



ISSUE 6 March 2011

www.hearingvoices.org.nz

THIS NEWSLETTER
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THE LOTTERIES
COMMISSION

FROM THE COMMITTEE

What busy time we have had. Our June Seminar was excellent—the topic was Cultural Considerations for hearing voices. Our Hearing Voices Day event was About Healthy Choices for Hearing Voices. Both were well attended and well received. Thanks to all those who volunteered their time to make these events possible.

Clarissa Ranchor has resigned from the HVN committee. We are grateful for all the hard work she has put in for us over the years. Claire Moore has joined us and we are enjoying her contribution to our team.

We had our first Skype meeting this month. What fun that was. Is a great way to contact with Arana Pearson in Wellington.

Our website disappeared when the webhost went out of business. Balance have kindly offered to host it and we are midst rebuild. It should be back online very soon

Thank you to all our members for your support. As it makes so much more possible for us. HVN Committee.

HEARING FOR THE FIRST TIME

by Paul Emery

I had been working in mental health for about three years before I was lucky enough to get the opportunity to attend a 'Hearing Voices' workshop in Auckland. At that time it was very hard to get to do such training and so I was quite excited to be able to attend as I had heard so much about it.

On the day, we were all cramped into the training room and did the formal introductions. This took some time as there were so many of us from all over the Auckland region. It started off like a lot of trainings with a lecturer telling us about difficulties that service users have concentrating etc. At this point, I couldn't see what all the fuss was about, this was pretty ordinary, but little was I to know that there was so much more to come!

After the first break, we were split into about six small groups and then we were given headsets, 'Walkmans' to be precise! It was a few years ago!!

Then we were told to participate in several exercises in which we had to concentrate and answer questions, which weren't particularly difficult, however there was a catch. During this time we had to listen to a tape which was to be played continuously of 'voices' which were based on actual service users experiences of voices.

These voices were a mixture of loud angry voices

constantly insulting you or soft voices telling you that people are talking about you, whispering or just strange noises which were constant. Initially, it was easy to concentrate on the voices and they appeared quite funny at times, but once you had to start answering questions your mood changed.

The voices seem to take over your thoughts and they stopped you thinking and your ability to perform even simple tasks became more difficult, it was strange and un-nerving. If they had been permanent, they would have been very frightening; thank goodness we could take the headphones off and then they would stop!

About an hour later, it was such a relief to stop the voices. Immediately, your mood improved and what we consider 'normality,' was restored. It was an excellent exercise and immediately, you could relate to service users that you work with, who look blankly at you when you talk to them or look from side to side as though they are looking for someone who is talking to them. At times, a service user who you are talking to 'ignores' you, but now it is clear that the voices are very strong at these times and they are concentrating on them. Not only that but those voices can be very damning of your confidence and ruin your self-esteem, they can tell you to do things and the worst thing is that they are constant

and you cannot get away from them.

Imagine having the equivalent of your mother telling you off continuously, night and day. When you're trying to sleep, your former school bully who used to terrorise you, is threatening you constantly in your head, no wonder you can't sleep!!!

This training was a major 'eye-opener' for me and I constantly rave about it. It enables you to really understand the difficulties of anyone who hears voices. It is not a joke, it is a crippling affliction which can cause you to actually stop and step out of life, when things are bad and it must be terrifying!

Six years on, I remember the training quite clearly, it really has had an effect on how I work with people that I assist to improve their lives. I would say it is essential training if you wish to help anyone in mental health.

'You can't understand someone until you've walked a mile in their shoes'

n.b see the back page for dates for Keepwells course on distressing voices.



BOOK REVIEW

LIVING WITH VOICES: 50 STORIES OF RECOVERY 13 9781906254223

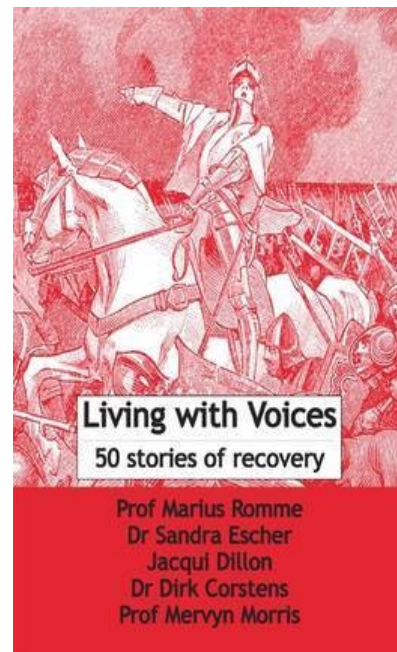
This book is edited by Marius Romme, Sandra Escher, Jacqui Dillon, Dirk Corstens and Mervyn Morris, UK, PCCS Books in association with Birmingham City University, 2009, 346pp., (paperback) 13 9781906254223

