The World HEARING VOICES CONGRESS

20–22 November 2013

MELBOURNE CONVENTION AND EXHIBITION CENTRE

Melbourne Victoria Australia



HEARING VOICES:

Journeys to Understanding – *Sharing experience, expertise and wisdom*

EARLY BIRD REGISTRATIONS

Closing date 31 July, 2013

CALL FOR ABSTRACTS

Closing date 10 July, 2013

Read More & Register Online – **www.hearingvoices2013.org**

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HEARING VOICES NETWORK AUSTRALIA HVNA

Presented by

intervoice

UnitingCare Prahran Mission

Voices Vic

The World HEARING VOICES CONGRESS

20–22 November 2013



Hearing Voices: Journeys to Understanding –
Sharing experience, expertise and wisdom

This is the conference people will be talking about for years to come.

While other conferences say they are innovative – this really will be one of the most unique, inspiring and informative mental health events you could attend. Your biggest problem will be choosing which of the many brilliant sessions to go to.

- Learn from people with lived experience of hearing voices and recovery
- Learn from leading researchers and recovery practitioners
- Community, clinical, family and lived experience – all talking together
- Confront stigma, myths & old assumptions about voices

Led by voice hearers, but inclusive of every mental health profession, family, friends, partners & carers. Join the conversation!

Wednesday – Thursday "Conference format"

Plenary sessions:

- **Non-violent voices:** how the principles of non-violence can change our relationship with voices, with the mental health system, and with each other.
- **What are voices?** The experience of hearing voices from multiple perspectives – clinical, lived experiences, cultural and indigenous views.
- **Trauma and voices:** Exploring the relationship between life experience and distressing voices.

Seven concurrent sessions about the most exciting new work around hearing voices in the world today.

Friday "Unconference format"

Interactive workshops exploring key concepts from the preceding days at a deeper level:

- New research directions for voices and recovery
- Exploration of new partnership possibilities between voice hearers and researchers
- Workshops about hearing voices groups and networks
- Families, friends and carers conversations – new ways of living with voice hearers

Keynotes by Dr Dirk Corstens and Arana Pearson

Presentations by hearing voices networks from around the world.

Who should attend?

- People who hear voices, see visions or have other unusual experiences
- Consumers or service users
- Mental health clinical professionals: nurses, psychologists, psychiatrists, occupational therapists, GPs, social workers
- Community mental health workers: outreach workers, keyworkers, peer workers, support workers, case workers, housing workers, AOD workers, counsellors
- Carers, friends, family and partners
- Academics, students and researchers

Professional Development Points

We are currently applying for CPE /professional development points with the ACA (Counselling), AASW (Social Work) and ACMHN (Mental Health Nursing). Keep an eye on our website for news.

REGISTRATIONS OPEN NOW

Special Early Bird rates close on 31st July – don't miss out!

See page 7 for details.

CALL FOR ABSTRACTS

14th May – 10 July 2013

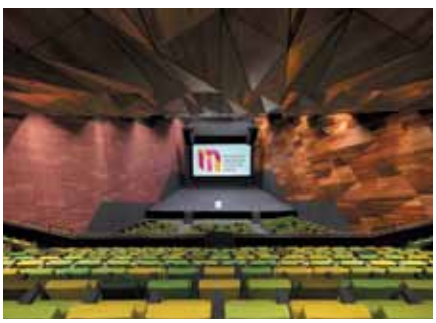
See page 6 for details

Melbourne Convention and Exhibition Centre

1 Convention Centre Place,
South Wharf

On the banks of our famous Yarra River, MCEC is Melbourne's premier conference venue. Stunning views, world-class facilities, and close to everything.









Voices Vic

"We believe everyone can recover"



READ MORE & REGISTER ONLINE

www.hearingvoices2013.org

About Voices Vic

Voices Vic is an award-winning network of voice hearers, professionals and carers that work together to reduce the distress which can be associated with hearing voices.

We work with individuals, groups, mental health services & communities to establish support groups, deliver talks, training and events, conduct research and build communities.

Voices Vic is a consumer-led initiative of Prahran Mission, a Victorian psychiatric disability rehabilitation service with 67 years of history of innovation and excellence.

We believe recovery is possible for everyone.

