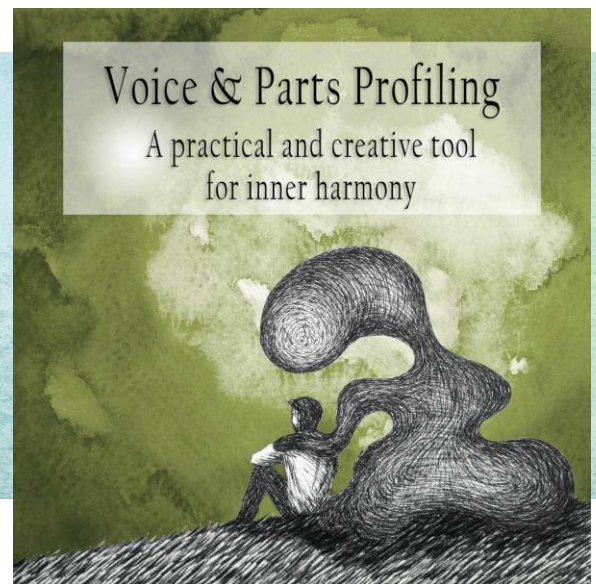


*"Thank you for delivering such informative and meaningful training. I thoroughly enjoyed every minute! I was blessed to have been part of a lovely group of people, in a very safe and nurturing environment."*

— Andrea, 2024

*"Thanks Louisa, your training was brilliant - such open and honest delivery of incredibly useful information. Loved it!"*

— Nat, 2024



## The Voice Sanctuary

# Voices & Parts Profiling

### Short Course | Feb 14<sup>th</sup> 2026

*Voices & Parts Profiling* is a unique opportunity to understand and work with voices or “inner parts”.

Parts can be the various roles we play in our lives, as well as emotions, desires and personality traits we have. Some of these voices and parts are dominant while others are exiled or forgotten. And as this workshop will help you to realise, all of them are important.

This training is based on the work of [Drs Hal and Sidra Stone](#), who created the Voice Dialogue process; this process helps people identify their inner parts and find ways to create harmony among the parts. The process can be used for any mental health condition, including voice-hearing.

Profiling is an easy and creative therapy tool which can be used for self-help or when working with others.

### Recommended prior learning

While it is not essential, it is recommended that participants have first completed the *Making Sense of Voices* course (2 x 4 hours).

### Training date & times

This Voice & Parts Profiling workshop (6 hours) is offered on:

∞ Saturday 14<sup>th</sup> February 9:30 am – 4 pm

## Training venue & catering

The venue is at the House of Hope on the Sunshine Coast, a spacious and well equipped venue with lovely gardens and break-out spaces.

The address is **10 Redmonds Rd, Woombye West QLD 4559**

Morning tea and lunch will be provided, with vegetarian and gluten-free catered upon request.

## Training style

The training is held in small groups (8 – 12 people) 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 theory, lived experience, activities in pairs, and discussion.

This training welcomes voice-hearers, support people, carers and mental health professionals, with the belief that we all have expertise and we can learn from each other.

We will do our best to accommodate any special needs you have to make sure you are comfortable.

## Content Overview

The content includes:

1. Brief overview and history of the psychological theories of multiplicity (parts and inner child work)
2. Introduction to the Psychology of the Selves and the Voice Dialogue process created by Drs Hal and Sidra Stone.
3. How to safely adapt the process for voice-hearers
4. How to safety profile parts or voices when there is significant trauma
5. Practical application and a chance to profile parts and/or voices

Learning outcomes include being able to:

1. Understand profiling within a historical context of therapy and theory
2. Safely adapt profiling techniques for voices-hearers and for people with significant trauma histories
3. Gain practical experience in voice and parts profiling, working with a buddy
4. Gain greater self-awareness and potential for inner harmony

## Costs

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

OPTION	PRICE	DESCRIPTION
Early bird offer	\$320	Register for solo participation before 28 <sup>th</sup> November 2025 and receive a discount
Solo participation	\$360	For people who are participating on their own
Supported participation	\$630	For people who require a support person to accompany them and participate in the training, this price includes 25% discount for the second place.

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 25% discount.

## Facilitators

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](http://www.voicesanctuary.com.au)

<https://www.linkedin.com/in/louisadentpearce/>



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

## Enquire | Book your spot

Phone: 0490 165 654 | Email: [louisa@voicesanctuary.com.au](mailto:louisa@voicesanctuary.com.au)

Website: [www.voicesanctuary.com.au](http://www.voicesanctuary.com.au)