

# Working Effectively With Distressing Voices

## *A Workshop for Peers, Family, and Community Members*

This workshop investigates the challenges and issues that arise for people who hear voices that other people don't hear. The workshop provides practical insights and down-to-earth strategies about how to regain control and re-integrate with work, family and friends. The content of this workshop is based on the lived experience of voice hearing and provides practical skills for people who live and work with people who experience distressing voices.

The skills taught in the workshop include normalising, focusing and interpretation and evaluation of voice hearing and the explanations the people have for their voices. This workshop is appropriate family, voice hearers, and members of the community who are interested in developing practical skills for people living with the experience distressing voices.

When:

**Thursday September 22, 2016  
10:00am - 2:00pm**

Where:

**The Harden Foundation  
1636 Ercia Street  
Bunkhouse Conference Room  
Salinas, CA 93906**

Cost:

Free to the public – space is limited to 35 and will be awarded on a first come-first served basis. Registration is required.

**Intended Audience:**

Peers, family, friends, and community members.

To register for this course go to:

<http://salinasdistressingvoices.eventbrite.com>

If you have any questions please contact Anthony Vasquez, Felton's Training Manager at [avasquez@felton.org](mailto:avasquez@felton.org) or at 415.474.7310 ext. 707

Facilitated by **Debra Lampshire**



Debra is a Professional Teaching Fellow with The University of Auckland's Centre for Mental Health Research in the school of nursing, and travels internationally for conferences, teaching and presenting her publications. Debra has transferred her own 30 years of the lived experience of recovery, voice hearing and the shared experiences of the consumers she has worked with into a wealth of knowledge that is collaborative, interactive and empowering. She is the current Chairperson for ISPS –NZ.

Debra has an extensive background as a mental health educator and as consultant providing Service User advisory services. Debra is also Project Manager for the psychological interventions for enduring mental illness project with the Auckland district health board. Debra developed the consumer-clinician alliance to co-facilitate therapeutic groups for people who hear distressing voices and training to clinical staff in her innovative and internationally renowned approach to voice hearing.



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To request accommodations for disability please contact:

Training Manager, Anthony Vasquez at [avasquez@felton.org](mailto:avasquez@felton.org) or by calling 415.474.7310 x707

Course completion certificates will be awarded to participants who attend the event in full and will be available 24 hours after the last day of course completion.

- Please go to: <http://feltoninstitute.networkofcare4elearning.org>
- From the home screen, select My Certificates.
- Select the course from the drop down menu.
- Select the board approval body for the certificate you wish you print.
- Print your certificate!

If you are unable to access your certificate by following the instructions above, please contact:

Training Manager, Anthony Vasquez at [avasquez@felton.org](mailto:avasquez@felton.org) or by calling 415.474.7310 x707

Instructions for addressing grievance related to training at Felton Institute can be found online by following the link below:

<http://www.feltonresearch.org/FIGrievancePolicy2016.pdf>

### Cancellation Policy:

If Felton Institute Research and Training cancels a training course as a result of low registrations, participants will be notified by email one week prior to the course start date. Where courses are cancelled for reasons beyond our control, they may be cancelled at shorter notice. Participants will receive a full refund for the training fees paid if a course is cancelled. Please note that we will not be liable for any loss, including travel and accommodation costs, suffered by or on behalf of any person who wished to attend an event, should we cancel it for any reason. There will be a \$10 cancellation fee for cancellations by registered participant for any reason. All registered participants must cancel by sending an email at least 48 hours/ two full working days in advance if unable to attend. Refunds may take up to 4 weeks to process. No refunds for non-attendance. If you have any questions, please contact Anthony Vasquez at 415.474.7310 x707 or via email, [avasquez@felton.org](mailto:avasquez@felton.org)

For more information regarding this continuing education course, please visit:

<http://feltoninstitute.networkofcare4elearning.org/>

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Felton Institute is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for marriage and family therapists, clinical social workers, professional clinical counselors, and educational psychologists. Felton Institute maintains responsibility for this program/course and its content. Course meets the qualifications for 6 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. Provider also approved by the California Board of Registered Nursing, Provider CEP 1555, for 6 contact hours for RNs.