

Voice Hearing: The Insiders Guide



Facilitated by
Debra Lampshire



Ti Hei Mauri Ora

This is an acknowledgement to the Breathe of
Life - life-force - wellbeing

Mihi nu nui ki a koutou i tenei ra

Big greetings to you all who are here today

Tena koutou mo ou tautoko

Thank you for your support

O te kaupapa o te ra nei

In listening to my thinking and beliefs today

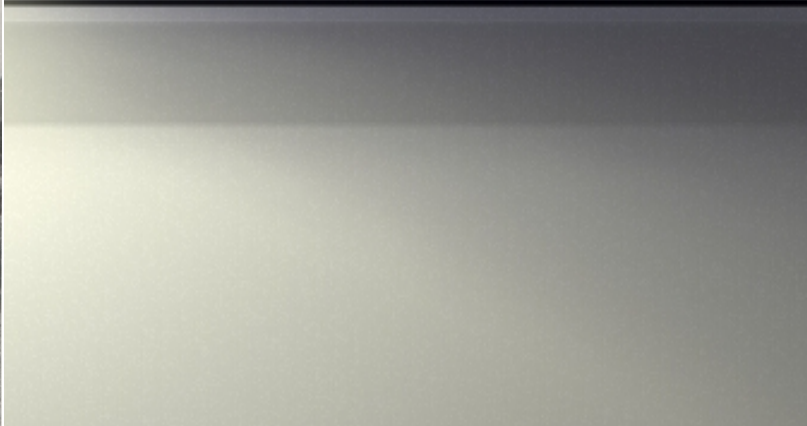
Ten koutou, tena koutou, Tena koutou katoa

I greet you all once

I greet you all twice

I greet you all three times

Greetings to one and all









a call
to young
womanhood

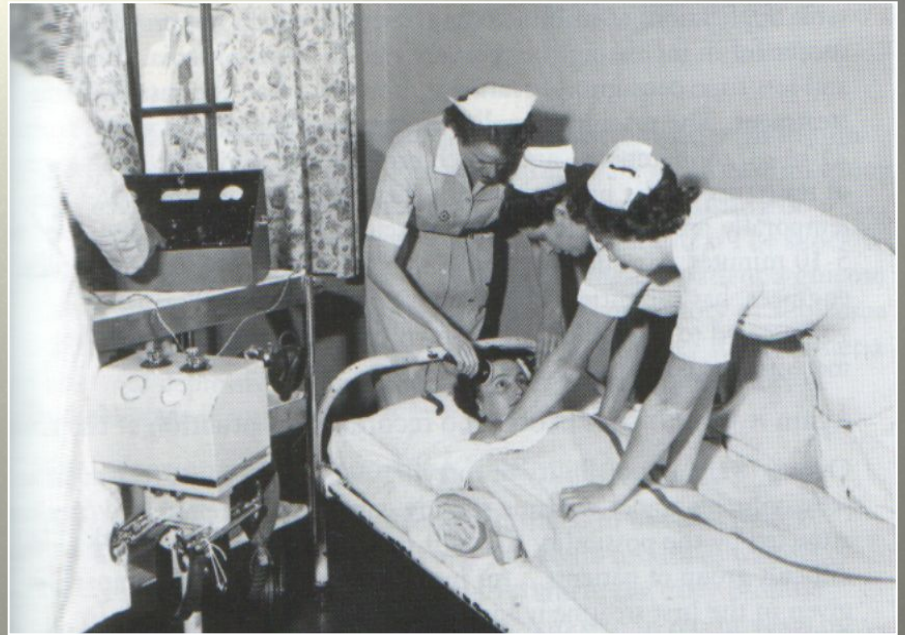
HELP RESTORE
THE MENTALLY SICK
TO HEALTH.

TWO MONTHS A YEAR
FOR RECREATION.

COMFORTABLE QUARTERS ...
A ROOM OF YOUR OWN.