About Hearing Voices

An estimated 4% of the population hears voices or sounds that other people cannot. While many voice hearers are distressed by the experience and can be diagnosed with mental illness, the good news is that most are not.

We consider voice hearing to be a normal human experience—it is the distress which is the problem.

We do not try to get rid of voices, but rather support people to understand their experience and explore new ways of coping, living and transforming their relationship with their voices.

About Intervoice

Intervoice is an international organisation that promotes the emancipation of voice hearers and the development of best practice in working with those that hear distressing voices.

Intervoice promotes and provides a close and respectful partnership between voice hearers – who are experts by experience, their carers and mental health workers, academics and activists – who are experts by profession.

> A 'real' insight into what works, what is useful and the experience behind journeying with voice hearers."
>
> (Social worker, feedback from the 2012 Voices Vic conference)



About HVNA

Hearing Voices Network Australia (HVNA) is a collection of Hearing Voices Groups and affiliated members (such as service providers, consumers, carers and friends) working toward promoting recovery, acceptance and education. The HVNA was established in October 2005 by Richmond Fellowship of WA, and held the first Intervoice and Hearing Voices Conference in Western Australia in 2009. This was the first time Intervoice held a conference outside of Europe and it resulted in the formation of new groups and networks in different parts of Australia – including Voices Vic. HVNA continues the international tradition of bringing together voice hearers to meet and talk, share viewpoints and strategies to support each other, tell their stories and explore ways to work with, rather than against their voices in order to reclaim control and rebuild their lives.

> "I learnt much to be of benefit to myself and the people I support on many levels. Educational, exciting, supporting. All delivered with an open heart and open mind."
>
> (Case manager, feedback from the 2012 Voices Vic conference)

Speakers

We welcome the many experts by experience and expertise who will be joining us at the World Hearing Voices Congress. Speakers represent voice hearing, psychiatry, nursing, psychology, carers and family perspectives, indigenous healing and community workers.



Dr Rufus May (UK) is a clinical psychologist and trainer with lived experience of psychosis. Featured in the British Channel 4 documentary 'The Doctor Who Hears Voices'.



Rachel ("Rai") Waddingham (UK) is the manager of Mind in Camden's London Hearing Voices Project and Voice Collective. She has led peer support initiatives for children, young people and their parents, voice hearers in prison and people experiencing paranoia. Rai is a trustee of the English Hearing Voices Network and ISPS UK, a media spokesperson, writer and international trainer. Rai is also a voice-hearer and survivor of trauma.



Dr Lewis Mehl Madrona (USA) is a Native American psychiatrist and healer who specialises in aboriginal styles of healing and health care. Lewis has a special interest in healing dialogues for voice hearers. He is the author of the Coyote trilogy of books about the wisdom that indigenous North American culture has to offer modern medicine.



Associate Professor Flavie Waters (AU) is a cognitive neuroscientist from the Clinical Research Centre in Perth, and the University of Western Australia. In the past 13 years, she has worked closely with voice-hearers to better understand how the brain produces these experiences, and is currently developing clinical pathways to improve the relationship between mental health services, consumers and families/carers. She is the founder and director of the International Consortium for Hallucination Research hallucinationconsortium.org



Debra Lampshire (NZ) has an extensive background as a mental health educator, international speaker and author. Debra holds a joint position with Auckland District Health Board as a Project Manager and the University of Auckland's Centre for Mental Health Research and Policy Development as a professional teaching fellow and researcher. She is the current chairperson of ISPS NZ and a member of the International Executive Committee.



David Denborough (AU) is a teacher and writer/editor for Dulwich Centre Publications and a community practitioner for the Dulwich Centre Foundation. David has published on narrative therapy practice including collective practice, practices in the context of genocide, using practices to spark social action, family therapy, queer counselling and traumatic experience. Recent teaching/community assignments have included Bosnia, Rwanda, Uganda, Canada, Brazil, Argentina, Chile, South Africa and a number of Aboriginal Australian communities. David's songs in response to current social issues have received airplay throughout Australia and Canada.



Prof Alan Rosen (AU) is a respected leader in psychiatry. Professorial Fellow at the School of Public Health, University of Wollongong, Clinical Associate Professor at the Brain & Mind Research Institute, University of Sydney, Deputy Commissioner at the Mental Health Commission of New South Wales, Senior Consultant Psychiatrist, Far West Local Health Network, New South Wales, Research Psychiatrist, Centre for Rural & Remote Mental Health, University of Newcastle, Secretary, Comprehensive Area Service Psychiatrists' (CASP) Network.



