



A WORD FROM THE COMMITTEE

So much has happened for our Hearing Voices Network since the last newsletter. Some of you have been kept updated through our free email subscription, of news and events as they have happened.

This newsletter is bursting full of what we have been up to. We would like to say a big thank you to all our members who have given us so much support over the last year. We have achieved so much in such a short time. Yet without all of you none of would have been possible.

We would like to take this opportunity to say Merry Christmas, and wish you all the best for the new year. Thank you for your ongoing support, we look forward to seeing you all some time soon

Best Regards

HVN Aotearoa NZ
Committee.

PRACTICAL TOOLS FOR WELLNESS WENT DOWN WELL

This June event was a great success. We are very grateful for the sponsorship of the Western Bays Community board, who are very supportive of our organisation.

Approximately 60 people came to the event. Toi Ora Live Art Trust were fabulous. They adorned the walls of the Moa Rd Scout hall with exquisite artwork from their students. Between speakers we were serenaded by their talented poets and musicians, and their drama troupe performed a very insightful and amusing piece on hearing voices. This was filmed on the day and the video clip is has been downloaded to youtube. You can also view it on our new blog.(See url above.)

This was the first time the Toi Ora's Drama group had performed live. So was a great opportunity for

them, and a great show for all of us.

Our first speaker was Arana Pearson. His presentation was both insightful and delightful. Knowledge combined with photos and the story of his own experience was well received. He then displayed his artistic talent performing a song he had written.

Karen Mees- naturopath and lecturer at Wellpark College of Natural therapies gave us some good basic information on the importance of a healthy diet. Which helped us all to work up a good appetite for the delicious afternoon tea organised by Vanessa Beavan.

Debra Lampshire finished the series of speakers, sharing her knowledge on what she has found helpful for voice hearers, through her own experiences and through her work with the ADHB. Her natural communicative style soon had everyone in the audience joining in with their own

stories and comments.

Overall it was a great balance of entertainment, information, social chit chat and great food. Everyone joined together in a fantastic effort. The result was evident on the faces of those that attended .

Here are the results of the AGM meeting that was held in the hall afterwards. (and were posted to all our members). The new committee is as follows
Co Chairpersons
Lorna Murray
Arana Pearson
Secretary
Adrienne Giacon
Treasurer
Vanessa Beavan
Committee member Lyall Baird.

If you are not a member and would like to join and help us with the network See the form at the back.

GREY LYNN/PT CHEVALIER HEARING VOICES NETWORK SUPPORT GROUP

We are committed to a support group in Grey Lynn/ Pt Chevalier area in 2009. Vanessa Beavan. Just returned from the Intervoice conference in Perth will facilitate and we are looking for other(s) to support her with this.

We will hold the meeting every second week, alternating weeks with the Te Ata Group held every second Wednesday

In Henderson. It will be held on a day other than Wednesday , to offer an alternative to those that cannot attend Te ATA. If you are interested in attending, or have premises we can use, please contact us. We will then work together to put together a schedule for next years groups.

your services to support Vanessa in holding the space for the group to take part, please let us know asap. It is a small commitment, of approx 2 hours every two weeks, for the great personal satisfaction that comes with helping to make a difference For more info tel Adrienne 0211024151 or email hearingvoices@woosh.co.nz

BOOK REVIEW: "How to Hear Your Angels" by Doreen Virtue

ISBN 978-1-4019-1705-0 This book is available at the Auckland Public Libraries NZ.

In the spirit of Christmas and in memory of the tragic death of Shane Fisher, who was hospitalised for talking with Angels, we have included a review of the above book. It is an important part of the HVN to acknowledge that there are many experiences of voice hearing other than illness. Some people actively seek, and enjoy the experience of hearing voices. Voices are seen as helpful guides offering inspirational advice. Doreen Virtue is one of these people. She has written many books on her experiences of talking to and seeing Angels, a quick tally at the front of the book lists



31 of them.

It is ironic while some seek ways to get rid of voices, Doreen Virtue is selling books and courses teaching people to be able to hear them: One student complains that she can only hear a few words at a time. But by the end of the course, she is having full conversations with her angels.

This book is a good comprehensive guide. Doreen is a Clairvoyant and was also once a psychotherapist. As such her book touches on clairvoyant experiences and mentions receiving messages from the deceased. There is a brief overview of what and who the different angels are, and what "areas" they each specialise in. This all very light mainly positive uplifting reading though she does

mention lower energies and does have some techniques with dealing with it. There is a practical guide to differentiate between the good and the bad energies. In learning to have control of the voices. The HVN also recommends discernment. A keeping of a journal can assist to do this. One of the HVN techniques for coping with the voices is asking the positive voices to assist you to cope with the bad voices.