BECOME A
PSYCHIATRIC
Nurse

WRITE P.O. BOX 5013 WELLINGTON
FOR ILLUSTRATED FOLDER





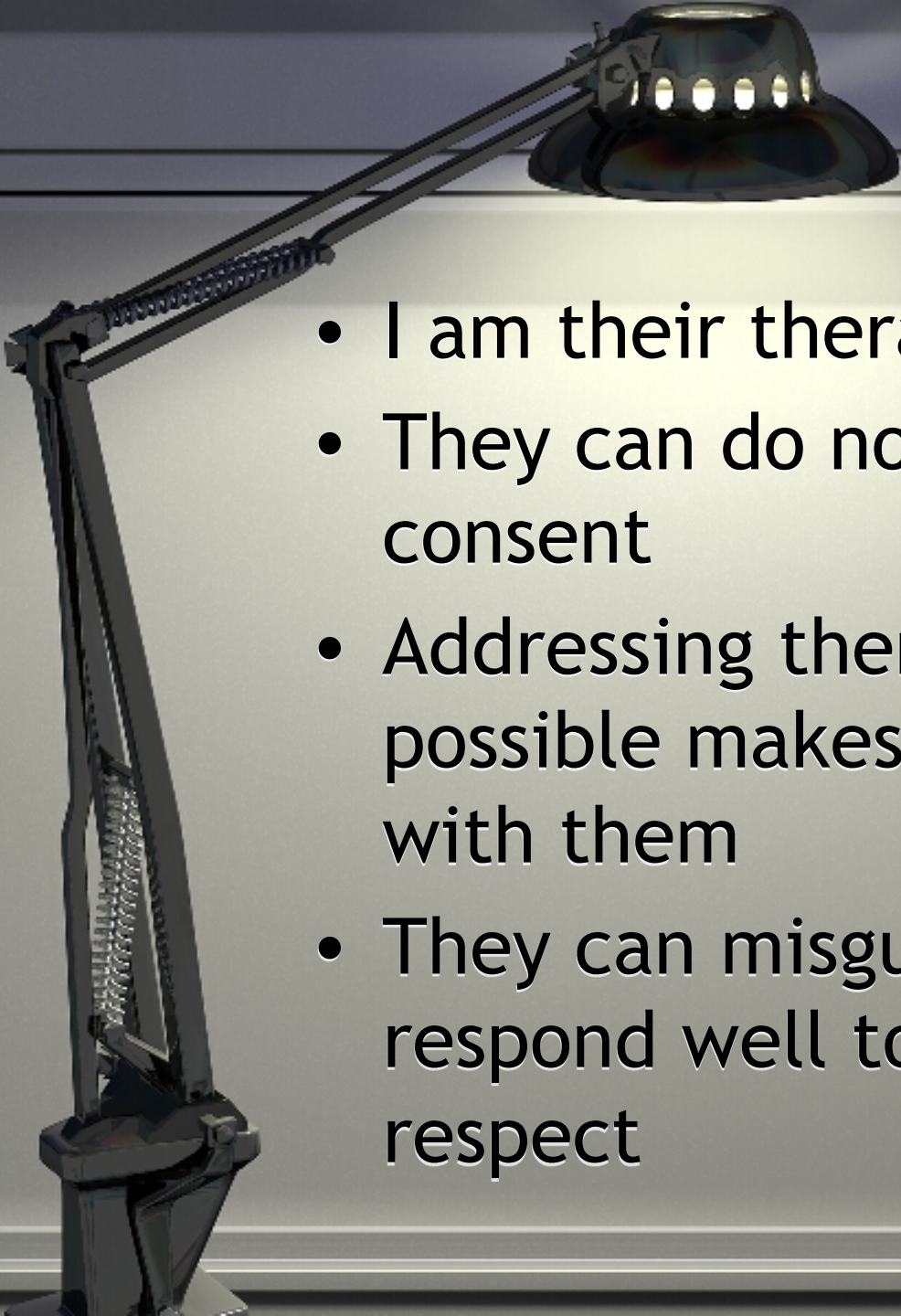
History

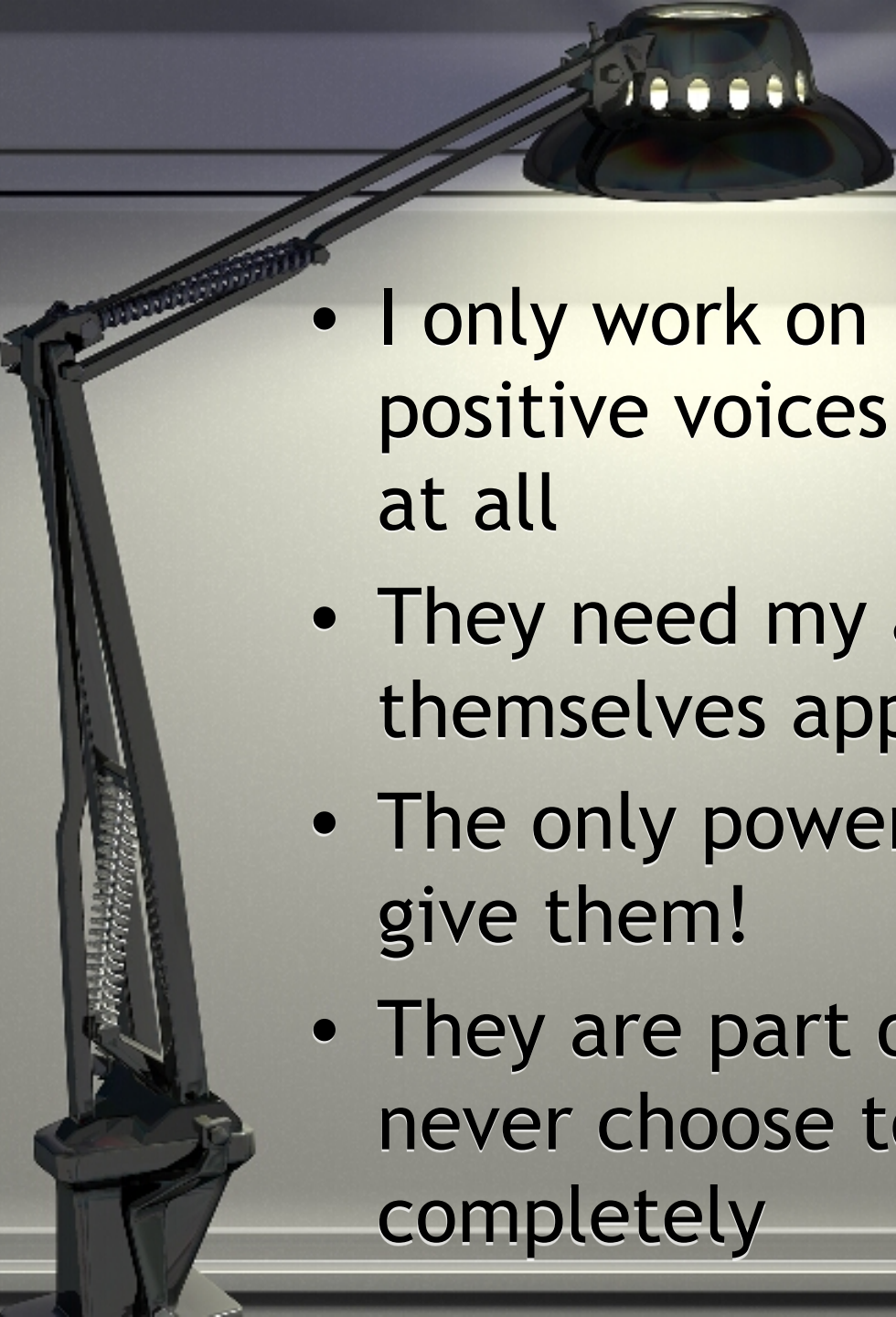
- Hearing Voices since childhood
- Developed unusual beliefs
- Spent 18 years in institutions
- Got voices under control began working with Mental Health