Will Hall (USA) is a therapist, trainer, and community development worker whose recovery from a schizophrenia diagnosis has brought him to the forefront of leading innovations in psychosis treatment in the US and around the world. A long time leader with the peer recovery movement, founder of Portland Hearing Voices, and a past board member of the Foundation for Excellence in Mental Health Care, Will also hosts the interview format FM radio program Madness Radio syndicated through the Pacifica Network and on iTunes.



Ron Coleman (Scotland) is a internationally renowned mental health trainer and consultant specialising in recovery and psychosis. Ron has been the national coordinator of the Hearing Voices Network (UK) and was a long-standing member of the Intervoice board. Ron's own route to recovery and his insights into hearing voices have inspired thousands of people. Ron has published several books about recovery, hearing voices and trauma.



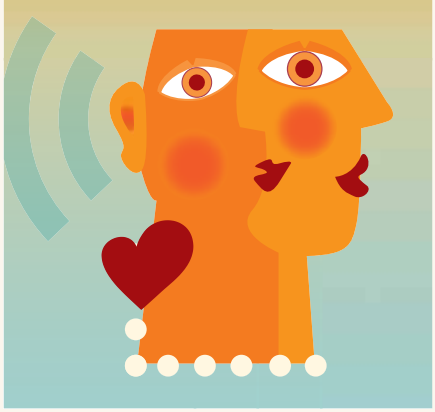
Arana Pearson (NZ) is a respected consumer leader, voice hearer, speaker, educator, musician and writer.



Dr Dirk Corstens (NDR) is a social psychiatrist and psychotherapist who specialises in the treatment of voice hearers. He was trained in psychodynamic, systems and cognitive psychotherapy and adapted the Voice Dialogue approach to voice hearing. He is chair of the Intervoice Board, and conducts research on that subject.



John Watkins (AU) has been a mental health counsellor, educator and independent researcher for more than thirty years. His main interest is in promoting holistic approaches to mental health and healing. He is the author of a number of books about voices, psychosis, medication and healing, and has a background in psychiatric nursing.



Associate Professor Carol Harvey (AU) is an Associate Professor in Psychiatry at the University of Melbourne; a Consultant Psychiatrist, North West Area Mental Health Service (NWAMHS), Melbourne Health and an Adjunct Associate Professor at La Trobe University. Carol is a Director on the Prahran Mission Board.

Merinda Epstein (AU) has been fighting for human rights and systemic reform for people diagnosed with 'mental illness' for over 23 years. She is a brilliant cartoonist and political thinker and will share her experience of voices from the perspective of dissociative experience.

Indigo Daya (AU) has lived experience of recovery from distressing voices and childhood trauma. She co-founded and manages Voices Vic, has expertise in peer work and recovery practice and is involved with developing research on the hearing voices approach. Indigo also runs an independent consultancy in recovery.

Karen Taylor (UK) is an RMN (Registered Mental Nurse) with 16 years experience. She designs and delivers recovery training and innovative community care services in Australia, New Zealand, Palestine, Denmark, Italy and the UK.

Janet Karagounis (AU) is a voice hearer and works for Voices Vic. She has facilitated hearing voices groups, delivers training and talks about voice hearing, mentors and supports other voice hearers, and has recently completed her Cert IV in Mental Health. She is currently involved in research into peer support for voice and has completed additional training in Intentional Peer Support.

Judith Drake (AU) works at Voices Vic and is a consumer representative at Mind Australia. She holds a Bachelor of Applied Science (psychology) and a Cert IV in Training & Assessment but believes that her real education is as an 'expert by experience' following her own journey with mental distress and recovery. She has a keen interest in dissociation, trauma and consumers as speakers and educators.

Fi Robinson (AU) has lived experience in hearing voices and related experiences. She did a large part of her recovery work in Scotland at the 'recovery house'. She is now studying her Cert IV in Mental Health, co-facilitating a hearing voices group and volunteering at Voices Vic.

Maggie Toko (AU) has experience as a voice hearer and mental health practitioner. Maggie leads a Youth Mental Health Team and facilitates a young person's hearing voices group. Maggie has spoken on her experience of schizophrenia and voice hearing at a number of conferences.