Living with Voices is an important addition to the new wave of publications which include and promote first-person narratives describing and explaining psychotic-like experiences. This is the third book in a series on understanding and working with voices. In the first two publications, *Accepting Voices* and *Making Sense of Voices*, Romme and Escher challenge the reader to think in a radically different way about voice-hearing experiences. *Accepting Voices* is aimed primarily at voice-hearers and recounts the experience of 13 people who hear voices and have come to accept them and use them as part of their everyday lives. It focuses on techniques to manage voices and emphasises personal growth as an important part of the recovery process. The second book in this series, *Making Sense of Voices*, is aimed at mental health professionals and outlines a

structured approach to assessment, in which relevant psycho-social aspects of the voice-hearer's life are explored and incorporated into the formulation. In terms of treatment, it discusses self-help and social empowerment, psychological interventions such as CBT, and alternative therapies.

This new publication, Living with Voices, builds on these earlier publications by providing an evidence base for this successful new approach to working with voice hearers. The evidence is found in 50 narratives of people who have recovered from distressing voices. This book's key messages are: 1) Recovery is possible and does happen; 2) Voices are real and should be accepted as such by the voice-hearer and those supporting him/her; and 3) Voices are understandable reactions to real life problems.

Living with Voices is in two parts. Part One consists of nine chapters, beginning with important steps to recovery, then moving on to a discussion of the harmful aspects of the illness model, causes of voices, accepting voices, making sense of voices, the role of emotions, and interventions on offer, such as



hearing voices groups, psychotherapy and medication. Part Two consists of the collection of 50 voice-hearers' stories. The narratives transform what might otherwise be considered a meaningless symptom – auditory hallucination – into an understandable and significant human experience, and one that happens as part of a human journey, not as part of a disorder.

The most helpful aspect of this book for me was the emphasis on hope and recovery. The book begins and ends with these messages. Chapter One is about important steps to recovery with voices and discusses the various ways that people can and do recover. The acknowledgements at the back of the book provide evidence of how the accepting voices approach has been picked up and developed in many countries. Seeing evidence of the development and implementation of this successful approach around the world is inspiring and leaves the like-minded reader feeling part of a significant movement away from disempowerment and hopelessness and towards collaboration and validation. VANESSA BEAVAN CLINICAL PSYCHOLOGIST & COCHAIR HVNANZ

HENDERSON SUPPORT GROUP HAS MOVED

We are so grateful have used the wonderful facilities at Te Ata for the Henderson Support group. We are in our fourth year now and still going strong. However TE ATA have moved and we have now found a new place for our meetings

We will now be meeting at

Wave Trust, 7 Henderson Valley Rd, Henderson. Still on Wednesdays 7.00pm to 8.30pm Ctc Adrienne 0272650266

For more information.

HAMILTON HVN SUPPORT GROUP PLANNED?

One of our HVN support group facilitators has moved to Hamilton and is hoping to get a Hearing Voices Support group going there.

If you are interested in attending or helping facilitate, please contact us, so we can pass your details to Mika.

Email: info@hearingvoices.org.nz or tel: Adrienne 0272650266

We can then assess the interest and let you know when we have a venue etc.

CREATIVE CORNER

A Precious Lady

One day I was awake
And watching the TV
When I heard of some-one
Who meant a lot to me.

She was a suffered breath.
Saw angels in her day.
They made her live in hope.
Psychiatry did say :

"We will take those angels
From you and we as one
Will conquer this illness
With medication's song."



This sound did make her sad.
It made her end her salt.
She took her life in hurt
Yet she was special malt.

Now resides with angels,
Protected by God's hand.
God in grace loves her
And angels understand.

May she smile in beauty
And dance and sing, no pain.
Was a precious lady
Blessed by moon and rain.

Hywel Davies

ARTIST PROFILE: John Williamson Air Brush Painter.



