Hearing Distressing Voices
Simulation and Discussion

The Hearing Voices Training is an interactive workshop that simulates what it is like to hear distressing voices. Developed by Patricia Deegan—a researcher, activist and person living in recovery from schizophrenia—the workshop helps audiences gain insight into the challenges people face when hearing intrusive, negative and/or commanding voices. Most audience members, even experienced mental health practitioners, say that they glean new insights into the strength and resilience of people experiencing distressing voices.

The workshop includes:

- Introduction to Hearing Voices Training
- Listening to distressing voices while completing a series of tasks
  - Debriefing and discussion

Participants say...

“As a case manager, I will be able to show more understanding and compassion.”
“It helps me better understand what my consumers go through on a daily basis.”

Sharing the Experience

If you are interested in bringing the Hearing Voices Training to your conference, workplace, civic group, etc., please contact NAMI Wisconsin at 608-268-6000 or nami@namiwisconsin.org

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The mission of the National Alliance on Mental Illness of Wisconsin is to improve the quality of life of people affected by mental illness and to promote recovery

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