

# Voices Vic Fact Sheet 2

Information to help voice hearers, carers/family, and workers to help reduce distress that can be associated with hearing voices.

To learn more, attend our training, visit our website or read some of the recommended books.



## Profiling voices & experiences

Getting control of your voices starts with understanding them better.

The Maastricht Interview is a powerful tool to that you can complete with a person you trust. Ron Coleman's workbook 'From Victim to Victor II' also gives some great profiling exercises. Sample questions include:

*How old are the voices? How many? Gender? Who do they remind you of? Friendly, judgmental, supportive, descriptive? When do they talk? Do they have names or other attributes?*

This exercise will also help validate your experiences. With understanding will come greater ability to deal with the voices.

## Meanings & interpretations

Romme and Escher's research tells us that people cope better with voices when they have an explanatory framework which makes sense for them. It is most distressing when people cannot make sense of where the voices come from. Do you have an explanation for voices that works for you?

In thinking about where the voices come from, it's important to know that it doesn't matter if we have different beliefs to others, as long as we can each find and hold our own beliefs.

*Think about why you hear voices. Talk to people you trust about this. Where do they come from? What is their purpose? What do we each believe? Different ideas may be raised...*

## Metaphors & Symbols

Many people find the meanings and content of their voices are metaphors or symbols – not really meant to be taken literally. You could try thinking about possible metaphors for your voices – and/or look at examples in recovery stories.

Other people find psychological explanations, such as considering that their voices are suppressed or disowned parts of themselves. Still others find spiritual or metaphysical explanations.

See Romme, M., et al (2009) 'Living with Voices: Fifty Stories of Recovery' (chapter 6, and recovery stories).

Voices Vic is a consumer-led initiative of Prahran Mission

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At Voices Vic we believe **everyone** can recover!