Personal Perspective

- I am engaged in a relationship with my voices
- I am in an abusive relationship with some of them
- They can only express themselves in unhelpful ways it is my job to interpret their content into helpful ways.

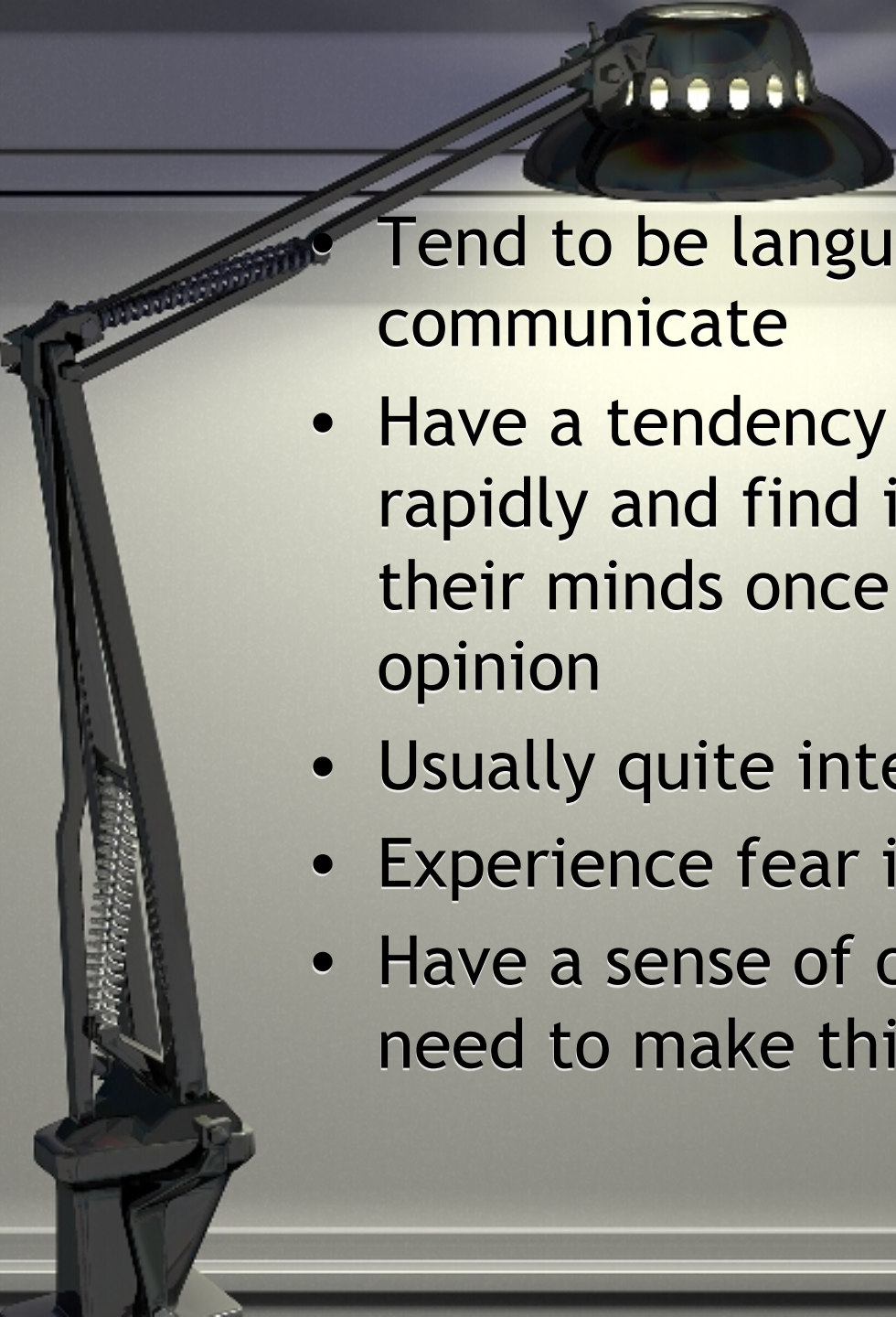
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- I am their therapist at times
 - They can do nothing without my consent
 - Addressing them as quickly as possible makes it easier to deal with them
 - They can misguide me at times but respond well to kindness and respect

