

Hearing Voices Networks: the best help I ever received!!

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Hearing Voices Networks worldwide has helped many voice hearers regain control over their voice hearing experiences, and thus over their lives. Many are the stories of recovery and of living a meaningful life despite hearing voices. Speaking from personal experiences of mental illness and hearing voices, in this seminar the author and presenter hopes to conduct a hearing voices simulation exercise, which will provide participants with an idea of what it is like to hear voices. Following that, different coping strategies utilized by voice hearers will be outlined, and the importance of workers holding hope for recovery in their hands when their clients cannot see a way forward will be discussed. Included in this will be a presentation of the evidence of the benefits of Voices Groups as outlined in the Evaluation Report done of the Hearing Voices Network Australia this past year.

Biography

Marlene, having been diagnosed with mental illness at an early age, describes herself as a traveler on her Recovery Journey. A registered nurse by background, Marlene now works with Richmond Fellowship WA as Coordinator of the Hearing Voices Network Australia, and is passionate about working with people who hear voices.