

Portland Hearing Voices Presents: A Facilitators Training

- ❖ What are extreme states?
- ❖ Where do they come from and what do they mean?
- ❖ How can we support members of the community who experience voices and extreme states, both in coping with challenges and nurturing strengths?
- ❖ What are Hearing Voices groups, and why are they making a difference in people's lives?



This two-day training for mental health consumers, providers, and anyone who is interested, will provide you with a deeper understanding of extreme states and voices, and prepare you to start your own Hearing Voices group.

Led by facilitating trainers Chaya Grossberg and Kate Hill, the training will include a brief history of the Hearing Voices movement (which started in the UK), an informed perspective on medications, the importance of spirituality and the repercussions of trauma. Participants will develop their skills with hands-on learning experiences, including practice groups and role-playing of challenging scenarios. People on or off medications are welcome.

November 5 & 6, 2012, 10am to 4pm

Our United Villages, 3625 North Mississippi Avenue, Portland, OR 97227
Cost: \$140 ♦ Scholarships available; please inquire.

Space is limited to 40 participants. Preregistration is required.



Chaya Grossberg, assistant director of Portland Hearing Voices, has facilitated support groups with people experiencing extreme states of consciousness for 10 years. She has also spoken and written publicly about her own experiences and views of extreme states. She seeks to empower

us as individuals with unique experiences of what we call reality.



Kate Hill is currently a Portland Hearing Voices facilitator. She is also a former Mental Health Assistant and psychiatric survivor. She has been living in Portland for 20+ years, finds language in the fine and performing arts, and is pursuing an education at the Process Work Institute.

To reserve your space, or if you have any questions, contact:

Chaya at chayamhap@yahoo.com
or Kate at miskate2u@gmail.com