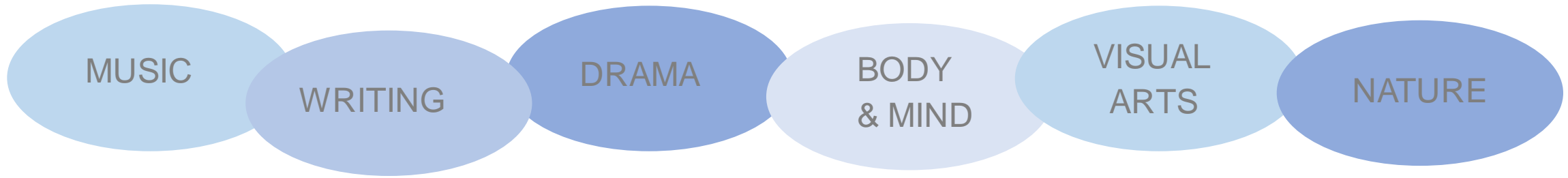


Brainstorming creative activities in Hearing Voices Groups

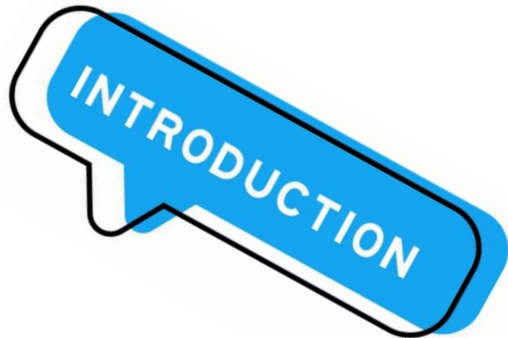


Who are you?

Introduction

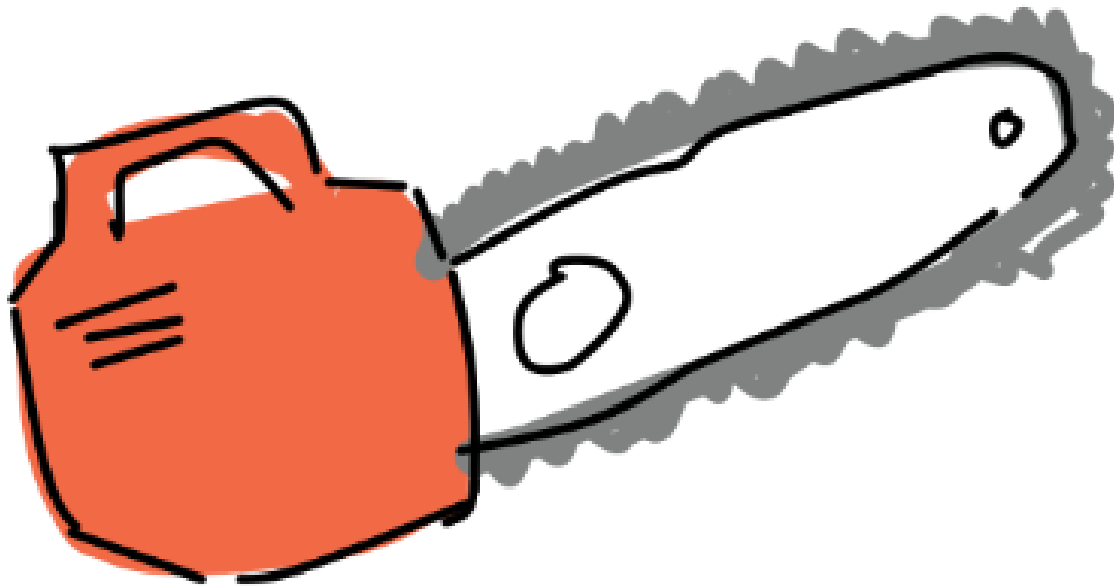
Let's get to work!
round 1

Barbara Schaefer,
Willy van Baarsel,
Robin Timmers
Geert Zomer



Windup

4:00 PM is quite late, we have been busy for a long time.
It's time for..... something different...





What is your name? In which country do you live?

In 1 word / maximum 2 sentences: Why did you choose this card?

