



Day 1 (Thursday, August 17)

Morning

9am—930am	Opening Remarks	Dirk Corstens, Intervoice Lisa Forestell, Intervoice/Hearing Voices USA
930am-955am	Keynote 1	Gogo Ekhaya Esima (California, USA)
955am-1020am	Keynote 2	Marty Hadge (Massachusetts, USA)
1020am-1045am	Keynote 3	Akiko Harts (England)
1045am—1100am	B R E A K	
1100am-1200pm	Keynote Panel	Gogo Ekhaya, Marty, Akiko

Afternoon Breakouts

	1	2	3	4	5	6	
1pm-230pm	A conversation on gender and sexuality	Journal writing for voice hearers	Creating safe space for children and young people who hear distressing voices/Listening to young adolescents	Putting a face to the voice	I do not have the words: exile, secrets and silence	Film screening: Hearing Voices	
230pm-3pm	B R E A K						
3pm-4pm	Psychosis and spirituality	Going Sane: Journey from the land of psychosis to the land of the	Effectiveness of the Hearing Voices approach in forensic settings	Alice in Wonderland	Mental health oppression and American Indian youth	Hearing Voices research	A family's journey with unseen voices and pictures
4pm-430pm	B R E A K						
430pm-530pm	My son struggled through a spiritual crisis	The power of language	How to survive college as a voice hearer/From clinician to voice hearer	Transformation to liberation/Why HVN is the missing piece	Destigmatizing unique experiences	Challenges and winning ingredients/Preliminary results of a study	Accepting our voice



Day 2 (Friday, August 18)

Morning

9am—915am	Welcome back	Noel Hunter (Hearing Voices USA)
915am-940am	Keynote 1	Barry Floyd (New York, USA)
940am-1005am	Keynote 2	David Walker (Washington, USA)
1005am-1030am	Keynote 3	Val Resh (India)
1030am—1100am	B R E A K	
1100am-1200pm	Keynote Panel	Barry, David, Val

Afternoon Breakouts

	1	2	3	4	5	6	7
1pm-230pm	Death by a thousand cuts?	People of color and the Hearing Voices network	Psychiatric Drug Withdrawal	Open Dialogue with a political edge?	Carnival of Voices	Fluidity of self	Behind locked doors and without walls
230pm-3pm	B R E A K						
3pm-4pm	Sketch journals in crisis and recovery	My inner voice pays a visit	Hearing Voices, Living Fully	Rethinking insight	Permeability and talking back to our voices	Sonic Sandbox	Shamanism to schizophrenia
4pm-430pm	B R E A K						
430pm-5pm	C L O S I N G W O R D S						

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Afternoon Breakouts #1, 1pm to 2:30pm

1. **A conversation on gender and sexuality with Natan Cohen and Marty Hadge (USA):** The HVN USA charter provides us the freedom to challenge social norms. This is a space for people who challenge societal norms regarding gender and sexuality to explore how these experiences impact and relate to experiences under the hearing voices umbrella. A result of this workshop may be a work group that will provide a written document on LGBTQ support in HVN groups. This conversation is open specifically to people who identify under the LGBTQ umbrella.
2. **Journal writing for voice hearers with Don Karp (USA):** This workshop will speak to the use of journal writing as a part of one's life process. It will explore why this can be of value to voice hearers, and discuss different types of content and methods. An optional writing exercise with writing prompts and opportunities for sharing and feedback will be included. New journal writers welcome!
3. **Listening to young adolescents with Rai Waddingham: and 'Somewhere where I can be me' - Creating and sustaining safe spaces for children and young people who hear distressing voices with Eve Mundy (England):** The first part of the workshop will include an overview of qualitative research conducted by Rai with young people (aged 12 to 16) about their experiences of talking—and not talking—about the voices they hear. The second part of this workshop will include an interactive process, exploring what safe spaces might look and feeling like for children and young people who hear distressing voices, see upsetting or frightening visions, or have other 'unusual' sensory experiences that they find overwhelming. Participants will pool a diverse range of practical and creative strategies for supporting children and young people who hear upsetting, frightening or overwhelming voices, enhancing their confidence to support children and young people in distress.
4. **Putting a face to the voice: Using art, masks, and movement to explore our experiences with Tami Gatta (USA):** There are some things that can be hard to put into words. Voices, visions, and other sensory experiences may prove challenging to 'explain' to others. In this workshop, participants will explore ways of communicating that incorporate art, drama, and movement in addition to (or perhaps instead of) language.
5. **I do not have the words—Exile, secrets and silence with Akiko Hart (England):** This workshop, as offered by a presenter who is half Japanese, will explore whether or not the spaces we create can work for all languages and cultures. This will include consideration of the following questions: How does what we create sit within families and cultures where secrets are held in place with shame and pride, where language is elliptical, where the non-said is as important as the said, where sharing might be weakness, dishonor and disloyalty? How can we talk about our personal experience of trauma when the historical traumas of our country are unspoken but carried through generations and families? This will include an exploration of the hearing voices initiatives and spaces which are being created in Japan, as well as for those who are exiled, for those who have no home—or many homes, and for those who have no cultural identity—or many.
6. **Film screening—'Hearing Voices' with Bruno Tarpani (Brazil):** This 50-minute documentary tells the story of three people who hear voices. It examines the reality of mental health in Brazil, the familiar and religious aspects, and the difficulties faced. Audience discussion to follow.

