

Programme Ljubljana
16/5 - 18/5/2016
by Rachel Waddingham - Slobodanka Popovic - Dirk Corstens

1. Living With Voices: An introduction to the Hearing Voices Approach

Monday 2 - 6 PM

This workshop explores the diverse experience of hearing voices and how we can best support people who are distressed or overwhelmed by this to take control of their lives. Facilitated by people with personal and professional experience of supporting voice-hearers, it answers the following key questions:

- a) What is it like to hear voices?
- b) Why might someone begin to hear voices?
- c) What strategies can people use to cope with difficult voices?
- d) Is recovery possible – and if so, what does it look like?
- e) What can we, as individuals and as a society, do to help people who are distressed by the voices they hear?

2. Working, individually, with people who hear voices

Tuesday 9 AM - 1 PM

This workshop explores the use of the Maastricht Approach to help people who hear difficult voices find ways of making sense of their experiences. It demonstrates how we can use the Maastricht Hearing Voices Interview as a guide to gather important information about someone's experiences and develop a collaborative understanding of what issues their voices may relate to in order to take control of their lives.

3. Systemic Approaches to Working With Voices

Wednesday 2 – 5 PM

This half-day workshop explores systemic approaches to working with people who hear voices, their families, communities or social networks. It will explore the roots of systemic thinking, informed by Bateson, and consider how this has influenced related approaches such as Open Dialogue – an approach developed in Western Lapland that has some of the best outcomes in working with people who experience psychosis in modern times.

4. Creating communities with people who hear voices – peer support groups, networks and the international movement

Wednesday 3 – 7 PM

This half day workshop explores the power of peer support in helping those struggling with difficult voices or visions feel more empowered in their lives. It shares how these groups have developed across the world and considers how we can support the development of these communities within Slovenia and beyond. Importantly, it also considers how allies and supporters can work alongside these communities to form strong networks that can also help to change public perception of these experiences and reduce stigma.