

"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!"

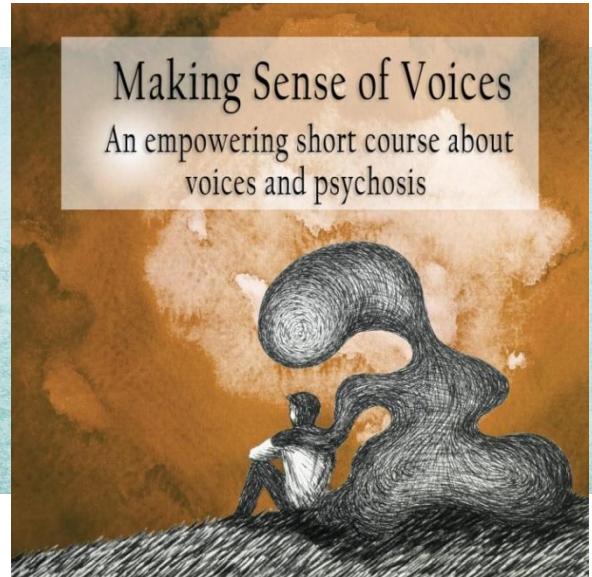
— Nat, 2024



The Voice Sanctuary

Making Sense of Voices

Short Course | Coming soon 2026



Making Senses of Voices is a unique opportunity to understand and work with the voice-hearing experience in empowering and healing ways.

Hearing voices is a common human experience; large-scale research studies have found that between 4-13% of people hear voices.¹ In Western psychiatry, it is most often associated with psychosis and schizophrenia, yet it can be found in people with other diagnoses as well as the general population. In some cultures it is associated with psychic ability and emotional or energetic sensitivity.

This training is a unique opportunity to gain insight into the voice-hearing experience. Using lived experience and 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. It helps to dispel stigma and fear so that voices-hearers, carers and workers can respond in more compassionate and helpful ways to voices.

Training dates & times

This program is offered as 2 x half-day sessions to allow for better integration of knowledge and reflection time. Tentative dates for 2026 (TBA):

Saturday 11th April 9:30 am – 1:30 pm

Saturday 18th April 9:30 am – 1:30 pm

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

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 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 knowledge, lived experience, story and art, 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. Lived experience perspective and story
2. Explanatory perspectives and worldviews of voice-hearing 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. A snapshot of coping and healing strategies

Learning outcomes include being able to:

1. Contextualise voices in terms of a person's history and cultural background
2. Identify the role of trauma in triggering or exacerbating voices
3. Appreciate the challenges a voice-hearer may face in everyday life

4. Respond to voices with less fear or stigma
5. Identify the gifts and strengths of the voice-hearing experience

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	\$440	Register for solo participation before 1 st February 2025 and receive a discount
Solo participation	\$480	For people who are participating on their own
Supported participation	\$840	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
<https://www.linkedin.com/in/louisadentpearce/>



Louisa also 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
 Website: www.voicesanctuary.com.au