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### **A simple technique to eliminate the most common type of voices**

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#### **Learning Goal:**

'Voice hearers' make up between 5-15% of the general population. In this talk we will speak about a non-drug psychological technique that permanently eliminates, one at a time, this type of voice. Treatment is done using a very simple verbal technique.

#### **Abstract Text:**

##### **Background**

'Voice hearers' make up between 5-15% of the general population. The most common type of voices is easily identified - they are experienced as being in fixed locations in space in or around the client, each having only a single emotional tone regardless of its 'verbal' content.

In this talk we will explain a simple, non-drug psychological technique that quickly and permanently eliminates, one at a time, this type of voice.

##### **Methods**

Treatment is done using a very simple verbal technique. It only takes a few minutes to eliminate a voice.

This method works by relaxing a particular type of trauma that is relevant to the presence of a 'voice'. Called a 'traumatic body association', this is the same underlying mechanism that causes Pavlov's dog to salivate at the sound of a bell.

##### **Results**

This technique is extremely robust, working successfully since 2012 to eliminate targeted voices in almost all of the several hundred typical clients we've tested it on. However, our testing on severely mentally ill clients only includes about a dozen people (depending on the criteria used for defining schizophrenia or psychosis) due to a lack of test clients.

There are three potential side-effects: 1) some clients may get a feeling of loneliness when their voices are eliminated (which can be dealt with by using simple trauma-therapy techniques); 2) all clients lose their dysfunctional sexual attraction to individuals who exhibit the same emotional tone as that of the eliminated voices. 3) some clients find that they may get new voices as they lose their old ones.

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