Overall. I found the book well written, clearly laid out, uplifting and positive in nature. It addressed many issues around the hearing of voices, no doubt due to her informed background. She included some research, was thorough and would recommend it to anyone interested in learning more about the subject of angels, or divine communications.

ARE YOU CREATIVE? GOOD AT ART AND DESIGN? ENTER OUR LOGO COMPETITION

We are pleased to announce a logo competition to select a logo for our network. A symbol to depict what the Hearing Voices Network Aotearoa NZ is all about.

We would like it to have a New Zealand flavour, be simple, and be easily recognisable. A logo that we can place on brochures, letterheads, and our website.

Our Maori name Te Reo Orooro

means: Echoing voices-which we felt was appropriate as the voices that we hear are often an echo of our past, our fears, our emotions and our health.

We are giving away a prize of \$100 to the person who submits



the logo that we select to use. Many voice hearers are very creative, and we are hoping you will be able to put your talent to good use to support our network. Please send all entries to Hearing Voices Network Aotearoa NZ PO Box 78-132 Grey Lynn AUCKLAND, tel 0211024151 or email hearingvoices@woosh.co.nz for more information

FUNDING GRANTS RECEIVED FROM LOTTERIES COMMISSION AND ASB COMMUNITY TRUST

We are pleased to say that our network has been successful in obtaining some funding through the funding applications we have lodged this year. While not receiving the full amounts requested, we are very grateful for what we have been given in this economic climate. The first grant of \$5000 we

received from the Lotteries commission.

We have also received \$5000 from the ASB communities fund. We are meeting as a committee early in the new year to set our budget for 2009. The money will be well spent providing resources for our network. The funding will

be allocated to the needs as set out on our application. Top of our list of things to do is to create our own new website. We have started a blog, which will be linked to the website when up and running. Thanks to those who provided support letters for our applications. We are growing slowly but surely.

See our blog site <http://hearingvoicesnetworkanz.wordpress.com>

Report on INTERVOICE CONFERENCE in PERTH AUSTRALIA 6-8th November 2008

By Vanessa Beavan

The New Zealand Hearing Voices Network was lucky enough to have three representatives attend the annual conference for INTERVOICE (The International Network for Training, Education and Research for Hearing Voices) last month.

In my role as researcher and HVN Treasurer, I was accompanied by our Co-Chair Arana Pearson and member Debra Lampshire, ADHB Experienced-based Expert and Tutor at the University of Auckland.

The conference was opened by Ron Coleman who welcomed us and celebrated the commitment of INTERVOICE members who made it to Australia. The Scottish delegation had almost 20 representatives, all reliant on fund-raising and support from their community.

The ethos for our few days together was then shaped by the sharing of recovery stories. Six amazing

women, including our own Debra Lampshire, told the tale of their personal life journey, including hardship and trauma, resilience, madness, fear, stigma, support and recovery. The courage and hope shared with us through these stories reminded all present that recovery from extreme psychological distress is possible and people are doing it everyday. Other highlights from the conference included:

Psychologist Rufus May demonstrating how he uses boxing (gloves and all) with voice-hearers to help manage stress and reduce physical and mental tension.

Jaqui Dillon encouraging us to challenge our tendency to avoid addressing the importance and impact of sexual abuse in causing and maintaining psychological distress.

Witnessing a shy voice-hearer develop confidence in the safe context of the conference, saying very little on the first day and facilitating and reporting back on a

discussion group by the end of the third day.

The enthusiasm of Yoshi, an experienced GP from Japan who began working in a psychiatric hospital a few years ago, only to discover to his chagrin the damage being done on a daily basis by the use of anti-psychotic medication. Yoshi expressed his concerns to his colleagues and is now prohibited from doing any work with patients apart from non-medical music therapy.

Yoshi is a very talented blues musician and was a fantastic performer at the Aussie Sundowner.

What was evident throughout was the true sense of camaraderie among all of us, service-users, clinicians, carers and academics. We were there to learn from each other and demonstrated curiosity and respect for the stories and opinions shared by all INTERVOICE members.

