

KEYNOTE

A Listening Ear: Compassionate Approaches to Working with Voices in Psychosis



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Bios:

Eleanor Longden: Eleanor is a research psychologist with lived experience of psychosis who has lectured internationally on recovery-orientated approaches to complex mental health problems, including TED and WHO events. She works at the Psychosis Research Unit (PRU) in Manchester, and coordinates the research committee of Intervoice.

Charles Heriot-Maitland: Charlie is a clinical psychologist, researcher and trainer at King's College London. He is researching the social context of anomalous experiences and the application of CFT for people experiencing distress in relation to psychosis. He provides psychological therapies in NHS psychosis services, and in a private practice called Balanced Minds, and runs compassion training workshops.

Abstract:

Drawing from a combination of lived experience and scientific research, the presentation will illustrate how developing a compassionate, empathic stance towards seemingly aggressive and malevolent voices can promote understanding, acceptance, and recovery. A model of voices as dissociated parts of self is presented, including the theory and clinical practice of Voice Dialoguing, a therapeutic technique for promoting integration and reconciliation between hearer and voice.

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