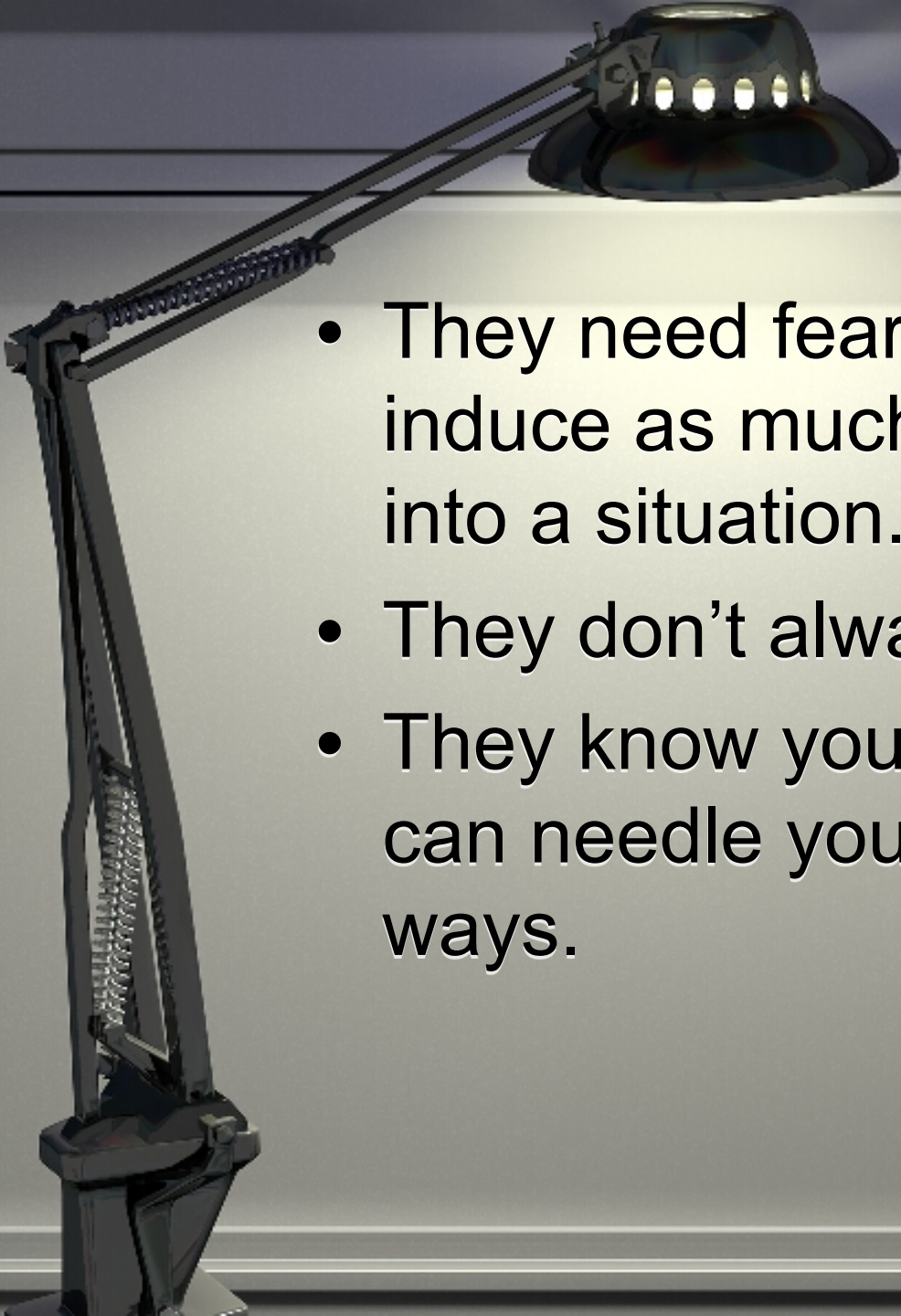
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- I only work on my negative voices
positive voices require no attention
at all
 - They need my assistance to express
themselves appropriately
 - The only power they have is what I
give them!
 - They are part of who I am. I would
never choose to be free of them
completely