Left: Car Bonnet Painting

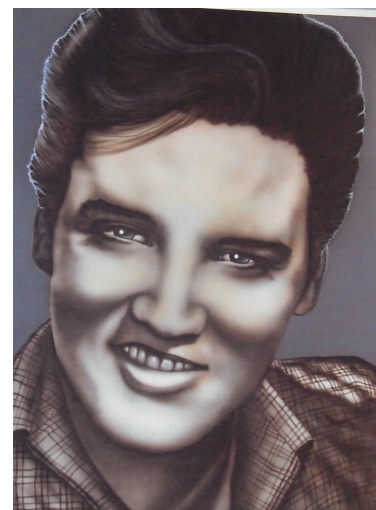
Right: Portrait Michael Jackson



John Williamson lives in Glenfield Auckland. He is a young man with a talent for air brush painting. He says:

" I have been airbrush painting for approximately 3 years now and at present am gaining as much experience as I'm able. My life long love of art has driven me to strive to reach my ultimate goal, to start my own business, airbrushing art onto cars, motorbikes, trucks etc. These are two of many portraits I have painted, they are A1 poster size, the fourth is my first car bonnet with samples of different types of my work painted on it."

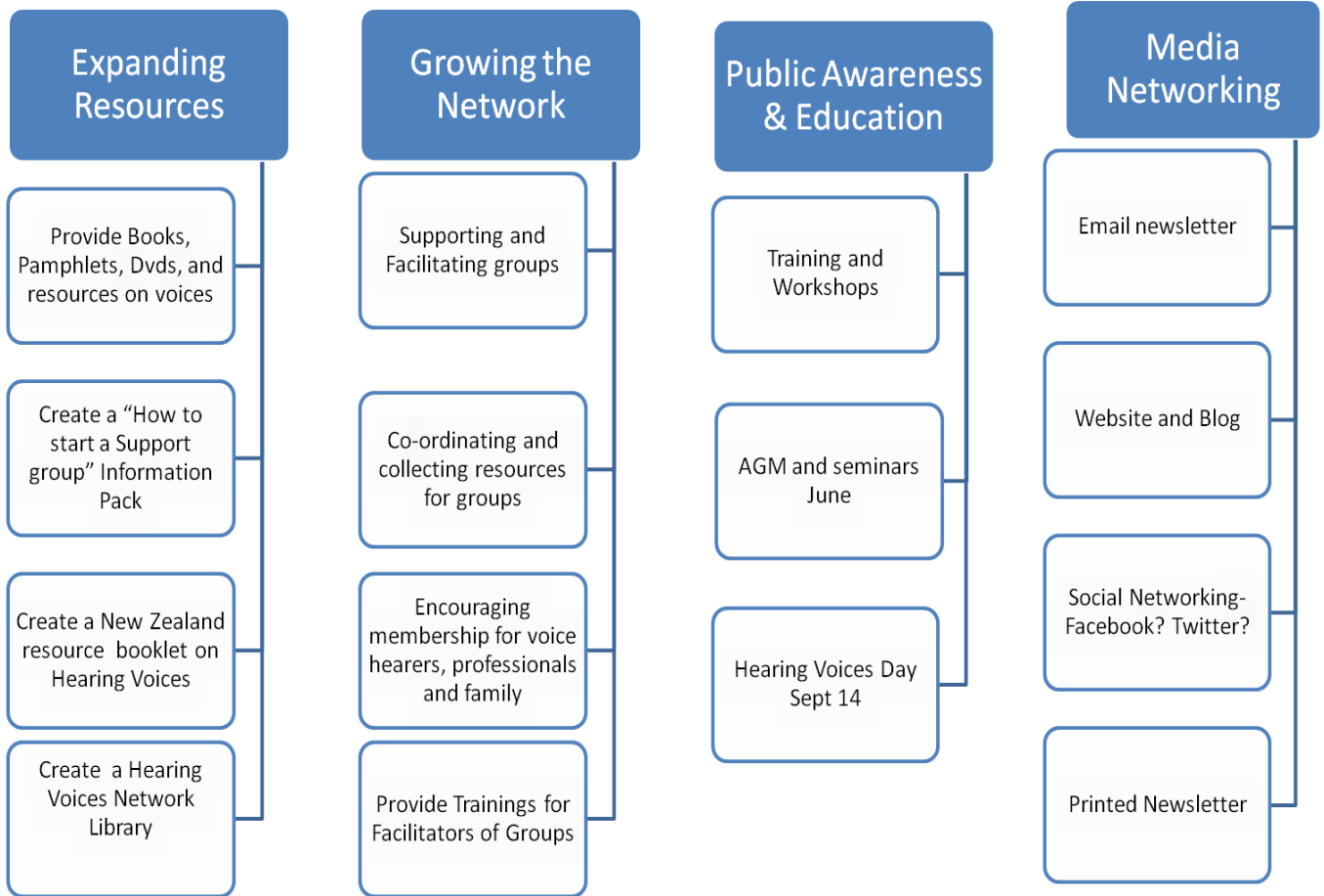
There are just a few details he would like to learn from a car painter to get more experience. If there is a car painter that John could go and work for a few hours a week with for free and in return learn from the painter would be great. John would also like to be able to display his art for sale somewhere.
Email: lorikeet77@yahoo.co.nz to contact John.