Amanda Waegli (AU) is the coordinator of the Hearing Voices Network in Western Australia. She has lived experience of hearing voices and recovery, peer work, counselling, youth work and training. Amanda has also worked as a carer consultant and is an advocate for supporting all family members to gain a better understanding of hearing voices.

Dr Simon McCarthy Jones (AU) is a Research Fellow at Macquarie University; Honorary Research Fellow at Durham University; INTERVOICE International Research Committee member and is a world-leading expert on the interdisciplinary study of voice-hearing.

Dr Neil Thomas (AU) is a clinical psychologist and researcher who specialises in psychological therapies for people who hear voices. He is involved in a number of research trials of developments of new interventions for voice hearers including acceptance and mindfulness-based therapies, addressing relationships with voices therapeutically, online intervention, and the role of mutual support from peers. He is Senior Lecturer in Psychology at Swinburne University, and runs the Voices Clinic at the Monash Alfred Psychiatry Research Centre at the Alfred Hospital in Melbourne.

Professor Susan Rossell (AU) is a Professorial Research Fellow at the Brain and Psychological Sciences Research Centre, Swinburne University and at Monash Alfred Psychiatry research centre. She is a cognitive neuropsychologist. Her research has focused on understanding the cognitive and neurobiological processes involved in psychosis and related disorders. She has extensive experience in neuroimaging.

Dr Sarah Bendall (AU) researches childhood trauma, post traumatic stress disorder and first episode psychosis as part of her role as clinical psychologist and senior research fellow at Orygen Youth Health Research Centre.

Lindy Moffatt (AU) is a Wakka Wakka, Gumbaynggir and Dunghutti woman who works in Program Development at the Aboriginal and Torres Strait Islander Healing Foundation in Canberra. She has worked in the area of arts, higher education, counseling, mental health and domestic and family violence services. Lindy won the 2011 Dr Ross Ingram Memorial Competition, Medical Journal of Australia for her essay: "Mental illness or spiritual illness: what should we call it?" in which she describes, the struggles caring for her son and the impacts of trans-generational trauma on Indigenous families and mental health.

> "It is a rare insight to the consumer experience and an honour to hear their stories."
>
> (Nurse, feedback from the 2012 Voices Vic conference)

Lyn Mahboub (AU) is the Recovery Advisor to Richmond Fellowship WA and has been in a management role in the Hearing Voices Network on and off for 8 years. She is the founding director of the Hearing Voices Network Australia. Lyn is also a consumer academic. Lyn has studied psychology, communication and cultural studies, a past career in nursing, and both delivery and receipt of mental health and addiction services.

Dr Sue Brann (AU) is a private practice psychiatrist with a history in the public mental health system. She supervises other clinicians and works as a therapist with adults suffering with problems resulting from neglect and childhood trauma. She specialises in working with dissociation and has done substantial work in medico-legal psychiatric assessments.

Dr David Leonard (AU) graduated in medicine from Sydney University and did post graduate training in psychiatry in Edinburgh before taking up positions in public sector psychiatry in Melbourne where he was director of a number of services. For the last 14 years he has worked in private practice at Albert Rd Clinic and has had a special interest in dissociative disorders.

Dr John Farhall (AU) is a clinical psychologist with a joint appointment at the School of Psychological Science, La Trobe University, and at North Western Mental Health. He teaches innovations in mental health care, psychopathology, therapy for psychotic disorders and evidence-based practice. His research centres on understanding psychosis, particularly hearing voices, and includes evaluating and disseminating evidence-based psychological therapies.

Barb Shearer-Jones (AU) is an educator, counsellor and group facilitator who works with survivors of childhood trauma and abuse. She co-facilitates residential recovery retreats for survivors and offers individual counselling.

Wiremu and Lesley NiaNia and Dr Allister Bush (NZ). Wiremu NiaNia is is of Tūwharetoa, Ngati Kahungungu, Tūhoe and Pākeha descent and is a Maori traditional healer and cultural therapist who works in collaboration with Dr Allister Bush. Lesley NiaNia is a director at Tatai Hono Consultants, Tiniroto. Dr Bush is a child and adolescent psychiatrist at the Maori Mental Health Service, Porirua, who works in collaboration with Wiremu NiaNia to explore partnerships between Maori healing knowledges and European/pakeha psychiatry.

