

HEARING VOICES IN CHILDHOOD & ADOLESCENCE

HELPING YOUNG PEOPLE WHO HEAR VOICES RECLAIM THEIR LIVES

MONTGOMERY COUNTY DEPARTMENT OF BEHAVIOURAL HEALTH/DEVELOPMENTAL DISABILITIES

ABOUT THE WORKSHOP

Around 22% of 11-13 year olds, and 8% of older teens hear voices that other people don't. For some these experiences are transient or pleasant, perhaps giving support or encouragement during times of stress or insecurity. For others, **the voices can become overwhelming** - bullying, threatening, distracting, commanding or criticizing them.

These distressing voices can leave young people feeling **isolated**, frightened and struggling at school. It can be such a **stigmatizing experience** that many hide it.

This one day event explores:

- The **experience** and its impact
- Different ways of **making sense** of distressing voices and visions
- **Links** between voices, visions, emotions and trauma
- Ways of **challenging the stigma** surrounding 'voices' in youth services
- Building **supportive alliances** with young people who hear distressing voices
- Safe ways of **talking with young people about voices** and visions
- Developing a **toolbox** of practical and creative **youth-friendly coping strategies**

WHO IS THIS WORKSHOP FOR:

This workshop is open to anyone with an interest in supporting vulnerable young people, including: clinicians, peer workers, youth workers, family members, county children service workers, educational system workers, voice hearers and supporters in Montgomery County.

FRIDAY MAY 2, 2014

9.00 - 4.00PM

@ NORTH PENN COMMUNITY
FOUNDATION, COLMAR

2506 North Broad Street,
Suite 206, Colmar, PA 18915



TRAINERS: RAI WADDINGHAM & BERTA BRITZ



Rai manages an innovative project supporting young people who hear voices / see visions (Mind in Camden's Voice Collective -

www.voicecollective.co.uk). She has also pioneered the first network of peer support groups for people in prison who hear voices.

Rai is a trustee of the English Hearing Voices Network & vice chair of ISPS UK. She is a media spokesperson, writer & trainer. Rai is also a voice-hearer. See: www.behindthelabel.co.uk

PCB, NBCC, CPRP credits pending for these trainings. Montgomery Co. Dept. of BH is an NBCC Approved Continuing Education Provider and may offer NBCC approved clock hours for events that meet NBCC requirements. **To register**, send training application form to CIC - fax to 484-674-7698 or email to peggy.maccolini@rhd.org. **Space is limited**. For more information, call 484-681-9432.