RECOVER– *The meaning of from the Oxford English Dictionary:*



1. Return to a normal state of health, mind or strength.
2. Find or regain possession of (something stolen or lost).
3. Regain control of (oneself or a physical or mental state)
4. Remove or extract (an energy source or chemical) for use, reuse or waste treatment

WORLD CONGRESS ON HEARING VOICES– NETHERLANDS 2009

The next International meeting for Inter-voice is to be held September 17th and 18 2009 at Maastricht, Holland. It will take the form of a World Congress on Hearing Voices, and they are calling for submissions for papers.

The congress is to celebrate, consolidate and develop the groundbreaking work that has helped to change the way society and the mental health world in particular perceives the experience of hearing voices i.e.: As a human variation rather than a symptom of illness; to

empower and assist people to recover from overwhelming voice experiences; reduce the social stigma and misunderstanding about the meaning of hearing voices

The congress is to be participative and inclusive. Aiming to open up discussion on all the work being done internationally on hearing voices including that which is helping people who hear voices to make sense of their experience. The target audience for the congress are people who hear voices, friends, family members, researchers

and practitioners.

The intention is to bring together as many people as possible from across the world who are concerned with hearing voices to exchange information and ideas.

If you would like participate and play an active part by being a presenter in our proposed open congress, sharing your experiences of research; education; training courses; mental health care services - and of course - the voice hearing experience itself, please see the full details at

www.intervoiceonline.org

This newsletter is brought to you by the

**HEARING VOICES NETWORK
AOTEAROA NZ INC.**

providing support and information for hearing voices, visions, tactile sensations and other sensory experiences.

We are part of an international society of Hearing Voices Networks co-ordinated through INTERVOICE– the International Network for training, education and research on hearing voices for more information see their website www.intervoiceonline.org



**MEMBERS & SUPPORTERS
FORM**

The Hearing Voices Network Aotearoa New Zealand is a non-profit organisation and as such relies on funding and donations. If you would like to become a member of our society and support our organisation please fill in this form and return to us with your payment. As a registered charity, donations are tax deductible.

- **Voting Rights:** Whilst our services are provided to all, only paid members of the society may vote for or be part of our committee. As a society we are run by our members in the form of a committee that is voted in each year.
- **Newsletter:** Our newsletter is sent to all members, at present is biannual,. We welcome member contributions
- **Internet:** Our website is underway for 2009 which we will link to our blog <http://hearingvoicesnetworkkanz.wordpress.com>. We host a yahoo discussion group to exchange information and ideas on voices. We also have an email subscribe list that is free.
- **Seminars and Events:** We can let you know you of any seminars or events we may be hosting and keep you informed of other relevant events.
- **Support Groups and Information to the Public:** Membership is not necessary to attend our support groups which we provide for free or at minimum cost. However membership fees do help us to better equip them with books and other resources

NAME:.....

ADDRESS

..... T

el no: Email:.....

WAGED \$20.00 • UNWAGED \$10.00 • Corporate \$60.00

Membership Amount \$.....

DONATION \$.....

TOTAL AMOUNT ENCLOSED \$.....

Please make cheque payable to:

Hearing Voices Network Aotearoa NZ, PO BOX 78-132, Grey Lynn,

AUCKLAND

The Doctor Who Hears Voices

On September 14–Hearing Voices Day this year, we held a viewing of the documentary “The Doctor Who hear Voices.” at AMHS, now renamed Connects’s lovely new events room. (Which can be made available for community events such as ours).

It was a very enlightening documentary. It follows Dr Rufus May, Psychologist in his work with a Junior Doctor named “Ruth” who starts hearing voices.(Ruth is reenacted by an actress.)

Dr Rufus May is a strong supporter of the Hearing Voices Network and was at the Intervoice Conference

in Perth in November.

The documentary highlights the importance of finding the meaning of the voices. When Ruth makes the connection between her horrible voice and a bully that taunted her for 2 years at school her relief is palpable.

From then on, she begins to make many strides in gaining control of her voices and their relationship changes to one where she is more in control.

Rufus helps her and the audience to see how thoughts and delusions that she has that may appear to be random actually have a lot of significance when we are aware of the emotional traumas she has faced in her past. Rufus has an

easy confident manner and reveals his own experiences when he was a youth and diagnosed with Schizophrenia. I would well recommend watching this documentary by UK’s Channel 4 which helps to bust many of the myths and stigma that surround hearing voices .

If you would like to view it there are segments of the documentary on the website youtube. If technically minded there is a link on Rufus Mays website www.rufusmay.com that will take you to a download site. We have a few copies which we can loan to groups for a small donation. Contact :Adrienne 0211024151