

Voices Vic



Table of Contents



Who Are Voices Vic?.....	3
Our Services.....	3
2024 Training Calendar.....	4
Hearing Voices Support Groups.....	5
Youth Program.....	5
Coping Skills for Voice Hearers.....	6
Information for Friends, Family & Carers.....	8
Resources.....	8
FAQ's.....	9
Contact Us.....	10

Voices Vic



Who are Voices Vic?

Uniting's Voices Vic is an award winning, and research supported specialist program improving the wellbeing and recovery of people who hear voices. Led by peers with lived experience in hearing voices & mental health, Voices Vic provides dynamic recovery groups and one-on-one phone support. Our team also facilitates training across Australia for organisations and individuals who work with voice hearers.

Hearing Voices Approach:

- Hearing voices is a common human experience
- Recovery is about changing the relationship with the voices and transforming the voice hearers' experiences to acceptance
- The experience of hearing voices is meaningful
- We define 'hearing voices' as an umbrella term used to refer to auditory, visual, olfactory sensory experiences, and beliefs that others around them do not experience

Our Services

2 Hour Introduction Workshop

We offer a two-hour Introduction Workshop for organisations to learn about The Hearing Voices Approach.

2 hour workshop includes:

- Q&A with one of our peer workers with lived experience
- Brief introduction to the Hearing Voices Approach
- Practical coping skills voice-hearers and mental health professionals can utilise the approach
- An understanding of some coping skills voice hearers may implement to reduce stress
- A personal share of lived experience
- Summary PDF Pack

Free Information Sessions

We offer a free half hour Information Sessions via Zoom.

Voices Vic



Training

Voices Vic has been delivering training and providing support to the voice hearing community in Australia for 15 years. Our team of professionals have lived experience of hearing voices and mental health recovery. We offer in depth and engaging trainings for mental health professionals, peer workers, voice hearers and family members. We also offer specialised external training packages for clinics, hospitals and other health organisations.

To enquire about Voices Vic delivering training for your organisation, please contact:
vvtraining@vt.uniting.org

The Hearing Voices Approach Training 3 Days **The Hearing Voices Approach Group Facilitation Training** 4 Days

From 2024 Voices Vic will deliver the Hearing Voices Approach and Group Facilitation Training concurrently. Participants can register for either our three-day or the four-day training, details below.

This course is the foundation to the **Hearing Voices Approach**. The first two days will give you a solid understanding of applying the approach in many practical settings, either for yourself, in your work as a mental health professional or in your family/home environment.

The third day covers **Voice Profiling** - a set of accessible strategies that help build greater awareness and understanding of a person's voices. By the end of this training, you will have more tools & confidence to work with people's voice hearing experiences.

The fourth day of training is for people **wanting to start and/or Facilitate** a Hearing Voices Support Group.

We provide workbooks for each day of the training

Training Dates for 2024:

March (online)
19, 20, 26, & 27

April (online)
9, 10, 16 & 17

May (online)
14, 15, 21 & 22

July (TBC)
16, 17, 23 & 24

Sep (TBC)
17, 18, 24 & 25

Nov (TBC)
12, 13 & 19

Our upcoming trainings will be delivered online via Zoom.
Our face-to-face training are delivered at our Uniting office locations.

We offer Concession, Early Bird and Full Fare prices.

To book into our trainings go to:
<https://events.humanitix.com/organisers/606294c37ee697000a2fdd9a>

Voices Vic



Hearing Voices Groups

We provide peer led recovery groups for voice hearers to share their experience, learn new coping strategies and explore ways to grow and change the relationship with their voices. The groups provide an open space for the voice hearer to feel comfortable and give a sense of hope and possibility. In 2024, we are offering support groups for young adults between 16–25 and adults 25+.

To enquire about our recovery groups, please contact: vvadmin@vt.uniting.org

Topics in groups include:

- What the voices have been saying this week
- Past experiences with voices
- Associated thoughts and emotions
- Setting boundaries with voices
- Finding meaning and making sense of the voice hearing experience
- Sharing recovery stories
- Exploring hopes and dreams

Hearing Voices groups have been running around the world since 1987 and are currently active in 30 countries. We support and work in partnership with other Hearing Voices networks in Australia and globally. Voices Vic was established by Uniting in 2009 after successfully running Hearing Voices groups since 2005.

Our 25+ Hearing Voices Group is proudly supported by the Ralph & Betty Sims Fund, a sub-fund of Australian Communities Foundation”

Youth Program

The Voices Vic Youth Program is dedicated to improving well-being and recovery among young people, aged 16-25, who experience voice hearing in Melbourne and regional Victoria. Our comprehensive offerings include youth support groups, youth resources, group facilitator mentoring, and informative training sessions tailored for individuals, mental health professionals, workers, voice hearers, and family members.

To enquire about our Youth Program please contact: vv youth@vt.uniting.org

Coping Skills for Voice Hearers



It's not about getting rid of your voices. It's about changing your relationship with them.

It's helpful to listen to your voices – but not all the time. Set a reasonable time limit for listening (e.g. one hour per day), and stick to it.

