



**Abstract Nr:** 254  
**Internet ID:** 581

**Type of Presentation:** Oral Presentation

**The recovery and emancipation oriented to hearing voices 'Omgaan met Stemmen Horen'**

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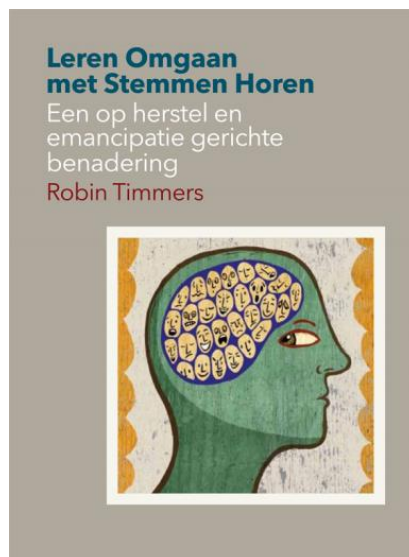
**Learning Goal:**

Learning about recovery and emancipation oriented practice 'Omgaan met Stemmen Horen'. In this practice voicehearers, family and friends of voicehearers and mental health care workers are informed and supported by experts by experience on topics like hearing voices, learning from experience, recovery, support, giving meaning, emancipation and human rights.

**Abstract Text:**

Expert by experience Robin Timmers has developed a recovery and emancipation-oriented approach to voice hearing called 'Omgaan met Stemmen Horen'. This approach is practiced at the 3 Hearing Voices Support Centers in The Netherlands (in Nijmegen, The Hague and Leiden) and in a course for voice hearers, family & friends of voice hearers and mental health care workers. The support centres and the course are facilitated by experts by experience, but the approach can be practiced by anyone. Central to 'Omgaan met Stemmen Horen' is the belief that you can learn how to live with voices by learning from your experience about what helps and what doesn't. Another central value is the belief that you have the right to give your own meaning to your experiences, to choose your own ways to live with voices and to choose the persons and type of support that you want. Another central value is the belief that hearing voices needs to be emancipated as a human variation through open and respectful dialogue. This approach seems to meet a deeply felt need of many people. Robin Timmers recently premiered the book 'Learning to Live with Voices: A recovery and emancipation oriented approach' (2018). The book informs the reader in an easy-to-read way about all aspects of hearing voices. The book has met a lot positive reactions. Dr. David van den Berg: 'I think this book will have a big impact on the Dutch Mental Health Care and that it will stimulate the emancipation of hearing voices in a huge way.'

'Omgaan met Stemmen Horen' has been financially supported by RIBW N&R and MIND / Fonds Psychische Gezondheid.



**ON THE HEALING POWER  
OF HUMAN RECONNECTION**