INTRODUCTION

Why a project about
“creative/non-verbal activities”:

Hearing Voices Groups are very verbal

It can be fun, pleasant, useful and/or good
to express experiences and emotions in a way
other than talking

It makes you feel, experience and view things
in a different way



Made during World Hearing Voices Day
14 September 2023

MUSIC

WRITING

DRAMA

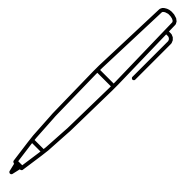
BODY & MIND

VISUAL ARTS

NATURE



ABDOMINAL BREATHING



<https://listeningtovoices.org.au/about-us/>



MINDFULNESS



TAPPING

Willy ©

MUSIQUE

ECRITURE

THÉÂTRE

CORPS & ESPRIT

ARTS VISUELS

NATURE

INTRODUCTION

Actions within our project:

- Gain experiences and ideas at home and abroad
- Trying out nonverbal/creative activities within Peer-Support Hearing Voices Groups

To create more knowledge, skills, connection and impact!

Créer plus de savoir, de compétences, de contact et d'impact!

Are we doing now! 😊

Making art, collages
Making music,
Cooking together
Relaxation exercises
Martial arts
Petting zoo
Writing

...



Let's get to work! Brainstorm together!

First in subgroups



then we discuss it together



Round 1: What types of creative/non-verbal activities have helped you (as a voice hearer)?

Round 2: What have you done with peers (within a Hearing Voices Group)?
What would you like to do with peers (in a Hearing Voices Group)?

ROUND 1

What types of creative/non-verbal activities have helped you (as a voice hearer)?

Quels types d'activités créatives / non verbales vous ont aidé (en tant que personne qui entend des voix)?



16:20

Round 2

ROUND 2

Creative / non-verbal activities
together with other voice hearers:

What have you done with peers (within a Hearing Voices Group)?

What would you like to do with peers (in a Hearing Voices Group)?

Activités créatives / non verbales
avec d'autres entendeurs de voix:

Qu'avez-vous réalisé avec d'autres entendeurs de voix?

Qu'aimeriez-vous réaliser avec d'autres entendeurs de voix?

Windup



In 1 word / maximum 2 sentences:

How did you like this workshop
and
what is your “take home message”
(what will you take home)?

Comment avez-vous apprécié cet atelier
et quell est votre message à retenir?

Thank you! Merci!

Have a NICE DAY ! And maybe see you tomorrow...

Barbara Schaefer,
Willy van Baarsel,
Robin Timmers
Geert Zomer

Weerklank (National),
RIBW N&R (Region Nijmegen),
Enik (Region Utrecht)
with funding from ZonMw

Contact: B.A.Schaefer@outlook.com

Created by Yourself !

Barbara Schaefer, Robin Timmers, Willy van Baarsel,
René Mantel en Margreeth Farret Jentink

"Nonverbal/creative activities with peers"

We received a grant to explore how to generate more impact in the region with the work of Weerklank, a foundation that focuses on adults and children with out-of-the-ordinary sensory experiences, such as hearing voices. Part of the project involves working with nonverbal/creative activities within Support Centers for voice hearers and Peer-Support Hearing Voices Groups.

- Do nonverbal/creative activities enrich our work and how can we use them?
- Do we reach more/other voice hearers with these activities?
- Can we make our work more/better visible in the country?



To create more knowledge, skills, connection and impact!



Actions within the project:

- Gain experiences and ideas at home and abroad
- Trying out nonverbal/creative activities within Peer-Support Hearing Voices Groups
- Establish (and maintain) contact with stakeholders in the region to increase collaboration and create impact
- Transfer knowledge (gained within the project) to other regions of the country



What do we want to achieve:

- A knowledge/collaboration network
- Starting an information guide with examples for Peer-Support Hearing Voices Groups
- Posters? / videos? / exhibition?
- Implementation plan
- More ideas and plans for the future to include nonverbal/creative activities for enrichment in our work. So that dealing with voices, and feelings and experiences associated with them, becomes easier

Contact: Barbara Schaefer
(B.A.Schaefer@outlook.com)

* Weerklank (National),
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with funding from ZonMw