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Type of Presentation: Workshop

The Maastricht Approach of Hearing Voices

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Learning Goal:

What the Hearing Voices Movement means.

How you can establish a relationship between the voices and the personal history of a person.

To learn that the content of voices is significant and how you can help people to establish a constructive relationship with their voices.

Abstract Text:

The Hearing Voices Movement is a network of voice hearers and allies that connect around themes like emancipation, human rights, survivors connection and recovery. Intervoice is a charity that provides hopeful information around hearing voices and supports the organisation of annual world hearing voices congresses. We promote inclusive selfhelp groups and personal connections and support worldwide.

On a personal level voices are often related to overwhelming life circumstances and I will present a tool, developed by Romme and Escher (Making Sense of Voices, 2000), that systematically provides insight in who the voices represent and what problems they represent. From this so-called construct we can develop strategies for recovery.

One of these strategies is to relate to the voices and establish a constructive relationship between voice hearer and his voices.

References:

Angela Woods. (2013) The Voice Hearer. *Journal of Mental Health*, 2013; 22(3): 263–270.

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Longden, E., Corstens, D., Escher, A. and Romme, M. (2012) Hearing voices in biographical context: A framework to give meaning to voice hearing experiences. *Psychosis: Psychological, Social and Integrative Approaches*. 4(3): 224-234

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**ON THE HEALING POWER
OF HUMAN RECONNECTION**