

# Working With VOICES

## Do you support people who experience voice-hearing?

This immersing one day workshop equips participants with a toolkit for supporting voice-hearers. It is suitable for front-line mental health staff working in the health, social service and voluntary sectors.

Using MP3 technology (supplied), participants will begin to understand what it is like to navigate the world with a psychiatric disability. This is created through a simulated experience of hearing voices that are distressing.

Workshop activities include performing everyday tasks in the community, participation in a simulated treatment program, undertaking a 'mental status exam', and taking a test at the 'psychological testing centre', all whilst 'hearing voices'.

Group discussion and reflection helps participants to process their experience and transfer learnings into the work environment.

### Key Learnings

- Gain a better understanding of the challenges that people with a psychiatric disability face
- Respond sensitively to individuals' experiences of their voices
- Voice profiling - Identify the difference between voices that are distressing and other voices
- Establish a safe, respectful environment to promote open communication
- Work within a person's belief systems
- Support people to develop coping strategies

## Our trainers make the difference



### Arana Pearson

Arana Pearson is director and principal trainer for Keepwell Ltd in Australia and New Zealand, an organisation that specialises in delivering experiential learning and recovery-based training to the mental health sector.

Arana is an educator, musician and writer who became involved in mental health service sector some years after his own experience of using mental health services in New Zealand. He was the first chairman for the New Zealand National Consumer Advisory Group's project to counter stigma and discrimination associated with mental illness *Like Minds Like Mine*.

Arana is the director of Mad Pride™ concerts throughout Australasia. In 2005 he was an invited performer at the Yale university International Conference on Mental Health in the United States of America.

In 2008 he featured on the Australian television program "Enough Rope" hosted by Andrew Denton about the experience of hearing voices, recovery and mental illness. As a voice hearer himself, Arana has advocated for better understanding, acceptance and support for people who hear voices in Australia and New Zealand over the past 14 years.

Arana is co-chair of the NZ Hearing Voices National Network and represented them at the First World Congress on Voice Hearing in Maastricht, Netherlands 2009.

*"An original, refreshing, consumer-led day that was filled with insight, humour and lived experience. Arana is a fantastic presenter with energy and knowledge"* **Course participant**

**Inhouse training is available on request.  
Talk to us about your training needs today.**

**\$ 335.00 (MHCC members)**

**\$ 390.00 (non-members)**

**Course details may be subject to change.**

**Visit [www.mhcc.org.au](http://www.mhcc.org.au) for date and location information.**

Please write clearly in CAPITAL LETTERS.  
Please forward your completed registration form to [training@mhcc.org.au](mailto:training@mhcc.org.au) or fax to 02 9810 8145

### WORKSHOP DETAILS

**Please register me for the following course:**

Workshop / Course Title	<input type="text"/>
Location	<input type="text"/>
Workshop Date(s)	<input type="text"/>

### CONTACT DETAILS

Full Name	<input type="text"/>		
	M <input type="checkbox"/>	F <input type="checkbox"/>	Other <input type="checkbox"/>
Job Title/ Position	<input type="text"/>		
Organisation / Employer	<input type="text"/>		
Address	<input type="text"/>		
	<input type="text"/>		
	State	Postcode	
Email	<input type="text"/>		
Tel (M)	<input type="text"/>	Tel (W)	<input type="text"/>

**Do you require any support or assistance during training, eg; disabled access, audio loop. If so, please specify.**

### MHCC TERMS & CONDITIONS

#### Refunds

Please choose workshops carefully. Once registrations are processed refunds can only be made when:

- A workshop is cancelled, or the date is changed by MHCC
- A written request is received 14 days prior to the workshop
- A medical certificate is provided in the event of illness or misadventure

All refunds will incur a \$35 administration fee except where a workshop has been cancelled by MHCC.

Full or partial non-attendance of registered participants will incur the full registration fee.

#### Transfer / Substitution

You can transfer to another workshop/date (of the same value) on one occasion, pending availability, by notifying MHCC in writing seven days prior to workshop commencing.

**Email:** [training@mhcc.org.au](mailto:training@mhcc.org.au) **Fax:** 02 9810-8145

Participant substitutions must be advised in writing five days prior to the workshop.

#### Workshop Cancellations

We make every attempt to ensure that workshops run. However, MHCC reserves the right to alter any arrangements, including cancellations if required. We will notify you of any cancellations and changes as soon as possible, usually this will be seven days prior to the workshop date.

MHCC is not responsible for travel-related costs that may be incurred as a result of cancellations.

In the event MHCC cancels a workshop, you can choose whether to transfer, on one occasion, to another workshop of the same value (pending availability) or receive a refund.

#### CONSENT

By completing and returning this form you are consenting to the collection of this information for the provision of training as well as accepting the MHCC terms and conditions outlined above. Please refer to the MHCC confidentiality and privacy policy at [www.mhcc.org.au](http://www.mhcc.org.au)

Signature	Date	/	/
<input type="text"/>			

#### How did you hear about this MHCC training?

<input type="checkbox"/> MHCC Website	<input type="checkbox"/> Email	<input type="checkbox"/> Attended other training
<input type="checkbox"/> MHCC Event	<input type="checkbox"/> Word of mouth	<input type="checkbox"/> I would like to receive more information about MHCC

### PAYMENT INFORMATION

ABN: 59 279 168 647

#### Payment Type

Visa <input type="checkbox"/> MC <input type="checkbox"/> Cheque <input type="checkbox"/> Invoice (Organisations only) <input type="checkbox"/>	Name of Org <input type="text"/> Org Address <input type="text"/> State Postcode <input type="text"/>
C/C number <input type="text"/> Expiry mm/yy <input type="text"/> <input type="text"/>	
Cardholder Name <input type="text"/>	Org email for Invoice <input type="text"/>
Signature <input type="text"/> Date / /	

Name of Org	<input type="text"/>
Org Address	<input type="text"/>
State	Postcode
<input type="text"/>	<input type="text"/>

**Org is currently an MHCC member?** Y  N

**Total Amount** \$

**PROMO CODE (if applicable)**

**For more information visit**  
[www.mhcc.org.au/learning-and-development](http://www.mhcc.org.au/learning-and-development)  
or phone 02 9555 8388 ext 106