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Type of Presentation: Workshop

Working with hostile voices

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Learning Goal:

Understand a structured approach to the work with hostile voices, learn skills to understand the motivations behind self-harming behaviors such as self-mutilation and other hostile or critical dynamics. Also gain understanding on how to dialogue with the unintegrated parts of Self and how to reduce the internal conflict.

Abstract Text:

Many people have difficulties with voices that are hostile and critical. The internal conflict is sometimes so strong that the person will even have difficulties carrying on with an ordinary conversation. One factor that affects this conflict is how the patient deals with the voices or parts of the self.

Most approaches to helping people with hostile or critical voices have something to do with either trying to get rid of the voice, such as by taking drugs until it fades away, or trying to ignore the voice or distract attention away from it. One problem with these strategies is that they all involve avoiding issues or emotions the voice may be bringing up. A key aspect to the work with hostile parts of the personality and voices is to understand their function and the meaning behind their disruptive behaviors.

A comprehensive approach is needed with the most complex cases where internal conflict can lead to harmful behaviors for the self and others. In these cases, transforming conflict through dialogue, compassion and understanding is essential. Specific procedures to work with the conflict in these clients, will be illustrated through case examples.

**ON THE HEALING POWER
OF HUMAN RECONNECTION**