Portrait of Elvis Presley

GOALS FOR THE HVNANZ

Vision: People who hear voices are accepted, valued and treated with Equal Dignity as contributing members of the community



All organizations need leadership and the Hearing Voices Network structures our work through a charitable Trust with an elected committee. The committee holds the responsibility for the trust. The committee met this February to plan for the coming. Our goal in meeting was: team building; confirming our vision and direction along with key goals for the next year. The local group coordinators about the country were e-mailed and asked to input into our planning meeting. So we could take into account everyone's needs as we set the course. Above is a

diagram to highlight our goals and how at this stage of our organization we see ourselves meeting these aims.

The HVNANZ is always looking for people that may have some skills and time to volunteer to help us meet our goals. Help with the newsletters, funding applications, fundraising, creating resources for those that hear voices, or just offering to help organize our next event are always welcome.

Like the recent stand we had at Brain Day– Auckland University.



RICHARD GREY AT OUR HEARING VOICES STAND AT "BRAIN DAY" March 2011.

Ron Coleman Workshops in New Zealand

ADVANCED WORKING WITH VOICES– A WORKSHOP FACILITATED BY RON COLEMAN FOR THE HEARING VOICES NETWORK AOTEAROA NZ



We are pleased to announce that author and trainer Ron Coleman is coming to New Zealand. Ron will be taking a workshop for the Hearing Voices Network called Advanced working with voices. I have attended Ron's workshops in the past and he is a very knowledgeable and inspirational trainer. We are grateful that he is once again in New Zealand and we are able to offer this invaluable workshop to you all. The workshop will cover the following

- Support you in developing effective ways of working with voice hearers using short, medium and long term strategies
 - Enable you to use the above strategies to support voice hearers in taking control of their experience and more importantly getting on with their life.
 - Give you an introduction to the Maastricht interview schedule.
 - Enable you to use the 'Working with Voices Workbook'.
- This workshop is useful for people who already have experience of voices, either personally or within the work place.*

Dates: **AUCKLAND JUNE 1ST 2011 9.00am to 3.30 pm**

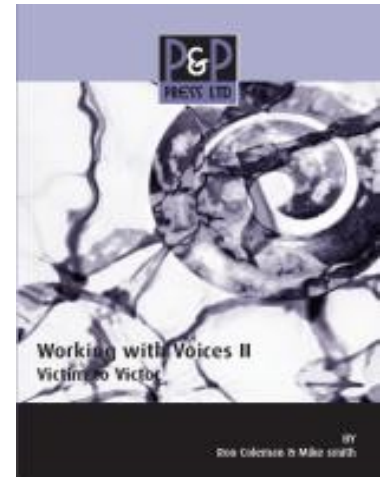
CTC: Adrienne Giacon tel : 0272750266

WELLINGTON JUNE 3RD 2011 9.30 to 4pm ****

Ctc: Lize Dela Ruelle tel: 021 049 0887

For more information please contact Adrienne on 0272650266 or email: info@hearingvoices.org.nz for a registration form.

PALMERSTON NORTH JUNE 2ND 2011. Ron is holding a "Voice Dialogue introduction and Advanced workshop" with our Palmerston North HVN group. 9.30 to 4pm. For all enquiries and bookings please contact : Journeys to Wellbeing, tel: 06 355 3387 or email chrishocken@journeystowellbeing.org.nz



****WELLINGTON EARTHQUAKE FUNDRAISER FOR CHRISTCHURCH

Ron Coleman has kindly offered to provide the workshop in Wellington in conjunction with the Hearing Voices Network Support group to raise funds for the victims of the Christchurch Earthquake. All profits made from the workshop on June 3rd will be donated to the Red Cross Christchurch Earthquake Appeal. Take this opportunity to up skill and help others at the same time. To book see details above.

