



HEARING VOICES: Useful resources

Mind in Camden projects

London Hearing Voices Network

<http://www.mindincamden.org.uk/services/lhvn>

Mind in Camden's website hosts info about the network of HV groups in London, including a list of groups.

Voice Collective

www.voicecollective.co.uk

The website for young people who hear or see things that others don't, and their families.

Voices Unlocked

www.voicesunlocked.com

Supporting people in Prisons, Secure Units and Immigration Removal Centres who hear voices, see visions or have unusual beliefs.

National & international

(English) Hearing Voices Network

<http://www.hearing-voices.org/resources/>

HVN's website includes info about the organisation, membership and publications. Also, for support, an online forum which you can access here: <https://muut.com/hvn-england>

Intervoice – the international community for hearing voices

www.intervoiceonline.org

This site has lots of info on voice hearing including: alternative perspectives; groups; people's stories; research; news.

Intervoice – Facebook Group

<https://www.facebook.com/groups/intervoice/>

It's a closed group, so click on JOIN GROUP and someone will get in touch to guide you through the process.

Independent trainers

Jacqui Dillon

www.jacquidillon.org

Rachel Waddingham

www.behindthelabel.co.uk

Rufus May

www.rufusmay.com *and* <https://openmindedonline.com/>

General interest

Critical Mental Health Nurses' Network

<https://criticalmhnursing.org/>

Mental health nursing has a long and distinguished history of thinking critically, of examining the assumptions of models and refusing the narrow focus of other disciplines.

Critical & Creative Approaches to Mental Health Practice – 'CCrAMHP'

<http://www.ccramhp.org.uk/>

For all who are passionate about sustaining creative and critical practice in mental health. Open to mental health practitioners, students, educators, service users and carers.

Critical Psychiatry Network

<http://www.criticalpsychiatry.co.uk/index.php?start=4>

A network primarily for psychiatrists, psychiatric trainees and medical students. But there are many interesting articles freely available on this website as downloads or via links.

Critical Psychotherapy Network

<https://criticalpsychotherapy.wordpress.com/2015/06/28/welcome/>

A network of people in the UK promoting the development of drug-free and minimum medication therapeutic environments.

Drop the Disorder

<http://www.adisorder4everyone.com/>

A network of people in the UK promoting alternatives to psychiatric diagnoses through events, activism and a Facebook group.

ISPS UK – The International Society for Psychological and Social Approaches to Psychosis

<http://www.ispsuk.org/>

ISPS is for professionals, service users and carers to share their ideas and examine their differences. Promotes different approaches to psychosis – psychodynamic, cognitive-behavioural, arts-based, family and holistic.

Mad in America

<https://www.madinamerica.com/>

An online magazine webzine which provides news of psychiatric research and original journalism articles around rethinking psychiatric care in the US and abroad.

Madness Radio

<http://www.madnessradio.net/>

Podcasts exploring 'madness' from different perspectives, featuring survivors, authors, advocates, professionals, and artists.

National Paranoia Network

www.nationalparanoianetwork.org

Run by Peter Bullimore, Kate Crawford and Tori Reeve, the Paranoia Network was originally launched in 2004 and aims to raise awareness of how disabling paranoia can be, and to breakdown social taboos.

Open Dialogue

www.opendialogueapproach.co.uk

<http://opendialoguenhs.com/>

Innovative approach to delivering mental health services originating in Western Lapland (part of Finland) where, thanks to this approach, they have the best outcomes in the Western World.

Power, Threat, Meaning Framework

<https://www.bps.org.uk/news-and-policy/introducing-power-threat-meaning-framework>

A group of senior psychologists (Lucy Johnstone, Mary Boyle, John Cromby, David Harper, Peter Kinderman, David Pilgrim and John Read) and high profile service user campaigners (Jacqui Dillon and Eleanor Longden) spent five years developing the Power Threat Meaning Framework as an alternative to more traditional models based on psychiatric diagnosis.

