.

There is another follow-up course entitled “Working with Voices” which provides practical ways to work with voices and heal from distressing voices.

LEARNING OUTCOMES

ELEMENT	LEARNING OUTCOMES
1. Understanding the voice-hearing experience	<ul style="list-style-type: none">1.1 Contextualise voices in terms of a person’s history and cultural background1.2 Identify the role of trauma in triggering or exacerbating voices1.3 Appreciate the challenges a voice-hearer may face in everyday life1.4 Respond to voices with less fear or stigma1.5 Identify the gifts and strengths of the voice-hearing experience
2. Coping strategies	<ul style="list-style-type: none">2.1. Tips and tools to assist voice-hearers (or yourself) to cope with distressing voices

Venue & Catering

The venue is at the Nambour Community Centre at 2 Shearer Street, Nambour QLD 4560. The venue has parking and wheelchair access.

Morning tea will be provided onsite.

Costs

This training may be funded privately or by NDIS, if your NDIS package allows. Payment plans are also available.

OPTION	PRICE	DESCRIPTION
Solo participation	\$330	For people who are participating on their own
Supported participation	\$530	For people who require a support person to accompany them and participate in the training. This option allows us to include a support person in our limited space.

Please note, if you would like to bring a support person but you do not wish to include them in the cost of your training, your support person can pay for the course at a 40% discount (\$200).

Facilitation

Louisa is a Social Worker, Peer Specialist, Embodied Processing Practitioner and author. She has recovered from multiple diagnoses, including schizophrenia, gaining direct insight into psycho-spiritual distress and healing.

In 2011 she began work as a researcher, peer worker and trainer for a consumer-led organisation, Voices Vic, helping people who heard voices. Louisa has since worked in community mental health and in private hospitals; at

Healthscope, she became the National Consumer Consultant. More recently, she was the Peer Practice Supervisor and trainer for Peer 4 Peer on the Sunshine Coast.

Louisa now works in private practice as a mental health counsellor and teacher. She has a Masters of Social Work and is also trained in Embodied Processing and Energy Medicine. She is the author of *Spirit-Gnosis: Hearing Voices* (2020) and *The Little Girl that Nobody Wanted* (2013), a memoir about recovery from childhood trauma.

www.voicesanctuary.com.au

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Louisa also works with a co-facilitator, usually someone with lived experience as well as mental health training. Details are provided closer to the dates.



Enquire | Book your spot

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