

#### Parallel sessions

Selection for sessions will be made on the morning of the conference. **Please arrive promptly at 9.00am to sign up for a session, places will be allocated on a first come first served basis.**

#### Terms and conditions

**We regret that we are unable to offer refunds for places booked.** However, substitute delegates can take a booked place. If you have not received confirmation of your place two weeks before the conference please contact Mandy Chainey on the enquiries phone number.

## Payment details

Places are only accepted and confirmed as booked once payment has been received. Please choose one of the following four payment methods:

- 1) Payment by cheque
- 2) Cheque to follow

I enclose a cheque payable to Together Working for Wellbeing for £ \_\_\_\_\_

Please write reference: Hearing Voices Conference 494 on the back of the cheque

- 3) I am paying by bank transfer

Account name: Together      Account number: 36774804      Sort code: 60-30-03  
Bank: Nat West plc      Quote reference: Hearing Voices Conference 494

- 4) Please send an invoice to the address below:

Name \_\_\_\_\_ Position \_\_\_\_\_

Company/Organisation \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Purchase order no (if required) \_\_\_\_\_

I have read and agree with the terms and conditions

Signature \_\_\_\_\_ Date \_\_\_\_\_

#### Data Protection Act

Please note that the information on this form may be stored on our computer records for internal data processing purposes. We will not pass this data on to third parties. We are registered under the Data Protection Act (1988).

## Together

Together works with people who have mental distress, to help them get what they want from life – and feel happier.

We run some of the best mental health services around. And we work to improve the mental health system and change the way people think about mental distress.

A large part of our work involves running mental health services, which include:

- advocacy services
- care homes
- carer and family support services
- community support services
- community resource centres
- employment and personal-development schemes
- high support residential services
- service-user involvement schemes
- services for people involved with the criminal justice system
- social inclusion projects
- supported housing.

To find out more about what we do visit [www.together-uk.org](http://www.together-uk.org) or contact us at:

12 Old Street  
London  
EC1V 9BE  
Tel: 020 7780 7300  
Email: [contactus@together-uk.org](mailto:contactus@together-uk.org)  
Registered charity no 211091

## Intervoice

Intervoice is an international interactive online community dedicated to sharing information about the work on the meaning of voices. Our network focuses on solutions that improve the life of people who hear voices using methods that have been developed by voice-hearers and professionals.

The aim is to create a safe place where people can find out more about hearing voices and where points of view and experiences are shared. Our

forum encourages discussion and debate about the meaning of hearing voices, and considers the latest work and research in this area.

To find out more visit [www.intervoiceonline.org](http://www.intervoiceonline.org)

## Hearing Voices Network

Hearing Voices Network (HVN) is committed to helping people who hear voices. Our reputation is growing as the limitations of a solely medical approach to voices become better known. Psychiatry refers to hearing voices as 'auditory hallucinations' but HVN's research shows that there are many explanations for hearing voices. Many people begin to hear voices as a result of extreme stress or trauma.

We offer information, support and understanding to people who hear voices and those who support them.

Our aims are to:

- raise awareness of hearing voices, visions, tactile sensations and other sensory experiences
- give men, women and children who have these experiences an opportunity to talk freely about this together
- support anyone with these experiences seeking to understand, learn and grow from them in their own way.

If you need help you can call the Network Monday to Friday from 10am to 4pm on our confidential helpline: 0845 122 8642.

To find out more about the Network visit [www.hearing-voices.org](http://www.hearing-voices.org) or contact us at:

79 Lever Street  
Manchester  
M1 1FL  
Tel: 0845 122 8641  
Email [info@hearing-voices.org](mailto:info@hearing-voices.org)

Together is proud to support  
World Hearing Voices Day

together  
WORKING FOR WELLBEING

## Accepting and working with voice-hearing

A one-day national conference for professionals and people who hear voices

Date: Friday 14 September 2007

Venue: Thistle City Barbican Hotel  
120 Central Street  
London EC1V 8DS

This conference has been initiated and organised by people who hear voices and staff within Together's Service-user Directorate. It is not funded by drugs companies.

Hosted by: Together in support of World Hearing Voices Day (WHVD)