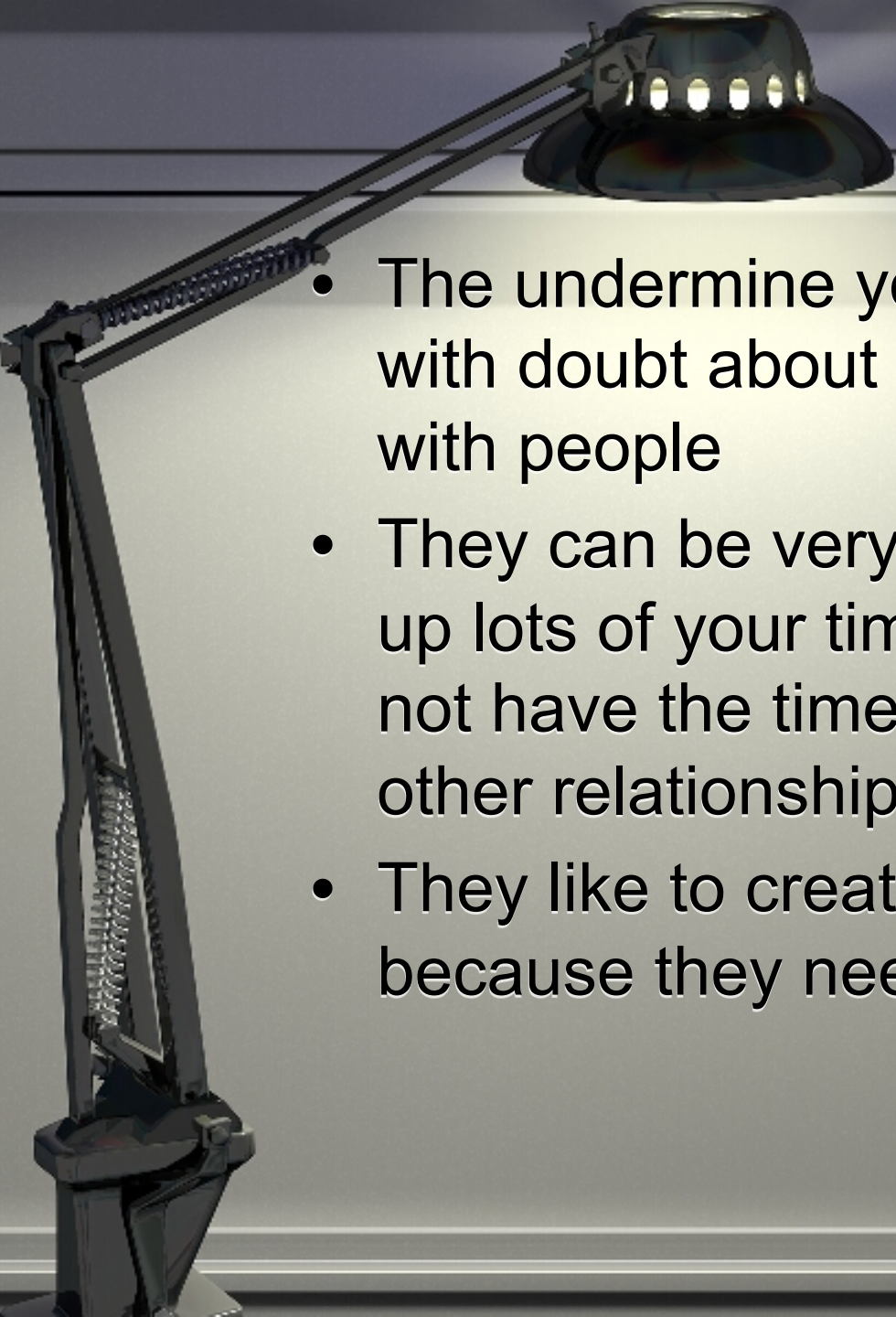


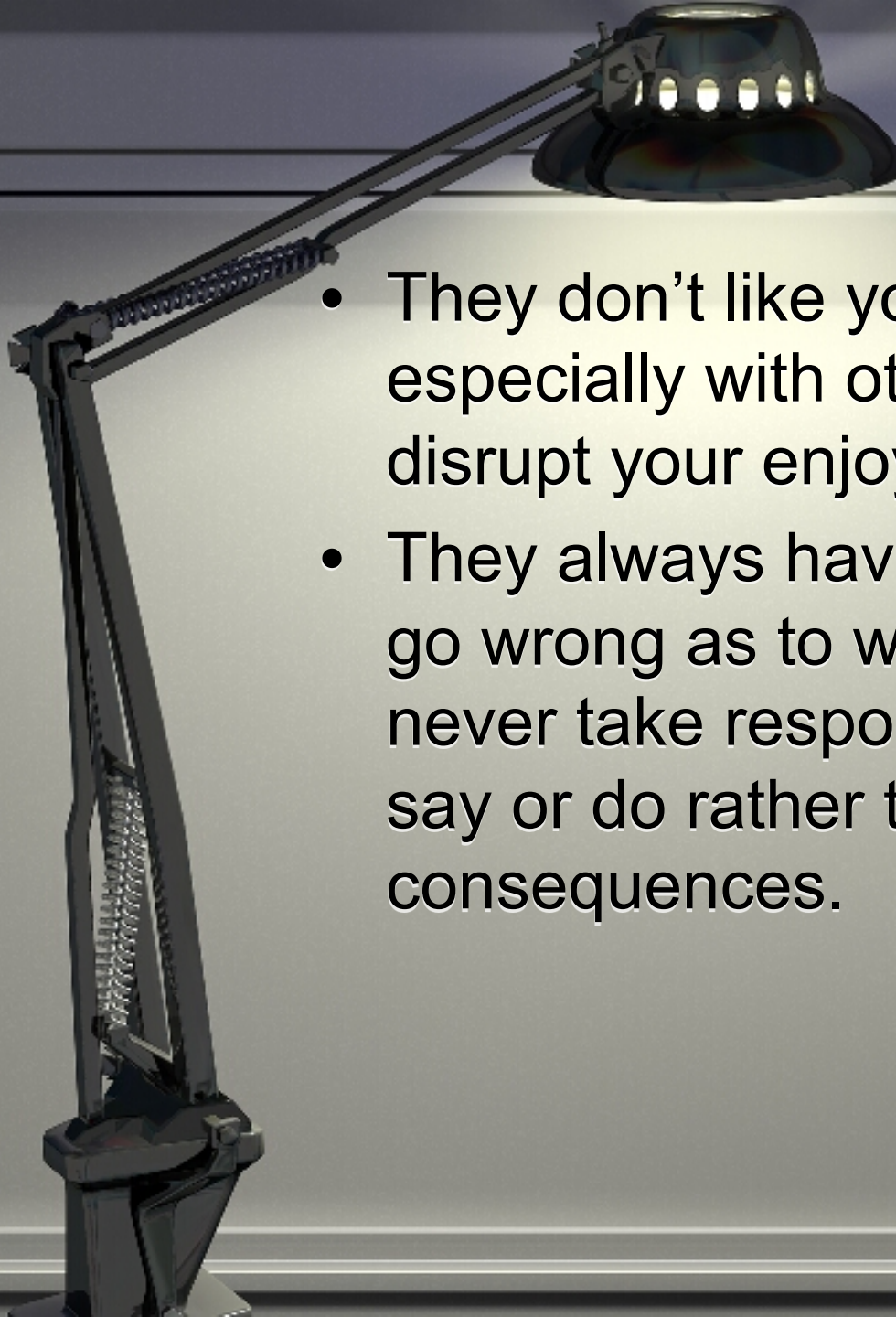
Tactics of Voices

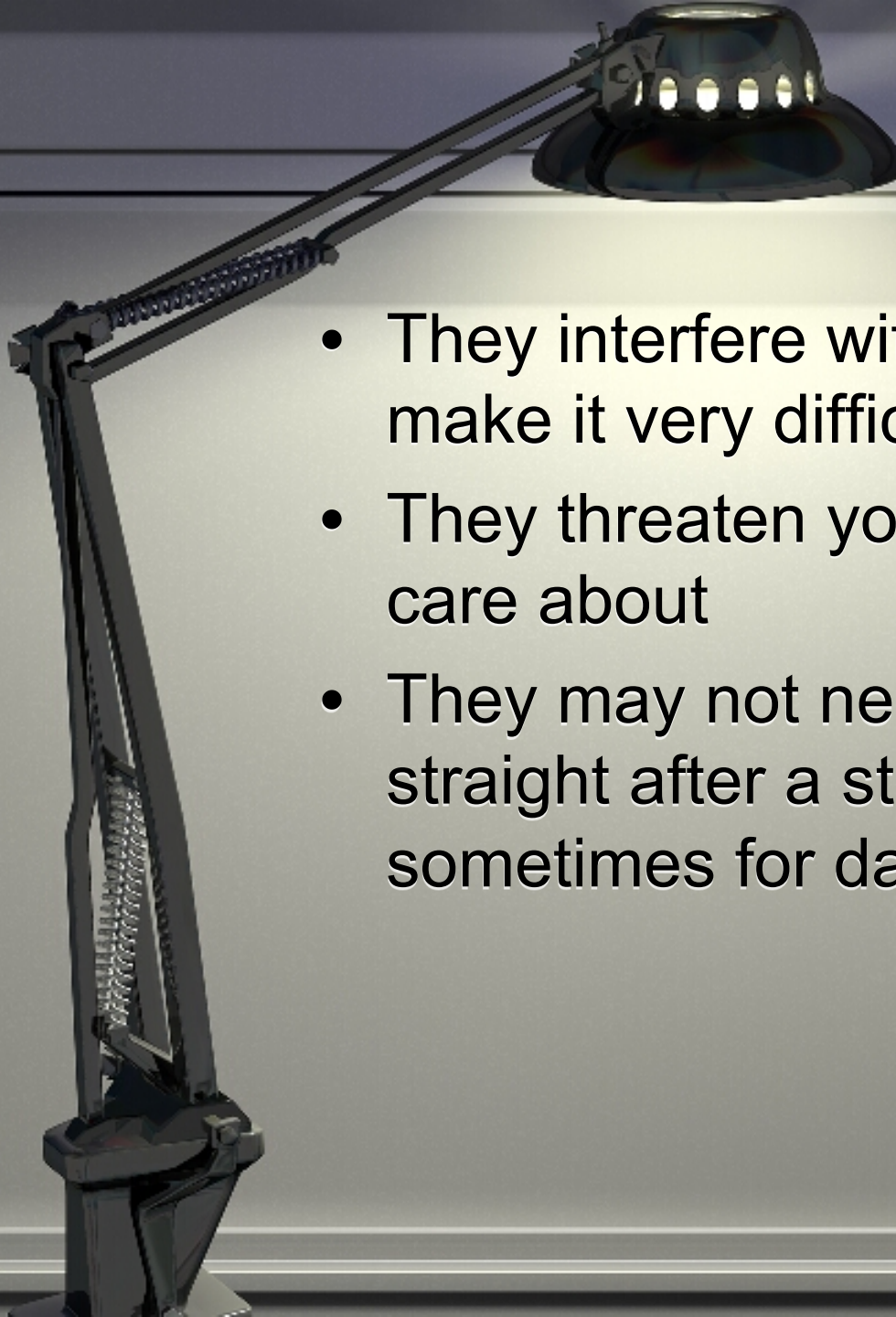
- They encourage you to be alone and isolate yourself
- They are jealous and interfere with relationships so they can have you all to themselves
- They are extreme and always go to the worst possible scenario first

