



### ABSTRACT FORM

<b>Name/Nome</b>	<b>Olga Runciman</b>	<b>Country/ Paese</b>	<b>Denmark</b>
<b>Affiliation/Organizzazione</b> <i>(University/Agency/NGO)/(Università/Azienda/ ONG)</i>	Psycovery, Hearing Voices Network, The International Institute for Psychiatric Drug Withdrawal.		
<b>Address/Indirizzo</b>	Lyøvej 24,4tv, 2000 Frederiksberg, Denmark		
<b>Phone-mobile/Telefono</b>	+45 27851003	<b>Fax</b>	
<b>E-mail</b>	Orunciman@gmail.com		
<b>Title of the contribution/Titolo del contributo</b>	Working with Voices		
<b>Objectives/Obiettivi</b>	<p>The objectives of this presentation is to introduce the concept that hearing voices or having other unusual experiences is not a medical condition but rather a consequence of life experiences. Typically these life experiences are trauma based such as childhood sexual abuse, violence, neglect, poverty, etc. So what happens if we work with meaning and understanding through the a joint exploration of for example the symbolism of the voices?</p> <p>The dominant best practice discourse in the west is psychiatry's discourse which is to medicalize and treat voice hearers with powerful brain damaging psychiatric drugs. This hinders the possibility for the voice hearer to create meaning or understanding for what has happened to them and ultimately more often than not leads to chronic patients needing lifetime support. So what happens if we stop the psychiatric drugs? And is it a good idea?</p> <p>Thus if we start to de-medicalize 'madness' and move beyond the reductionist practices of traditional psychiatry through peer support and peer support therapy, we open doors that have so far remained mostly shut. Is it not time we opened some of these doors?</p> <p>How to work with voices from a voice hearer perspective.</p>		

