

Hearing Voices in Childhood & Adolescence

Helping Young People Who Hear Voices Reclaim Their Lives

Sponsored by the Western Mass Recovery Learning Community

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.

Basics: 9:30am - 12:30pm

- 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

Advanced: 1:30pm - 4:30pm

- 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

Intended Audience:

This workshop is open to anyone with an interest in supporting vulnerable young people, including teachers and school administrators, pediatricians, clinicians, family members, etc.

**Friday, May 9th
9:30am to 4:30pm***

**Holyoke Library,
250 Chestnut Street,
Holyoke, MA**

** Attend just the morning or the full day!*



About the Trainer: Rai Waddingham



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

This workshop is free and open to the public. We are applying for CEUs for LCSWs & LMHCs. Registration is required. Registrants may sign up for just the morning or the full day. Space is limited. Register by phone or e-mail at 413.539.5941 x 301 or info@westernmassrlc.org