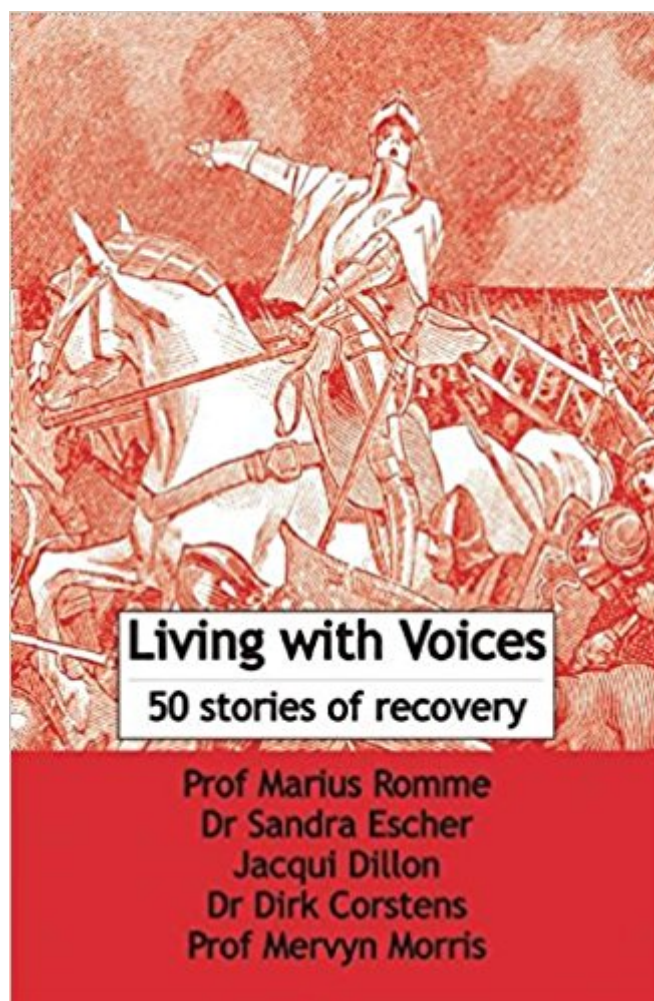


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# Living With Voices: 50 Stories Of Recovery



## Synopsis

This book is a groundbreaking development in modern mental health because it recognises the importance of the first hand experience and argues that hearing voices is not a sign of madness but a reaction to serious problems in life. Must-read book for all concerned with mental health issues.

## Book Information

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## Customer Reviews

Marius Romme and Sandra Escher have revolutionised our understanding of voice hearing, and their work has led to a radical new way of helping people who have had this type of experience. In this timely, accessible and important book, they bring together the lessons they have learnt over more than two decades, and provide an opportunity for 50 voice hearers from across the world to tell us their stories. This is essential reading for mental health workers of all professions, which challenges conventional thinking, empowers mental health service users, and looks forward to a more humane approach to psychiatric care. Richard Bentall, Professor of Clinical Psychology, Bangor University, Wales ...rejects the traditional understanding of hearing voices as a symptom of major mental illness whose content is meaningless, and instead proposes that it is a response to trauma that has meaning and can be accepted and worked with to achieve recovery ... 'Living with Voices' is an important book for all those interested in the hearing voices approach. It puts lived experience to the forefront, and demonstrates that it is possible to live with voices and win back control of one's life. Peter Campbell, Mental health system survivor and a founder member of Survivors Speak Out and Survivors' Poetry.

Marius Romme MD, PhD, was Professor of Social Psychiatry at the Medical Faculty of the University of Maastricht. He is now a Visiting Professor at the Centre for Community Mental Health, Birmingham City University. Together with Dr. Escher they focussed their research on the experience of hearing voices. This led to the Hearing Voices movement and to the establishment of support groups for voice hearers world wide. The main result is that the voices which are heard have a function in the person's life and their characteristics are directly related to the person's emotional problems. This opens the recovery perspective for voice hearers. Sandra Escher, MPhil, PhD, was a science journalist and worked as a senior researcher at the University of Maastricht, focusing on children hearing voices. She is now an Honorary Research Fellow at the Centre for Community Mental Health, Birmingham City University. Sandra Escher, MPhil, PhD, was a science journalist and worked as a senior researcher at the University of Maastricht, focusing on children hearing voices. She is now an Honorary Research Fellow at the Centre for Community Mental Health, Birmingham City University. Jacqui Dillon is a respected speaker, writer and activist, and has lectured and published worldwide on trauma, psychosis, dissociation and recovery. Jacqui is the national Chair of the Hearing Voices Network in England, Honorary Lecturer in Clinical Psychology at the University of East London, Honorary Research Fellow in the School of Medicine, Pharmacy and Health, Durham University and Visiting Research Fellow at The Centre for Community Mental Health, Birmingham City University. Jacqui is the co-editor of *Living with Voices*, an anthology of 50 voice hearers stories of recovery, *Demedicalising Misery: Psychiatry, Psychology and the Human Condition* and the 2nd Edition of *Models of Madness: Psychological, Social and Biological Approaches to Psychosis*. She has published numerous articles and papers, is on the editorial board of the journal *Psychosis: Psychological, Social and Integrative Approaches* and a foreign correspondent for *Mad in America*. Jacqui is also a voice hearer. See [www.jacquidillon.org](http://www.jacquidillon.org). Mervyn Morris is Professor of Community Mental Health and Director of the Centre for Community Mental Health at Birmingham City University, focusing on service redesign and developing alternative approaches through user expertise, particularly in the area of psychosis. He has run a practice-based university-accredited training course on the accepting voices approach since 1999.