## Provisional programme

9 am	Registration and coffee
9.15	Welcome and introduction Chair: David Crepaz-Keay, Senior Policy Advisor, Patient and Public Involvement, Mental Health Foundation
9.30	Living with my voices – Louise Pembroke, Survivor activist and voice-hearer
10.15	Negotiating with your psychiatrist – Phil Thomas, Professor of Philosophy, Diversity and Mental Health Institute for Philosophy, Diversity and Mental Health Centre for Ethnicity and Health, University of Central Lancashire
10.45	Working with people's belief systems – Tamasin Knight, Researcher and Author of Beyond Belief
11.15	Question and answer panel
11.30	Refreshments
11.45	Parallel workshops
	Portrayals of hearing voices in the media – Chas de Swiet, Head of Operations and Resourcing, Mental Health Media
	Psychic self-defence and spiritual understandings of hearing voices – Alison Rance, Roger Fleet and Kathy Smith, Clairvoyant-mediums, Moonstone Centre, Worthing
	Hearing voices and sensory impairment (for deaf voice-hearers and their workers, there will be a signer at the workshop) – Peter Bullimore, Hearing Voices Network, Paranoia Network and Asylum Associates
	CASL: The campaign to abolish the schizophrenia label – Paul Hammersley, Academic activist
	Positive experiences of hearing voices – Lana Jackson, Trainee Clinical Psychologist, Salomons: Canterbury Christ Church University, Anne Cooke, Clinical Psychologist, Salomons: Canterbury Christ Church University and Dr Mark Haywood, Clinical Psychologist, Surrey University
	Waltham Forest Hearing Voices Group: how to start a support group run by and for people who hear voices – Hannah Schwartzman and Victoria Messenbird, Survivor activists and voice-hearers
	Self-harm and hearing voices: self-harm in relation to hearing voices – Louise Pembroke and Sara Stanton
12.45	Lunch and performances
2 pm	Accepting my voices: developing survival strategies – Sara Stanton, Advocacy and Training Manager, Service-user Directorate, London and East, Together; Psychiatric-refuser and voice-hearer
2.45	Voice dialogue: a new way to talk with people's voices Dirk Corstens (Netherlands), Social Psychiatrist and Psychotherapist
3.15	Parallel workshops (as listed above)
4.15	Refreshments
4.30	Question and answer panel plenary
5 pm	Close

## About the conference

Typically, in Western medical thinking hearing voices has been associated with mental illness and frequently seen as a symptom of schizophrenia. Yet many people who hear voices do not have a mental illness and never seek help. Traditional treatment has involved the use of major tranquillisers to reduce the delusions and hallucinations. However, not everyone responds to treatment and some doctors, following the lead of people who hear voices, now recognise that talking about voices is an important way for individuals to explore and accept them.

World Hearing Voices Day was originally instigated by Louise Pembroke and was set up in 2006 to raise awareness of the condition and to de-stigmatise the voice-hearing experience. This conference marks the second World Hearing Voices Day, and aims to bring together experts with experience of hearing voices and professionals to share their understanding of voice-hearing and to explore exciting new non-medical ways to work with voices.

At the conference topics covered will include:

- impact of hearing voices on people's lives
- coping strategies from outside of traditional psychiatric practice, which really work
- demystifying hearing voices and self-harm
- alternative explanations for the causes of voice-hearing
- voice dialogue. A method for people who hear voices of exploring the voices' motives and discovering different ways of relating to them.

There will also be a programme of exhibitions and performances about the experience of voice-hearing to accompany the conference. This will include Louise Pembroke performing her dedication to her voices through dance, an art exhibition, as well as arts and poetry performances. (Please contact us if you would like to take part).

Who is the conference for?

- Mental health professionals.
- Anyone who hears voices (or sees visions, or has unusual experiences).
- Friends and supporters of people who hear voices.



Louise Pembroke: will be performing her dance dedicated to her voices at the conference

## Booking form: Accepting and working with voice-hearing

Friday 14 September 2007

To register please complete one form per delegate, using photocopies if necessary, and send with payment to:

Accepting and working with voice-hearing conference  
12 Old Street  
London  
EC1V 9BE

Telephone enquiries: 020 7780 7372  
Fax: 020 7780 7301  
Email: [mandy-chainey@together-uk.org](mailto:mandy-chainey@together-uk.org)

Please book me a place at the conference at the:

- |  |      |
|--|------|
| <input type="checkbox"/> Unwaged delegate rate                 | £10  |
| <input type="checkbox"/> Waged delegate rate                   | £20  |
| <input type="checkbox"/> Voluntary/Public sector organisations | £60  |
| <input type="checkbox"/> Private sector organisations          | £120 |

Title \_\_\_\_\_ Forename \_\_\_\_\_ Surname \_\_\_\_\_

Position \_\_\_\_\_ Organisation \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Telephone \_\_\_\_\_ Fax \_\_\_\_\_

Email (please print clearly) \_\_\_\_\_

We are aware that you may have a range of support needs in relation to accessing the conference. Please briefly explain any support needs you have: (ie disability, travel, language, childcare, special diet, etc)

- \_\_\_\_\_
- I am a wheelchair user
  - I need a sign language interpreter
  - I would like to receive information about Together's Service-user Directorate
  - I am interested in participating in the arts programme at the event

1) Why have you decided to attend the conference? Do you have any expectations?

2) Have you attended any previous conference/training around hearing voices? Please briefly describe:

3) What do you hope to learn by attending this conference?

\_\_\_\_\_

Conference stands: you can purchase a stand, these are issued on a sliding scale of cost. If you would like a stand we will contact you separately.

- I would like a stand at the conference

### Booking details

Accepting and working with voice-hearing  
Date: Friday 14 September  
Venue: Thistle City Barbican Hotel  
120 Central Street  
London EC1V 8DS

Conference fee: This includes lunch, refreshments and conference materials. It does not include accommodation.