

# Hearing Voices Group

## Recommended Books

Romme, M. & Escher, S. (1993)  
*Accepting Voices*. London: Mind  
Publications

Romme, M., Escher, S., Dillion, J.,  
Corstens, D & Morris, M. (2009) *Living  
with Voices: 50 Stories of Recovery*

## Recommended online resources

[www.hearing-voices.org](http://www.hearing-voices.org)

[www.intervoice.org](http://www.intervoice.org)

[www.jacquidillon.org](http://www.jacquidillon.org)

# Hearing Voices Group

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.

# Hearing Voices Group

(HVG)

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.

# **Hearing Voices Group**

## **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.**

# **Hearing Voices Group**

## **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**

# **Hearing Voices Group**

## **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.**