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Afternoon Breakouts #2, 3pm-4pm:

1. **Psychosis and Spirituality with Will Hall (USA):** Voices, visions, mania, and extreme states are linked to mystical truth, spiritual emergence, and shamanic initiation across human cultures. This workshop explores how to best embrace a multicultural view and give practical support to the spiritual aspects of what gets called "mental illness." When should we understand trauma and psychosis as spiritual awakening and the gifts of the wounded healer? What about the risks of shamanism and psychedelic and plant medicine? Is reality really "real" - or have some of us discovered we are all really living inside The Matrix?
2. **GOING SANE: JOURNEY FROM PSYCHOSIS TO THE LAND OF THE FREE with Pamela Spiro Wagner (USA):** Pamela an award-winning poet and artist (and former medical student) who describes in her two books of poetry and her internationally popular memoir, DIVIDED MINDS, being labeled and treated as severely mentally ill all her adult life. In her workshop, she will present her journey in art and poems. There will be time for questions and answers.
3. **The effectiveness of the Hearing Voices approach in forensic settings with Peter Bullimore and Jo Withington (England):** This workshop will highlight how the Hearing Voices approach can be implemented successfully in forensic settings. It will show outcomes of positive practice and effectiveness of moving people on from a controlled environment, by changing the attitudes and practice of staff members who often feel restricted by a medical model approach.
4. **Alice in Wonderland with Katherine Crabtree (USA):** This workshop will review and discuss quotes, art and clips from Alice in Wonderland as they relate to our own experiences. It will also review a current Utah-based project that aims to use the book as a tool for exploration in psychiatric and penal institutions throughout the state.
5. **Mental health oppression and American Indian youth with David Walker (USA)**—Challenging generations of harm: Mental health practice among native people has a history of indoctrination, thought reform, and sedation of reactions to cultural destruction and genocide. Native American youth have the highest rates of suicide of any ethnic group in the United States. This workshop will explore these realities along with some of the efforts developed to counter them in recent years.
6. **Hearing Voices Research—Challenges and opportunities with Gail Hornstein (USA):** This participatory workshop will offer anyone interested in current or future research on the voice-hearing experience or on HVN groups an opportunity to explore the many challenges and opportunities of such work. We all have a stake in the outcomes of Hearing Voices research but few opportunities to talk about the values, ethics, goals, methods, and findings of studies being conducted. Come and share your perspective, regardless of whether you are a researcher, a critic, or a potential participant!
7. **A family's journey with unseen voices and pictures—Mother and son's strength to conquer it together with Meri and Nico Viano (USA):** This workshop will allow participants to come to understand how trauma can be confusing for both the parent and the child as they are growing up, and what it can take for a parent and child to come together to conquer and deal with disruptive voices, visions and thoughts. This workshop will include the learnings of a young man living on his own and making his way through the day-to-day, as well as the journey taken

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Afternoon Breakouts #3, 4:30pm-5:30pm:

- 1. My son struggled through a spiritual crisis ending in tragedy with Judy Murray (USA):** This workshop will share the story of a young man whose identity was replaced by diagnostic labels that he fought against, and how, after his death, his mother came to learn a new frame to understand his experiences: Spiritual crisis. This workshop will also explore how we can do better and the ways in which our system can be shifted to contribute to the completion of the journey toward wholeness.
- 2. The power of language with Shaun Hunt (England):** Words don't just describe. They can also create realities. The words we use not only have the power to change how we view ourselves and others, but they can also influence the way we react to the people we encounter. This workshop will offer a narrative reflection of a journey through mental health services, looking at how the language we use can impact an individual's identity.
- 3. How to Survive College as a Voice Hearer with Allison Branitsky and Sarah Felman (USA) / From clinician to voice hearer—A change in perspective with Jennifer Hanley (USA):** This offering will include two 20 minute presentations, followed by audience questions. One presentation will review the prevalence of voice hearing among the younger generation and the importance of opening a dialogue about the experience of young voice hearers who are considering or are in college. The other presentation will feature the story of a psychiatric nurse who became a voice hearer in her mid-forties and how that changed her perspective and focus.
- 4. Transformation to liberation—HVN, a holistic approach with Jenna Rai Miller (USA) / The intersectionality of peer modalities—Why HVN is the missing piece with Jude Grophear (USA):** This offering will include two 20 minute presentations, followed by audience questions. Both presentations will focus on personal transformation, including the role of HVN facilitation and group membership, as well as the intersection of so many different but compatible approaches including Intentional Peer Support, Wellness Recovery action Planning, and more.
- 5. Destigmatizing unique experiences and creating a broader mental health community with Carina Iati (USA)—**This workshop focuses on the development of initiatives to provide information and training about voice hears and other people with unique experiences. Emphasis will be on the importance of outreach to professionals who by virtue of their position (teachers, coaches, residence life staff, law enforcements, clergy), may be likely to encounter a young person who is having these unique experiences for the first time. The presentation will include proposed methods for sharing information, and easy-to-use resources that can be used along the way.
- 6. Challenges and winning ingredients for the implementation of hearing voices groups with Myreille St-Onge (Canada) / Preliminary results of a study of different Hearing Voices groups in the Netherlands and the experiences of its participants with Barbra Schaefer (Netherlands):** This offering will include two 20 minute presentations, followed by audience questions. The first presentation will include a review of a recently conducted study with facilitators of Hearing Voices groups in Quebec, Canada, and what was found to be the essential pieces to success. The second presentation will review an ongoing study that seeks to answer the question: To what extent do people find participating in Hearing Voices groups to be helpful to their recovery?

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Afternoon Breakouts #3, 4:30pm-5:30pm Continued:

7. Accepting our voice—A movement of liberation with David Son (USA): This workshop will explore our personal understanding of the Hearing Voices movement. What is a movement and what is the Hearing Voices movement? How does one decide if they are an active participant? This workshop, through a process of inquiry and sharing, will offer opportunity to collaborate on giving personal meaning to the Hearing Voices movement.