Finally found a book that I connect with on a cellular level. My son was diagnosed with schizophrenia 10 years ago. I have repeatedly begged my son's doctors to delve into his childhood. I have given ALL of his psychiatrists detailed descriptions of his life. None were interested. They all say that it is a physical brain disorder and ply him with drugs that have reduced him to a subdued

version of what he used to be. I have always disagreed, but they don't listen. - This book, written by psychiatrists and health professionals, does a good job of presenting what voice-hearing sufferers experience - and, more importantly, a solution. It is based on the premise that the sufferer has experienced trauma that then results in hearing voices. Identifying the voices, their personalities, tones, words, etc., helps to identify the incident(s)/person(s) that caused the trauma. Recovery occurs when the sufferer learns to identify and connect a voice to a particular time/space/person. - This sounds so simplistic... and I'm probably doing a very bad job of describing the contents of this book. But I am so gratified to read a book that echoes what I have believed from Day 1.

Unfortunately, the psychiatric community in the United States will think it's hogwash. Their solution, though, is to push meds. If the meds don't work (and they usually don't), then there is no alternative. They tell the "patient", and family members, that the "disease" is chronic and without hope of any significant recovery. The doctors tell you to get on with your life and expect very little from your loved one. Not only do they impart a sense of hopelessness to everyone concerned but they stick on the label of "schizophrenia" - which, as we all know, is like getting a neon light emblazoned on your forehead that says "psychotic killer." Add to that the numbing drugs that cause massive side-effects. - My son and I once had a meeting with a very famous psychiatrist (for which we paid a hefty fee). He strode into the meeting room, picked up a model of a brain, set it on the table and said: "This is your brain. The frontal lobe is the area where all of your difficulties lie." - There was no, "Hello, nice to meet you." My son was a brain - not a person with a history, feelings, experience.. We did not see this man again. - For those parents/caregivers that believe their loved one is more than a brain, read this book. There is recovery, and it is not about drugs.

Living with voices is a book that will inform the reader about what it is like to hear voices and will provide ideas for recovery and should be read, I believe, by everyone who is affected by this health problem. People may feel afraid of the phenomenon of hearing voices as it is associated with ideas of madness but it is not always a sign of psychiatric condition. It is sometimes a sign that the person has developed a relationship with themselves where they have unconsciously created an 'other' within themselves to communicate ideas and feelings with during a period of emotional isolation. Recovery is possible from threatening or insulting voices when the hearer learns how to picture who the voices are i.e. who or what they might represent and then talk to them and resolve what the voices are saying by taking on board the life lessons that they are trying to teach. Voices are the unconscious mind trying to break through to point out something that is necessary for the emotional survival of the hearer. The hearer may be suppressing themselves in some way that is

uncomfortable for the unconscious mind or deeper spirit to endure. i found this very interesting and helpful.

This is the best information I have received! 6 Hospitals full of doctors and mass medications later that did nothing to stop the voices for my son, this book is the foundation of why. I have been saying all along I think it is linked to trauma! not heredity. This book helps to see the grand picture. in my opinion ALL medical personnel who have degrees or not can learn from this book if they have to deal or help those around them who hear voices. Stop the pharmaceutical companies from making massive \$ from over medicating of MD's who don't know what to do and learn how to help the core reason why those hearing voices do. Many stop learning and just hold a money making title and gave up on helping others. This is the very best tool I have found yet. Yes the US is behind compared to the UK and Europe in mental health care.

If you hear voices you think are not your own, but no one else hears them, then please read this...you're not alone, others share this as well, so let them tell you their stories and perhaps guide you to some resolution and peace.

Insight into lives and recovery of "Voice Hearer's" that do not always rely on drugs and have positive outcomes using techniques developed by other voice hearers and Dr. Romme. The Voice Hearing Network or "Inner Voice" is only now making in roads to the US. Mostly based in Europe and the UK. Very helpful, unfortunately this series of books (there are more) is extremely difficult to get in the US. I recommend using .uk to get the others in the series, which are more instructional.

If you hear voices you understand that they are related to emotions. They know everything personal about you and they know how to push your buttons. This book helps you understand the medifor behind your voices to enable you to develop a way of living in harmony with them.

Everyone should read this!

This is a fascinating study of auditory hallucinations in schizophrenia, from the perspectives of those experiencing them. Those interested in the subject should find it worthwhile. Others might be distracted by the poor editing of the book.

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