Abstracts

Abstract Submissions

Would you like to present at the congress?

There are limited opportunities for individuals or groups to present at the congress.

We are looking for exciting and innovative presentations that:

- demonstrate new ways of understanding and living with voices.
- bring together different perspectives and experiences.
- challenge old thinking about voices, unusual experiences and the mental health system. We ask for challenging topics to be delivered in ways which are respectful and inclusive while still stimulating open and honest dialogue.

We are interested in collaboration, innovation, communication and hopefully… change. We are particularly keen to hear from people with lived experience of hearing voices, and innovative research that thinks beyond the medical model.

All submissions MUST be made online via the congress website:
www.hearingvoices2013.org

If you do not have Internet access we suggest asking a friend, family member, colleague or support worker for assistance.

Please note that all abstract presenters must pay to attend the conference on at least the day they are presenting. We are unable to provide assistance with travel or accommodation expenses.

We are looking for:

- Papers (20 mins plus 10 mins questions)
- Interactive workshops (30 mins, 45 mins*, 60 mins*)
- Symposiums or debates (30 mins, 45 mins*, 60 mins*)
- Alternative modalities such as creative, musical, multi-media or dramatic presentations (15 mins)
- Got an idea for something completely different – send us an email and we'll consider it!

*please note: very limited spots of this length. Shorter presentations are more likely to be successful.

> "A must-see to challenge traditional concepts of support. Best, most hopeful conference attended. Great vibe!"
>
> (Peer Support Worker, feedback from the 2012 Voices Vic conference)



Key-words

- Voices
- Collaboration
- Innovation
- Recovery
- Dialogue
- Inclusiveness
- Peer work/peer-led
- Empowerment
- Research
- Community participation
- Reducing distress
- Advances in clinical practice
- Lived experience
- Hope
- Holistic
- Inter-disciplinary initiatives
- Families & carers
- Indigenous perspectives
- Dissociative experiences
- Mental health sector reform
- Diversity
- Leadership
- Trauma
- Healing
- Creativity
- Mullticultural views

Abstract assessment criteria:

- Innovative & original
- Of interest to a broad audience
- Respectful of diverse viewpoints
- Clear learning outcomes
- Presented by people from different groups or organisations (i.e. collaboration in action)
- In the case of workshops – is interactive
- In the case of symposiums – includes a diverse range of speakers with different perspectives
- Is within the recommended time limits
- Allows time for questions or participation
- References any appropriate & relevant research

Abstracts close 10 July. Due to tight schedules, late submissions will not be accepted.

Please be aware that we anticipate receiving far more abstracts than we have places available in the program. We are therefore aware that many people who submit an abstract are likely to be disappointed.

We encourage submissions from people with lived-experience of voice hearing and from first time presenters. Read full abstract guidelines on our website.

We encourage people whose abstract is not successful to consider submitting a poster instead. There will be space for many posters at the congress, along with a dedicated time when you can stand near your poster and answer questions if you wish. This is a great opportunity for individuals to write - or perhaps draw - their own personal recovery story, for groups to do a combined poster and for researchers to summarise their latest findings.

Download Guidelines and Submit Abstracts online:
www.hearingvoices2013.org

> "Every practicing psychiatrist should attend a conference such as this as it will educate and benefit their practice."
>
> (Psychiatrist, feedback from the 2012 Voices Vic conference)



Have you considered submitting a poster?

A poster is a visual presentation that is up to A0 size (1200mm x 842mm or 47 x 33 inches)

Whilst traditionally used to present research, we are also keen for posters that share personal stories of recovery, group programs and organisation or community posters. They can include text, pictures, artwork, photos, images, logos etc… be as creative as you like!

Main Poster Categories:

- Research projects & clinical practice
- Lived experience & recovery
- Hearing Voices groups and community participation
- Creativity & Voices
- Other perspectives

We have space for more posters than we do for abstracts, and they have the potential to reach a larger audience as they will be accessible to all delegates not just those in a particular concurrent session.

There will also be a designated time when you can choose to stand next to your poster and answer any questions. Visit the congress website for more info.