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- Tend to be language people who like to communicate
 - Have a tendency to jump to conclusions rapidly and find it difficult to change their minds once they have formed an opinion
 - Usually quite intelligent
 - Experience fear intrusively
 - Have a sense of over-responsibility and a need to make things right.

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- They need fear to thrive so will induce as much anxiety as they can into a situation.
 - They don't always tell the truth
 - They know your deepest secrets so can needle you in the most efficient ways.

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- They undermine you constantly and fill you with doubt about your abilities especially with people
 - They can be very entertaining and take up lots of your time which means you do not have the time nor energy to cultivate other relationships
 - They like to create an environment of fear because they need fear to flourish.

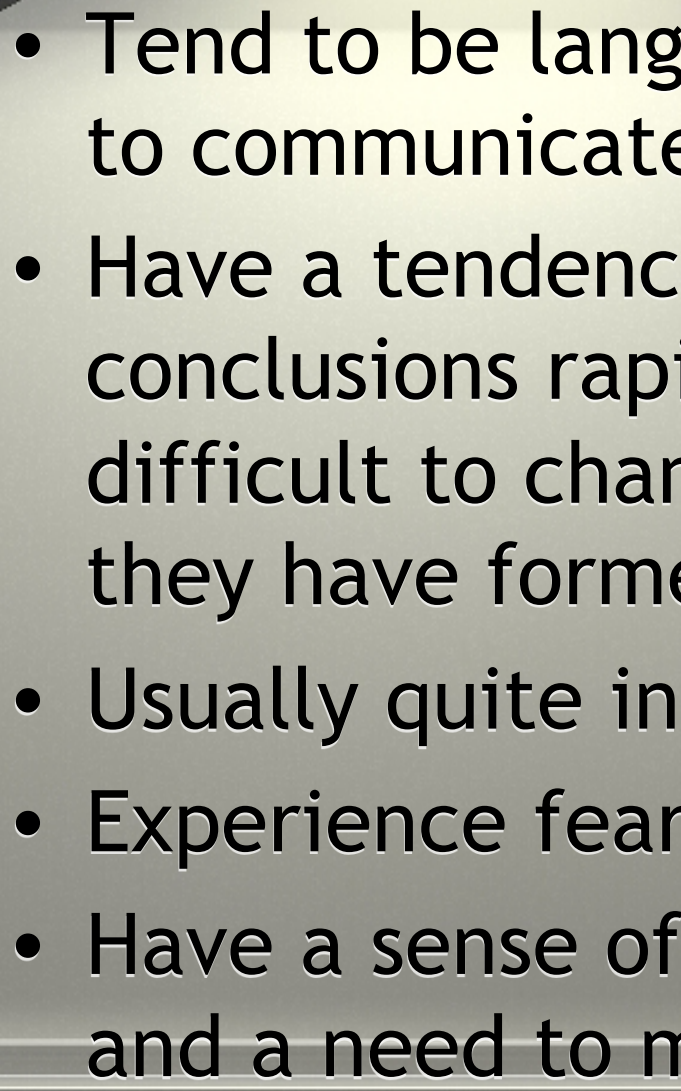
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- They don't like you to enjoy yourself especially with others and will find ways to disrupt your enjoyment
 - They always have an answer when things go wrong as to why it was your fault. They never take responsibility for anything they say or do rather they let you endure the consequences.

