Talking with Voices
A programme to support relating to the voices

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Savona 2011
Voices

- Helped you to deal with overwhelming emotions
- Keep you company
- Guide your life
Creating Safety

- Tell what your objectives are: coping with voices - not to get rid of them
- Listening to what the person has to say
- Listening to what the voices have to say
- The person makes the choices for him/herself - is responsible

Obeying - Listening - Hearing

- Support understanding between voices and person
- Neither one should try to compel the other
Psychology of relating to voices

Voices:

- Identity – they are someone
- Relate to you (whether you like it or not)
- Certain communication patterns
- Restricted responses
Psychology of relating to voices

You:

- Identity – you are someone
- Relate to the voices (whether you like it or not)
- Certain communication patterns
- Restricted responses
Common patterns

- I want to get rid of the voice -> I let you know I am here!

- Go away -> No!

- Feeling powerless / anxiety -> Becoming very angry
Create mutual respect

What works and what doesn’t?!

RELATIONSHIP MANAGEMENT
Who is the voice?
A psychological perspective

- It is *my* voice

- If the voice is someone the voice *represents* someone who is/was a model - metaphor

- Your *image* of the other

- Containing meaning in relation to your life
Voice Dialogue

- Primary / dominant parts (e.g. dominant negative commenting voices) – in order to PROTECT
- Disowned / repressed parts (e.g. a crying child)
- Embracing your Selves
Voice Dialogue

CHANGE THROUGH EXPLORATION
Setting limits

- Time sharing
- Asking for private time
- Writing about the communication
- Developing strategies- start thinking strategically
Communication Strategies

- Time sharing
- Taking - Asking for private time
- Writing about the communication
- Developing strategies- start thinking strategically
Finding ways to deal with emotional responses

- Scared
- Angry
- Submissive
- Obedient
- Withdrawn
How can the other talk with voices

- Roleplay
- Indirect
- Direct
Roleplay

- Ask what the voice says
- Show how you respond
- Find alternatives
- Exercise alternatives
Indirect

- Engage the voices
- Explain your attitude
- The content matters
- Asking for opinions
Direct

- Permission
- Negotiations
- Chairs
- Control
- Inquiry
- Empathy
Working with the voices

- Exercise
- Learning to deal with your responses
It’s a challenge

- Create a productive working relationship
- You can learn a lot
- You need support
- The voice knows you

Know Your Selves

Temple of Apollo in Delphi
Conoscere voi stessi
ΓΝΩΘΙ ΣΑΥΤΟΝ