Listen, but don't obey your voices. Your actions must always be your choice.

You always have more control than the voices – without you they wouldn't exist.

Talk with your voices as well as listening. A good relationship takes two (at least)!

Speak to your voices with compassion and respect – how you wish they spoke to you.

It can help to remember that voices usually have good intentions. They give voice to a part of you that is hurting and can't express itself any other way. In a way, they are like a hurt child, crying out.

Challenge your voices if they make threats. Threats can be frightening but remember that voices lie about their power. To prove this to yourself, set them a simple task such as "go and wash the dishes" or "trim my nails". We think they'll fail. If it feels scary to challenge the voices, ask someone you trust to sit with you.

How to change your relationship with your voices.

Read other people's recovery stories.

Don't argue with voices – they usually win!

Don't take your voices too literally. Voices often don't mean what they say, or they talk in metaphors. E.g., violent suggestions from voices could mean you need to change something that's not right in your life or that you're feeling angry or scared.

Do your voices have names? If not, find out what their names are and use them - you'll reduce your fear and increase your control. If the voices won't tell you, then you can give them names.

Recognise trauma from your past. Most voice hearers have difficult experiences in their past – you are not alone. What was happening in your life when you first started hearing voices? Your voices may be a sign that it's time to try counselling, or to talk with someone you trust.

Join a Hearing Voices group. Share your experiences and learn with others who have been there too. Don't be alone.

Give yourself time and hope. We know these are not easy changes to make. It takes heaps of practice and support. But you can do it. Believing in yourself is the first step.

Coping Skills for Voice Hearers



Strategies and techniques for managing voices.

Make a deal - tell the voices you'll listen later if they give you peace now. Try writing down their messages to clear your head and read later when you feel stronger.

Set boundaries - Respect: Tell the voices you will only listen if they speak to you with respect. Time: Set a time limit, they only have 5 minutes and then the rest of the time is for you.

Distraction techniques - Listen to different styles of music using headphones, wear ear plugs, call or visit a friend, talk to others in a support group, watch TV, read a book, do housework, puzzles, cook a nice meal for yourself, or take a shower or bath.

Creative release approach – Put on music and dance it out, write poetry or other creative writing, draw, paint, make something out of clay, go to an exercise class, go for a walk or run, watch a movie you love.

My own strategies...

Resources



Information for Friends, Family & Carers

Being the friend, family member or carer of someone who hears voices can feel confusing, frightening and isolating. Here are some tools and ideas using the philosophy of the Hearing Voices approach we recommend for thinking about voices:

Accept the Voices are real:

- Denying the reality of a voice hearer or advising the voice hearer to ignore them promotes denial – whereas acceptance of their reality gives permission to start actively dealing with them and experiencing recovery.

Self-Care:

- We believe that no person can do the recovery work for another, no matter how much we love them. As friends, family members and carers, we need to ensure we have support, people to share and debrief with, an ability to let go and have a healthy balanced life.

Changing the Relationship to the Voices:

- Focus on helping the person to build understanding and get control, rather than only focusing on getting rid of the voices. Many voice hearers have learnt to focus on their positive voices, set strong boundaries with their voices or found new ways to interpret and make sense of what the voices say.

Other Resources

The International Hearing Voices Network

www.intervoiceonline.org

Strategies for Coping Skills by Indigo Daya (founding member of Voices Vic)

[Download PDF](#)

Working to Recovery UK – books and personal recovery stories

www.workingtorecovery.co.uk

Rufus May – Holistic Approaches to Mental Health

www.rufusmay.com

The Voice Collective – Young Voice Hearers

<http://www.voicecollective.co.uk/>

Voices Vic



FAQ's

How do I refer myself or someone else to a program?

Voices Vic accepts email or phone referrals. This can either be a self-referral or referral from a service provider or family member on behalf of the participant.

See relevant Voices Vic contact details below

What to include in my referral to join a program?

Due to the current structure of our programs, we often ask participants to include the following:

- **A contact number** - *this might be for the referrer and referee*
- **What service it is regarding** - *1:1 support, youth program, group program, training*
- **An email address** - *so we can provide information about the service of interest*
- **Name and age**

What if I am not sure which part of the program I fit into?

Voices Vic staff can support with any enquiries you may have. For general enquiries the best way to enquire is to send email to: vvadmin@vt.uniting.org

We will then contact you with further information & support regarding your enquiry.

To sign up for our newsletter follow the link below:

[Newsletter Sign Up](#)

Voices Vic



Speaking Engagements

Our team members are regularly invited to speak at conferences and events to share their recovery journey and raise awareness of the Hearing Voices Approach.

To book one of our speakers, please contact: vvadmin@vt.uniting.org

Volunteering with Voices Vic

You can volunteer your time and skills to Voices Vic and help support people who hear voices.

Learn More

www.unitingvictas.org.au

Get In Touch

Phone: 03 9386 2876

General Enquiries: vvadmin@vt.uniting.org

Training Enquiries: vvtraining@vt.uniting.org

Youth Enquiries: vv youth@vt.uniting.org