

Self-Reflection Tool for Potential HVN Group Facilitators

Instructions: While we recommend that everyone attend a HVN facilitator’s training prior to starting an HVN group, we understand that not everyone will choose to do so. This self-reflection tool is intended to support individuals who have not attended a Hearing Voices Facilitator’s training to take a closer look at how ready they may be to start a group. Please note that it is not a ‘fool proof’ tool and not all items are necessarily goals or requirements for facilitators. Rather, each is likely to offer experiences or conditions that would be potentially helpful to a new facilitator/group start up.

Circle the points next to each item to which you are able to answer ‘yes.’ When done, add up the total number of points circled and use the key on the next page to help reflect on your readiness.

ITEM	POINTS
IMPACT	
I have personally experienced hearing voices, having visions, tactile sensations and/or other unusual or extreme experiences.	20
I have personally experienced negative impact from involuntary treatment, restraint and/or having my treatment preferences, choices and beliefs dismissed or devalued.	20
I have a close friend or family member who has experienced hearing voices, having visions, tactile sensations and/or other unusual or extreme experiences. <i>(If you have personal experience, skip this item.)</i>	10
I have witnessed family, friends or others around me be negatively impacted by involuntary treatment, restraint and/or having their treatment preferences, choices and beliefs dismissed or devalued. <i>(If you have personal experience, skip this item.)</i>	10
EXPOSURE	
I have read Accepting Voices, Living With Voices, Making Sense of Voices and/or other texts that speak to HVN history and perspectives on hearing voices.	5
I have attended introductory presentations on the history, concepts and values of the Hearing Voices approach.	5
I have reviewed the HVN USA charter, and have had the opportunity to talk about it with others who have been trained and facilitated HVN groups.	5
I have read multiple books (other than or in addition to Accepting Voices, Living with Voices and Making Sense of Voices) and articles that are listed on the HVN USA site’s resource list.	1
I have seen one or more of the films listed on the HVN USA site’s resource list.	1
I have attended conferences, presentations and/or trainings where non-traditional approaches to psychiatric diagnosis, treatment and supports have been a primary focal point.	1
I have attended conferences, trainings and/or presentations where understanding human rights, advocacy, choice and the impact of involuntary treatment have been primary focal points.	1
I have attended one or more trainings on how to offer peer support.	1
I have attended one or more trainings on how to facilitate groups.	1
EXPERIENCE	
I have prior facilitation experience of non-clinical, self-help groups.	1
I have been an active member of a grassroots, peer-run group in my area.	1
I have been an active member of a grassroots rights/advocacy group in my area.	1
I have been a member of a peer support group in the past.	1
UNDERSTANDING	
I understand and am able to explain to others why it is so important that there be absolutely no requirement to attend an HVN group, and absolutely no documentation of who attends or what they do while there (progress notes, etc.).	5
I understand and am able to explain to others why it is so important to not label or judge how others explain their experiences in HVN groups, including not assuming anyone has a ‘mental illness’	5
I understand and am able to explain why the goal of an HVN group isn’t to help people get rid of all of their voices, and why that may not even be desirable for everyone.	5
I am very familiar with multiple perspectives on why people hear voices, including past trauma.	5
ENVIRONMENT/OUTSIDE SUPPORTS	
I have access to communication with other HVN group facilitators outside of my group/organization.	5
I intend to start an HVN group that is either ‘free standing’ (not attached to any group or organization) or is attached to a group or organization that does not provide any clinical mental health services.	5
I have access to ongoing supports for HVN facilitators (e.g., a newsgroup for HVN facilitators and/or HVN facilitator networking groups).	5
TOTAL POINTS:	

HVN FACILITATOR SELF-REFLECTION KEY

81 or higher: You are likely to be in a very good position to start a HVN group, even without additional training. However, training will only support you to deepen your understanding of HVN principles and strengthen your connections to the national and international network, thus strengthening your ability to stay true to HVN values and approach.

70 to 80: You have a great deal of experience and – with the appropriate supports (such as an environment that is open to non-clinical groups and access to an HVN network and other facilitators), your group has real promise of being successful and staying true to HVN values. However, particularly if you do not identify as having personal lived experience, it will be very important that you go through a full training as soon as possible. Training will be even more important if you are starting your group within an organization that is clinical in nature.

60 to 70: Although you have some good experience and exposure to principles related to the HVN approach, it is possible that it will be a challenge for you to support an HVN group. This may be due to lack of exposure to the HVN approach, lack of experience with facilitation and/or your environment and available supports. We would really encourage you to attend a HVN facilitator's training before starting a group. Further exploration of some of the items on the self-assessment list that you were not able to check off will also help to prepare you.

59 or lower: While you may still have some solid personal experience and/or exposure to the HVN approach, we strongly suggest that you go through a HVN facilitator's training before starting a group. Otherwise – even with the best of intentions – it may be likely that some aspect of your group will end up being inconsistent with the HVN approach.