

MAKING SENSE OF 'TABOO' & 'VIOLENT' VOICES

WHAT HAPPENS WHEN PEOPLE'S VOICES SAY THE THINGS WE FIND HARDEST TO HEAR?

HOSTED BY WESTERN MASS RECOVERY LEARNING COMMUNITY - WWW.WESTERNMASSRLC.ORG

ABOUT THE WORKSHOP

Whilst hearing voices is often a taboo in western cultures, being linked with media stereotypes and images of 'madness', there are some kinds of voices that are even harder to talk about - 'taboo voices'.

Taboo Voices may include ones that speak of violent and/or sexual themes - things that the voice-hearer, and those around them, find very distressing. They can be extremely graphic, sometimes overlapping with violent thoughts, impulses or disturbing visions.

Taboo voices can feel very powerful and overwhelming, but they are also the kind of voices that many find very hard to talk about with others - for fear of judgement.

THIS ONE DAY EVENT EXPLORES:

- The **experience** and its impact on voice-hearers and their wider network.
- **Understanding** our own reactions and feelings about 'taboo' voices and the way this impacts on our actions/decisions.
- **Re-framing** 'violent' and 'taboo' voices and exploring personal meaning.
- Ways of **thinking about, and minimising, risk of violence.**
- Working with taboo/violent voices in a **safe and supportive way.**

WHO IS THIS WORKSHOP FOR:

This workshop is open to anyone with an interest in people who hear voices, including: voice hearers, family members, clinicians, peer workers, therapists, social workers, youth workers and beyond.

THURSDAY MAY 8

9.30 - 4.30PM

@ HOLYOKE COMMUNITY
COLLEGE, KITTREDGE CENTER,
303 HOMESTEAD AVENUE
HOLYOKE, MA



TRAINER: RAI WADDINGHAM



Rai manages the London Hearing Voices Network, including innovative projects supporting people in prison who hear voices,

young people who hear voices (Voice Collective - www.voicecollective.co.uk) and a network of groups for people with distressing beliefs/paranoia.

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 with personal experience of violent & taboo voices

See: www.behindthelabel.co.uk

TO RESERVE YOUR PLACE: PLEASE CALL 413.539.5941 x 339, OR EMAIL: info@westernmassrlc.org WITH YOUR NAME AND CONTACT INFORMATION.

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