**And join us this evening for a
barbecue at 7pm on the patio
overlooking Storrow Drive and
the Charles River!***

**There is an additional cost of \$40 for the
barbecue that can be paid with
registration*

DAY 2, Friday, August 18

Afternoon Breakouts #1, 1pm to 2:30pm

1. **Death by a Thousand Cuts? Rethinking self-harming by children and young people who hear voices with Eve Mundy (England):** This workshop will combine personal testimony and professional experience to explore a wide range of ways of thinking about, and rethinking, self-harming by children and young people who hear voices. Together, we will create a safe space in which to share experiences of self-harm, reflect upon the many meanings, stories, and interpretations of self-harm that find their way into our work with children and young people, and discuss the ways that we can create opportunities for young people to tell their own stories and shape the support that we offer them.
2. **People of color and the Hearing Voices Network with Chacku Mathai and Earl Miller (USA):** As the reach of the Hearing Voices Network grows, there is already a notable lack of involvement and leadership by people of color. This session is an opportunity for all of us to be involved in an engaging and intersectional analysis of our movement that results in a better understanding of what's happening and what we all can do to improve the equity and inclusion of people of color in the Hearing Voices Network.
3. **Psychiatric Drug Withdrawal—When, how and why with Olga Runciman (Denmark):** This workshop will discuss how and when to withdraw and address common fears and worries. The workshop will focus on people who are taking or attempting to withdraw from psychiatric drugs, but will also speak to helpers, their role and what they can do.
4. **Open Dialogue with a political edge? Questions, concerns and opportunities with Rai Waddingham (England):** The Open Dialogue approach is gaining momentum in many parts of the world. While often described as a treatment approach for 'psychosis', its respect of the 'otherness' of others and openness to multiple perspectives feels very close to that of the Hearing Voices movement at its best. However, its not with critics, including those that suggest it lacks a political awareness that can be jarring to many survivors and allies. This workshop will look at several aspects of the Open Dialogue approach, including what it might look like if it had a stronger political awareness and could learn from survivors.
5. **Carnival of Voices with Kevin Healey (Canada):** This experiential workshop will involve making creative representations (sketches, puppets) of ones voice. It will seek to create a safe space to see and be seen, hear and be heard, witness and be witnessed.
6. **Fluidity of Self with Ksenija Kadic (England):** This workshop will look at a holistic way of understanding our experience and sense of self. The presenter will also share her own journey of being a refugee from Ex-Yugoslavia and how loss of country and initially loss of part of self contributed to re-discovering a personal sense of wellbeing and new sense of self.
7. **Behind locked doors and without walls with Caroline Mazel-Carlton and Jeannie Bass (USA):** This workshop will explore how to create access to HVN supports for people who are either in restrictive settings or simply out of range of existing groups. It will explore how to preserve the integrity of HVN group values when bringing them behind the locked doors of restricted facilities. It will also explore how to create a strong and supportive community of voice-hearers in an on-line meeting format alongside facilitators of the world's first online Hearing Voices group and some of the longest-running inpatient groups in the United States.

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Afternoon Breakouts #2, 3pm to 4pm

1. **Sketch journal in crisis and recovery with Ronda Richardson (Canada):** This workshop will combine personal story and art created during the course of treatment to speak to the human costs of care and the healing power of connections. It exposes trauma as an unavoidable side effect of inpatient psychiatric treatment, while also sharing a story of hope, survival and thriving despite being told it was impossible.
2. **My inner voice pays a visit with Stephen Zuckerman (USA):** This workshop will share the story of a man who, at the age of 50, began hearing a voice in his deaf left ear. It will examine the journey of introspective review that took place, the near crushing encounter with the mental health establishment, what it was like to lose that voice, and what it took for the presenter to return to the practice of medicine.
3. **Hearing voices, living fully: Living with the voices in my head with Claire Bien (USA):** This workshop will examine one woman's story through select readings from her memoir, and through discussion of the factors that contributed to her hearing voices and the social/psychological factors that allowed her to achieve virtually full, unmedicated recovery.
4. **Rethinking insight—Epistemic credibility and service user-informed perspectives on voice hearing with Kathleen Lowenstein (USA):** This workshop will argue that current ways of conceptualizing poor insight reinforce the problems of contesting epistemological frameworks inherent to the concept. At heart, poor insight represents a sight of contested meanings. An individual's attempts to make meaning out of extreme states of consciousness is often taken as proof of illness. Critical psychiatry and the input of psychiatric service users asks whether attempts to find meaning in and make meaning out of extreme states of consciousness might instead be indicative of health.

Afternoon Breakouts #2, 3pm to 430pm

1. **Permeability and talking back to our voices: A workshop including creative writing, comic strip making, and performance with Andrea Freud (USA):** This workshop will include a reading from, "My theory of permeability, or how the voice slips in." Participants will be guided in writing a dialogue with one or more of their own voices (whether they are contained as voices in their heads or heard), and creating at least one panel of a comic strip that illustrates their dialogue. There will also be opportunity to partner, rehearse and share what was created.
2. **Sonic Sandbox—Experience deeper connection through sound improvisation with David Ford (USA):** This workshop creates a safe place for everyone to play in. The rules are that everyone gets included and each person can try anything. The goal is to create a sense of connection between participants based on sound. A variety of musical games (toning, conversation, name-singing, drum circle, etc.) will be included.
3. **Shamanism to Schizophrenia—When the voices believed in me with Val Resh (India):** This workshop will focus on body movement work geared toward understanding the basis of our underlying trauma. For many, this trauma presents itself as a voice or even a vision, and this

And join us from 4:30pm to 5pm for closing words!