"One of the most involving, interactive, authentic conferences I have attended in over thirty years of direct involvement as a carer… Thank you so much for opening new doors for us."

(Carer, feedback from the 2012 Voices Vic conference)

Registration Fees

Take advantage of our special early bird rates – book before 31 July to receive substantial discounts.

Registration Type	Early Bird 1 Jun – 31 Jul	Regular 1 Aug – 31 Oct	Late 1 – 19 Nov
Full Fee			
3 days (full congress)	$550	$627	$781
2 days	$418	$484	$605
1 day	$231	$275	$341
Waged Consumers and Carers, Full-time Students			
3 days (full congress)	$352	$407	$506
2 days	$275	$308	$385
1 day	$154	$176	$220
Concession			
3 days (full congress)	$198	$231	$286
2 days	$154	$176	$220
1 day	$88	$99	$121

Prices are in Australian dollars (AUD) and include Goods and Services Tax.

All registrations include:

- Entrance to the congress and all sessions on registered days
- Conference pack & materials
- Morning tea, lunch & afternoon tea each day
- Access to chill out spaces and self-care sessions

Subsidies:

We hope to make a small number of subsidies available to assist low income voice hearers and carers to attend the congress, but this is still subject to us receiving funding. To check our current situation regarding subsidies please visit the congress website:

www.hearingvoices2013.org

If you or your organisation are interested in sponsoring a delegate to attend please email us: vvtraining@prahranmission.org.au.

How to register:

Register online at
www.hearingvoices2013.org

You do not have to pay when you register – you can log back in later to pay.

You can download a tax invoice when you complete your registration.

In Australia you can pay by credit card, direct bank deposit, cheque, money order or PayPal.

From outside Australia you can pay by credit card or PayPal.

Payment must be received in full before your place can be confirmed, and must be received within 10 days after the closing of any discount periods.

The Mad Hatter's Party!

Entrance to the Mad Hatter's Party, our welcome event on the first night of congress is just an extra $20/$25 if you book before 31 October.

Conditions:
For a full list of terms and conditions please visit our website.
www.hearingvoices2013.org

The World HEARING VOICES CONGRESS

Sponsorship & Exhibition Opportunities

Unique sponsorship opportunities are still available across a range of levels.

Exhibition booths are also available for hire.

This is a special opportunity to reach a targeted group of people from mental health. Join the conversation with us.

For more information and a sponsorship prospectus visit the sponsorship page on our website, or email us:

Chelsie.Falconer@prahranmission.org.au

The Mad Hatter's Party!

Many conference welcome events are a little bit, er…., dull. Canapés and networking is all well and good, but we'd like to shake things up a little!

Join us at **'The Toff in Town'** for our Mad Hatter's Party… laugh, dance, register for our open mic performances (poets, musos, comedians and other performers all welcome) and enjoy the tunes spun by DJ Lady Erica. Raffles, competitions, and yes, even canapés.

Wear a mad hat and show that we all get a little mad, sometimes.



Graphic design for The World Hearing Voices Congress material has been produced by Deborah Friedrich of QBee Art & Design, a voice hearer. design@qbee.com.au

Coming from Interstate or Overseas?



Photographer James Lauritz



Why not stay on after the congress and explore some of what Melbourne has to offer?

Miles of beaches and early summer sunshine. A vibrant nightlife, the fashion and food capital of Australia, and loads of places to visit and explore. See the penguin parade down on Phillip Island, or get up close with Australia's unique wildlife at Healesville Sanctuary. Explore our marine life at the stunning Melbourne Aquarium . . . or take a lazy wine tour through one of our many wine regions.

For all you folks from the Northern hemisphere . . . Melbourne's average temperature at this time of year is a balmy 22 degrees Celsius.

We have loads of tourism ideas and useful information on travelling to Australia on our website.





Photographer Mark Chew

Accommodation

There is a huge range of accommodation options in Melbourne. Discounts are available for World Congress delegates at:

The Pensione 3.5 star
0.2km walk from venue
From $120AUD per night.
Single, double and triple rooms available.

The Hilton 5 star
Co-located with the congress venue
From $260AUD per night

Melbourne Central YHA
From $30AUD per night

For all the information about accommodation visit the 'More information' tab on our website.

Key Sponsors

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READ MORE & REGISTER ONLINE **www.hearingvoices2013.org**