

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

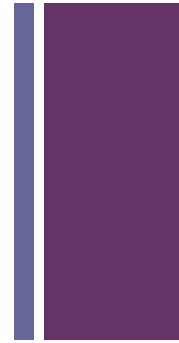


## You:

- 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

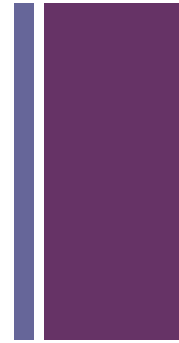
- It is *my* voice
- If the voice is someone the voice *represents* someone who is/was a model - metaphor
- Your *image* of the other
- Containing meaning in relation to your life



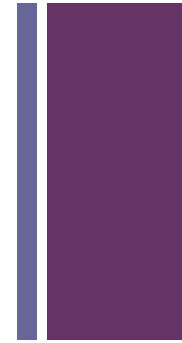


# + Voice Dialogue

- 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



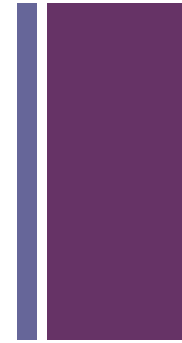
# + Finding ways to deal with emotional responses

- Scared
- Angry
- Submissive
- Obedient
- Withdrawn



# + How can the other talk with voices

- Roleplay
- Indirect
- Direct



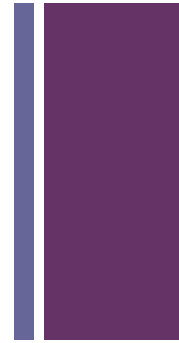
# + Roleplay

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



# + Indirect

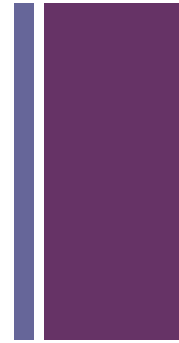
- Engage the voices
- Explain your attitude
- The content matters
- Asking for opinions





# + 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

