

“Living with Voices: Coping Strategies for Voice Hearers” Workshop

Presented by Debra Lampshire



Saturday, October 8, 2016

Registration begins 10:30 A.M.

11:00 A.M. – 4:00 P.M.

LUNCH IS PROVIDED

**Location: Cypress Community Center
403 Cypress Avenue, Room 1
San Jose, CA 95117**

\$30.00 Deposit refunded upon attendance.

Contact person, Corinne Collins: (805) 660-0610

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Please check the Website for updates

www.southbayprojectresource.org

DEBRA LAMPSHIRE

Debra is the Chairperson of International Society for Psychological and Social approaches to Psychosis–NZ (ISPS-NZ) an affiliation of ISPS international, a Professional Teaching Fellow at University of Auckland, and the Project Manager for the Psychological Interventions for Enduring Mental Illness Project at the Auckland District Health Board providing Hearing Voices Groups and training in New Zealand.

Website ISPS- Aotearoa NZ www.isps-nz.org.nz/

The current treatment for people suffering from distressing voices is medication and group therapy. New research is finding that helping voice hearers develop their own coping strategies can reduce the distress felt by voice hearers, and is a complimentary addition to the medical treatment.

Debra Lampshire has heard voices since childhood and has developed a number of coping strategies which she will share during this workshop. Debra has transferred her 30 years of lived experience with voices into a wealth of knowledge that she shares with voice hearers, family members, caregivers, and medical staff. She is an entertaining, engaging, and knowledgeable speaker.

This workshop is designed for a small group and will only accept 20 peers—*PLEASE register early.*