Ron Coleman has been active in the field of mental health since 1991, when affecting his own recovery from mental illness, he used his experiences to develop his ideas for recovery centered treatment of others. Since then he has went on to write numerous books and papers on the subject and was influential in the development of the Hearing Voices Network in the UK. Ron and his partner Karen travel around the world delivering trainings in this field through their company 'Working To Recovery'. <http://workingtorecovery.co.uk>

WHAT'S ON THE WEB? *By Robyn Aldrich*

Robyn has been surfing the internet and shares her findings with us.

<http://www.headspace.org.nz/maori-mental-health.htm>

Headspace is a great website aimed at younger people but has information in there for everyone on how to manage: depression, anxiety, stress, self harm, suicide, psychosis, Bipolar, and how to cope when going through stressful times. It also has site links to a Maori approach to Mental Health, and a Pacific approach to Mental Health.

<http://www.mhc.govt.nz/what-happens-if-i-am-under-compulsory-treatment>

This Mental Health Commission website explains the Mental Health Act 1992 and your rights when under the Act. Also on this site you can access information on the types of Mental Health Workers and what they do; treatments offered and about Recovery in general. This is a great site for practical information.

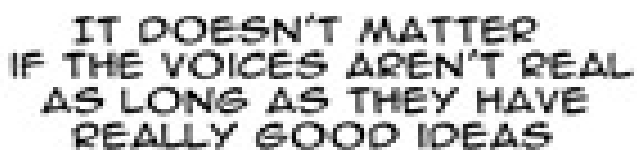
<http://www.examiner.com/mental-health-in-portland/workshop-hearing-voices-is-part-of-normal-human-experience?render=print>

This website

<http://www.cafepress.com/wildworldshirts/3607779> is a link from the above web site 'examiner.com' **Hearing voices is part of normal human experience.** "Hearing voices" and "normal" do not usually appear in the same sentence, unless they are separated by "IS NOT." A pop-culture example appears on this CafePress.com. It is a site offering T-shirts, stickers, magnets and other gifts emblazoned with various messages. Here are some examples from the 'Voice' items -



PLAYS WELL
WITH THE VOICES



IT DOESN'T MATTER
IF THE VOICES AREN'T REAL
AS LONG AS THEY HAVE
REALLY GOOD IDEAS

<http://www.moshersoteria.com/articles/i-want-no-part-of-it/>

This is a website that had interesting articles both for and against psychiatric medication. The relationship between the pharmaceutical industry and biomedical professionals re-opens a 25-year-old argument. An argument that has long been debated with scientific evidence, testimonies of families and caregivers that the drugs are safe and effective. While on the other hand is the assertion that the drug companies pouring millions of dollars into the pockets of psychiatrists around the country, which creates a reluctance to recognize that drugs may not always be in the best interest of their patients? You read it and decide for yourself.

<http://www.ahrp.org/about/CohenPsychMed0504.pdf>

NEEDED: CRITICAL THINKING ABOUT PSYCHIATRIC MEDICATIONS

David Cohen, Ph.D.

Cohen discusses the emergence of psychotropic drugs as the main treatment for mental illness and proposes this drug treatment has shown no improvement in symptoms of mental illness. Cohen speculates that pharmaceutical companies make millions by concealing unfavourable findings in drug trials, manipulates scientific activities that promote drugs, suggests medical journals are used for drug advertising, and exposes conflicts of interest with antidepressants. He suggests that telling people that their brain is defective and that drugs will fix them promotes the proposition that drugs are better than talking therapies.

This article has made me realise how trusting we are of medical research and of the confidence and trust often placed in psychiatrists i.e. that what they are prescribing is appropriate and will work. Statistics however show that often people still hear voices when on medications so other methods of treatment are required for recovery. Hope you enjoy these websites as much as I did!

LOTTERIES COMMISSION HAS PROVIDED LATEST FUNDING

We are very grateful to have received some funding from the Lotteries Commission in the last round. As we are an independent society we are not funded by Health Boards, or Government agencies. The money received in this latest grant will be put to good use. We have bought

Refurbished laptop from TECHSOUP. We will buy a white-board to use in our trainings. It enables us to print this newsletter and some more pamphlets and other stationery such as printing handouts about hearing voices for public events we attend like Brain

Day at the Auckland University and to give out at our support groups Every cent counts. We are slowly building resources and groups and these funds are vital that we are able to do so.