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- They interfere with relationships and make it very difficult to be around people.
 - They threaten you and those whom you care about
 - They may not necessarily come to you straight after a stressful event but wait sometimes for days.



Common Traits of Voice hearers

- Find it hard to tolerate silence
- Tend to think symbolically and metaphorically
- Prefer their minds to be occupied
- Sensitivity to low frequency humming noise
- Highly Anxious

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- M Manifestation
 - O of
 - D Distress
 - E Explore
 - R Relevance
 - N Normalise



M. O . D .

- Voice hearing experience is viewed as a manifestation of distress alerting the person to the fact that they are concerned, worried or troubled by something which may not be obvious initially.



Advantages of this view

- Allows both client and clinicians to place within the realms of manageability. Voice hearing experience is not a symptom of madness but rather viewed as a coping strategy and legitimate response to stress



What do voices do that make them poor communicators?

- They come in at inconvenient times.
- They say unpleasant things
- They talk nonsense
- They can be argumentative and abusive
- They're repetitive



What if it's nothing!

- Remember they can speak nonsense if it's really important they need to make themselves clearer
- They get bored easily and can be mischievous
- Sometimes it can take time to get their point when your ready it will make sense
- They can make mistakes too!



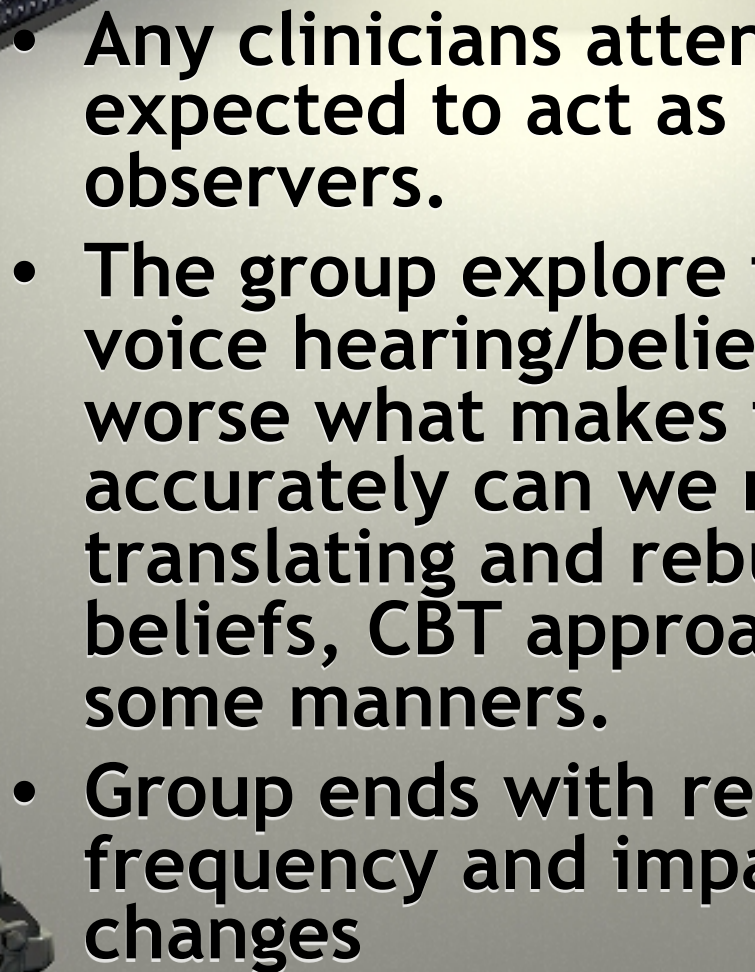
History of Groups

- Groups have been running for 9 years in DHB
- Open to all DHB clients regardless of diagnosis or service
- Groups are modified to meet the needs of the range of participants e.g. Culture, age, gender, time in service
- Training provided to staff



Structure of Groups


- Groups are now held weekly over an eight week period for one and half hours (around 10-12 members).
- Consist of three staff the voice hearer leads group, clinician is co-facilitator and another clinician sits in group learning process

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- Any clinicians attending the group are expected to act as participants not observers.
 - The group explore the pros and cons of voice hearing/beliefs/, what makes them worse what makes them better, how accurately can we read people's mind, translating and rebuttals to the voices/beliefs, CBT approach, teaching voices some manners.
 - Group ends with re-evaluation of the frequency and impact to record any changes




Approach of Groups

- Have an experience-based expert leading the group
- CBT/DBT – basic skill set
- Elements of Motivation Interviewing
- Normalising/Validating



Results

- Participants reported overall a 50% reduction in frequency and distress of voice hearing over the six week period. These voice hearers had on average 20 years of voice hearing experience.
- Current participants are reporting between a 30%-70% reduction in frequency and distress.
- Benefits to participations are effective up to 3 months of completion of group without follow-up



Where to get more information

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