

THE UNIVERSITY *of York*

York & Selby Recovery Services
In collaboration with the University of York
present...

New Perspectives on Hearing Voices

Friday 19 October 2012
9.30am-3.30pm

Friends Meeting House, Friargate, York, YO1 9RL

The conference is aimed at people who are experiencing mental health problems, their families and professionals. The day will explore; • what it is like to hear voices? • why do some people hear voices?, • what is the connection between life events and hearing voices? and • can Hearing Voices Groups help?

Speakers to include:

Rufus May has worked as a clinical psychologist within adult mental health services for the last 16 years. Rufus is well known for his recovery oriented approach and his integrative approach to working with hearing voices, psychotic experiences and other emotional difficulties. His interest is rooted in his own experience of psychosis and recovery in his late teens. He uses individual psychotherapeutic approaches, professionally assisted self-help groups and community development to promote people's recovery. His work was featured in the Channel 4 television documentary 'The Doctor Who Hears Voices'.

Eleanor Longden is a voice hearer and award winning psychologist who has lectured and published internationally on aspects of psychosis, trauma, dissociation, and recovery. She is current coordinator of the Intervoice Scientific Committee and a faculty member of the International Centre for Recovery Action in Practice, Education and Research (ICRA)

Gemma Hendry is a clinical psychologist with a special interest in psychosis and the experience of voice hearing in particular. Gemma is passionate about helping individuals make sense of their experiences in a way which is creative, thoughtful, and empowering. Gemma also values community approaches to psychological distress and recognises the potential restorative nature of groups which foster a sense of belonging and connection. Gemma currently works for a service providing support to individuals with experiences of psychosis in the East Riding of Yorkshire.

The York Hearing Voices Group York has a well established group that has been running almost five years. The facilitators and a few group members will give accounts of the work the group does.

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AGENDA

- 9.30 - 10.00 Registration and refreshments**
- 10.00 - 10.15 Welcome and introduction**
Karen Flowerdew, consultant clinical psychologist, York Recovery Services
- 10.15 - 11.00 York Hearing Voices Group** – Facilitators and group members from The York Hearing Voices Group
- 11.00 - 11.45 Talking With Voices** - Rufus May, clinical psychologist, Bradford
- 11.45 - 12.15 Discussion**
- 12.15 - 13.15 Lunch (not provided)**
- 13.15 - 14.00 Making sense of voices: recovery, discovery and transformation** - Eleanor Longden, psychologist and voice hearer
- 14.00 - 14.45 What are the experiences of those attending a hearing voices group?** - Gemma Hendry, clinical psychologist, East Riding
- 14.45 - 15.15 Plenary / Discussion**
- 15.15 - 15.30 Summary and close**

To register for a free place contact Linda Catt at LindaCatt@nhs.net or call **01904 725633** by **Friday 12 October 2012** with your contact details.