Thank you Lotteries Grants!

AROMATHERAPY FOR HEARING VOICES– BY ADRIENNE GIACON

At our recent Healthy Choices for Hearing Voices I gave a presentation on using Aromatherapy for Hearing Voices. I am a qualified Aromatherapist, have had my own practice and used to teach Aromatherapy at the New Zealand College of Massage. I decided to involve the members of my support groups in the development process of my lecture.

Aromatherapy is the use of natural essential oils extracted from plants to encourage the body's natural healing. They contain natural chemical components that are absorbed through the skin and into the bloodstream when massaged into the body. Their aroma can also be absorbed through the olfactory nerves in the nose and trigger chemical messages to the brain.

The purpose of this is not to present a "cure" for hearing voices, but to provide voice hearers with a very pleasant coping strategy when dealing with the difficult emotions and challenges that hearing voices produces.

I asked the members of my groups what were the main problems and emotions that we faced when hearing voices. This was a worthwhile exercise in itself. (The oils can help with emotional problems - smell is a very emotional sense.) It encouraged us all to look beneath the surface issues presented i.e.: "they talk all the time; they say negative things etc. Instead we had to think about how that made us feel? What were the emotions they caused?"

Here are the main challenges we came up with.

1. Fear- of madness, of possession, of losing everything, of rejection.

2. Grief- of the life lost, friends and family lost.

Holding on to pain and trauma from past- moment when it went wrong. If only I hadn't done [whatever it was] We visit it so often in the mind it gains a life of its own.

3. Scatteredness- From being in different worlds at once

4. Ungrounded- Off with the fairies. Seduced into another reality

5. Confusion, disorganisation of thoughts- too much going on. Can't focus.

6. Swinging intense emotional states, trying to cope with emotions the voices are triggering. Wrestle with the question "why it is happening to me?" Logic and other realities battle.

Insomnia- stressed, voices are often worse at night, too scared to relax.

7. Lethargy- lose motivation, what's the point? Nothing helps.

8. Depression and anxiety, God has abandoned me, cursed me, no future.

9. Sensitivity to energies- feel others emotions, hear voices of people we know, feel rejection, stigma

10. Anger & Disappointment- Anger at lack of control over own headspace, anger at others reactions, Anger at God, anger at self.

Once we had identified the challenges, I asked everyone to think about what the opposite emotion was - the emotion or feeling that was the positive to the negative ones we identified. What we would rather feel. This enabled us to set goals, choose the essential oils to help us and to think of other activities or actions that would help us to achieve that aim as well.

The resulting list of goals and the suggested aromatherapy blends are follows.

Please note these blends are to be added to 20ml Vegetable oil such as Almond or Apricot Kernel and are Adult strengths. These are numbered to correspond with the challenges identified in the earlier list.

1. Confidence and Strength. Sandalwood 5 drops, Frankincense 3 drops, Ginger 2 drops.

2. Emotional Healing-releasing past. Frankincense 4 drops, Rose if diluted 3 drops if pure 1 drop, Patchouli 3 drops.

3. Concentration and Focusing. Lemon 4 drops, Basil 2 drops, Eucalyptus 2 drops, Vetiver 2 drops.

4. Grounding Vetiver 2 drops, Patchouli 3 drops, Orange 4 drops.

5. Organising and Clearing the mind. Cypress 3 drops, Lemon 5 drops, Eucalyptus 2 drops.

6. Calming, Relaxing, Balancing emotions, sleeping. Geranium 2 drops, Lavender 6 drops, Chamomile 1 drop, Ylang-ylang 2 drops.

7. Motivating and Energising. Lemon 2 drops, Patchouli 2 drops, Sandalwood 4 drops, Ginger 2 drops.

8. Mood Elevation, joy. Orange 5 drops, Clary Sage 4 drops, Rose pure 1 drop or diluted 3 drops.

9. Clearing and Cleansing energies and negativity. Eucalyptus 2 drops, Juniper 4 drops, Thyme 3 drops, Rose 1 drop if pure 3 drops if diluted.

10. Peace and Forgiveness. Rose 3 drops, Neroli 3 drops, Chamomile 3 drops.

Please note: Clary Sage should not be used if consuming alcohol and should be avoided during pregnancy.

