Recommended Books

Recommended online resources
www.hearing-voices.org
www.intervoice.org
www.jacquidillon.org

The Group will take place in Blackrock Hall PCC. It will be held in the group room on the Mental Health corridor.

Weekly meetings every Wednesday from 2.30 p.m to 3.30p.m

If you would like to arrange to meet the facilitators prior to joining the group please contact us on 021-4233162.

This group is open to Voices Hearers and people with unusual beliefs who attend Blackrock Hall Mental Health Services as outpatients.

A group that focuses on who you are and what has happened to you, not what is wrong with you.

For more information contact Bríd Foley (Mental health nurse) or Jacquie Pollin (Clinical Nurse Manager) on 021-4233162.
What is a Hearing Voices Group?

It is a group where people with shared experience come together and support one another in a safe confidential environment.

The focus of the group is to help people understand the relationship between them and their voices. It also helps people feel less isolated by their voices and can make people feel more accepted, more valued and better understood.

This group is not about making voices go away or ignoring them. It is about learning to accept the voices or beliefs so that people can cope better with the voices/beliefs and not have their life dictated by the voices/beliefs.

Most importantly Hearing voices groups are for people who hear voices. The group belongs to voice hearers and voice hearers are the experts of their experiences.

Why would I attend a hearing voices group?

I would like to learn new coping strategies

I would like to make links between my life experiences, my emotions and my voices

I would like to meet people with shared experience and feel supported through feeling accepted

I would like to learn to make sense of my voices

I would like to change the relationship I have with my voices to a more positive one

I would like to feel empowered

Group Ground Rules

Confidentiality

Information shared in the group stays in the group. What you are expressing in the group will not be fed back to anyone outside the group. Nor should you share any information about other people from the group with others.

Disclosure/participation

No one is obliged to disclose anything they want to keep private. Say as much or as little as you want.

Respect

This goes without saying, we always treat each other with respect whatever differences or disagreements may arise. We respect various explanations people might have for their voices.

Contributions

One person speaks at a time and contributions should be relevant to the topic. Please speak to the whole group.