Recovery in the Bin

<https://recoveryinthebin.org/>

User led group critiquing the recovery model.

Spiritual Crisis Network

www.spiritualcrisisnetwork.uk

Exploring the interface between spiritual experience and psychosis.

Soteria

www.soterianetwork.org.uk

A network of people in the UK promoting the development of drug-free and minimum medication therapeutic environments.

Understanding Psychosis and Schizophrenia

<https://www1.bps.org.uk/networks-and-communities/member-microsite/division-clinical-psychology/understanding-psychosis-and-schizophrenia>

Published by the British Psychological Society, an overview of the current state of knowledge in the field, concluding that psychosis can be understood and treated in the same way as other psychological problems such as anxiety or shyness. Edited by Anne Cooke.

Dissociation

European Society for Trauma and Dissociation

<https://www.estd.org>

Info that could be useful for a therapist new to dissociation and trauma work.

First Person Plural

<http://www.firstpersonplural.org.uk>

A survivor led organisation run for, and by, people with dissociative identities. Includes resources, articles, a forum for members and training resources/videos for workers.

International Society for the Study of Trauma and Dissociation

<http://www.isst-d.org>

Has info for the general public, and for therapists (inc treatment guidelines - to help therapists be more useful)

NAPAC - National Assoc. of People Abused in Childhood

<https://napac.org.uk/>

UK charity offering support to survivors of all types of childhood abuse. Has a support line, information, places to get support and info for professionals.

PODS - Positive Outcomes for Dissociative Survivors

<http://www.pods-online.org.uk>

Set up by a woman with DID dx and her husband. PODS has information and some sources of support (including a Tuesday pm helpline and online forum) <https://support.pods-online.org.uk/start-here>

The Dissociative Initiative

<https://di.org.au>

Australian website run by a survivor. She has an online forum and other info.

Psychiatric medication

Choice And Medication

www.choiceandmedication.co.uk

Coming Off Psychiatric Medication

www.comingoff.com

Council for Evidence Based Psychiatry

<http://cepuk.org/>

The Harm Reduction Guide to Coming off Psychiatric Drugs and Withdrawal

<http://willhall.net/comingoffmeds/>

Neuroleptic awareness

www.neuroleptic-awareness.co.uk/?About_Me

Psychiatric Drug Facts

www.breggin.com

Books

Madness Explained: Psychosis and Human Nature

Richard Bentall

ISBN: 0140275401

Cracked: Why Psychiatry is Doing More Harm Than Good ISBN

James Davies

ISBN: 9781848316546

Trauma and Recovery: From Domestic Abuse to Political Terror

Judith Lewis Herman

ISBN-10: 0863584306

Agnes's Jacket: A Psychologist's Search for the Meanings of Madness

Gail Hornstein

ISBN-13: 978-1594865442

A Prescription for Psychiatry

Peter Kinderman

ISBN: 1137408693

A Straight Talking Introduction to Psychiatric Diagnosis

Lucy Johnstone

ISBN: 1906254664

The Bitterest Pills: the Troubling History of Antipsychotic Drugs

Joanna Moncrieff

ISBN: 1137277432

Models of Madness: Psychological, Social and Biological Approaches to Psychosis

John Read and Jacqui Dillon

ISBN: 0415579538

Making Sense of Voices: A guide for mental health professionals working with voice-hearers

Marius Romme and Sandra Escher

ISBN: 9781874690863

Accepting Voices

Marius Romme and Sandra Escher

ISBN: 9781874690139

Living With Voices: 50 Stories of Recovery

Marius Romme, Sandra Escher, Jacqui Dillon, Dirk Corstens, Mervyn Morris

ISBN: 978 1-906254-22-3

Searching for a Rose Garden: Challenging Psychiatry, Fostering Mad Studies

Ed. By Jasna Russo and Angela Sweeney

ISBN: 1910919233

Alternatives Beyond Psychiatry

Peter Stastny and Peter Lehmann

ISBN: 9780954542818

Mad in America

Robert Whitaker

ISBN: 0465020143