This was a very worthwhile exercise as it allowed people to think about how they wanted to be, instead of how they were at the time.

I made up the blends and took them along to the groups the next week. I passed them around to everyone and told them to try a little bit. Rub on their arm, or leg or hand and inhale the aroma. I was unsure how the men would react to rubbing aromatherapy oils onto themselves. However Aromatherapy oils have a beautiful natural smell, unlike perfumes from a shop. I can say that without exception everyone loved it.

It was something different, it was pleasant and a delight to use, it engaged other senses such as smell and the physical sensation of the oils on their skin.. Many are in care and it was a luxury for them to be able to use the oils. It visibly lifted the energy in the room and raised their spirits.

Sometimes I think we may get to hung up on working out how we can mentally cope with the voices. When other physical activities and methods can be just as beneficial and add another tool to our belt.

n.b. Aromatherapy is not intended to replace any treatment currently being used, but to be added as another coping strategy.

Te Reo Orooro



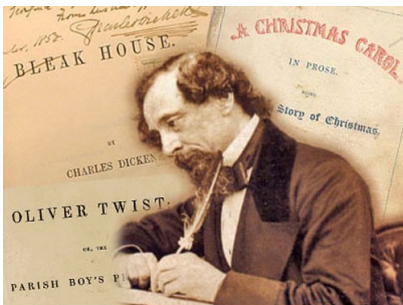
HEARING VOICES NETWORK AOTEAROA NZ

providing support & information for hearing voices & visions

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

FAMOUS VOICE HEARD

CHARLES DICKENS: The experiences of Charles Dickens were widely publicised by the author himself. He used to tell the tale with relish about becoming so involved with his characters that they actually spoke to him, the best known being the disgusting old ‘nurse’ from his novel Martin Chuzzlewit, Mrs Gamp who, he said, would tell him dirty stories in church during Sunday service and make him laugh out loud. See more at www.intervoiceonline.org



"It was the best of rides, it was the worst of rides"

MEMBERS & SUPPORTERS FORM

The Hearing Voices Network Aotearoa New Zealand is an independent society 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. We are a registered charity and 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 it's biannual. We welcome public contributions to it.
- **Internet:** www.hearingvoices.org.nz is our website It is packed full of helpful information which we update regularly. There is a forum on the site too. We also have an email subscribe list that is free.
- **Seminars and Events:** We will let you know you of any seminars or events we may be hosting and keep you informed of other relevant events. They are also listed on our website
- **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

tel 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 1245 Contact: Adrienne info@hearingvoices.org.nz

UPCOMING DATES AND MEETINGS

Grey Lynn Hearing Voices Group
At Toi Ora, 6 Putiki Rd, Grey Lynn.
Every 2nd & 4th Wednesday of the month 6.30pm to 8pm. Next dates: 13th, 27th April, 11th, 25th May

West Auckland Hearing Voices Group. Every 2nd Wednesday 7.00pm to 8.30pm at Waves Trust 7 Henderson Valley Rd, Henderson Auckland Next dates are: 6th, 20th April, 4th, 18th May

Glenfield Hearing Voices Group
Every Thursday from 2pm to 3.30pm at Connect SR 215 Wairau Rd Glenfield
tel: 094433700

Palmerston North Hearing Voices Group; At Journeys to Wellbeing, 1st Friday of every month call Chris tel: 06 355 3387 Cnr Rangitikei & 140 Broadway Ave, Palmerston North.
Wellington Hearing Voices Group. Next meeting 9 April 94 Riddiford St, Newtown Wellington call Lize 021 049 0887
Hearing Voices That Are Distressing - A Simulated Training Experience with Arana Pearson
Tuesday 12th April 2011, 1pm to 4.30pm. At the Fickling Center 546 Mt Albert Rd, Auckland See www.keepwell.co.nz for details

Working With Voices with Arana Pearson Wednesday 13th April 2011, 9.30am – 4pm: At the Fickling Center, 546 Mt Albert Rd, Auckland See www.keepwell.co.nz

Advanced Working with Voices with Ron Coleman 9.00 to 3.30 pm Auckland 1st June 2011 at Western Springs Garden Community Hall. Ctc Adrienne 0272650266

Wellington 3rd June 2011
Film Archives Building
Ctc Lize 021 049 0887

Voice Dialogue with Ron Coleman
2nd June 2010 Palmerston North
CTC Chris 06 355 3387