

HEARING VOICES
NETWORK Aotearoa NZ
Te Reo Orooro

VENUES & DATES

8.45AM TO 4PM

SOUTH AUCKLAND:

Tuesday 10th March 2015

AT: Nga Kete Wananga Marae,

Manakau Institute of

Technology, Otara, Auckland

RUSSELL BAY OF ISLANDS:

Saturday 14th March

AT: Haratu Marae

This workshop is suitable for people who experience voices and visions, whanau, support, and mental health professionals.

COST:

Voice hearers and whanau: \$10

Students \$50

Professional: \$100 or if accompanied by a voice hearer: \$80 for both

GROUP DISCOUNT AVAILABLE

FOR BOOKINGS & INFO CONTACT:

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for a registration form

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NARRATIVE MEDICINE

WITH ASSOCIATE PROFESSOR OF
PSYCHOLOGY & AUTHOR

LEWIS MEHL-
MADRONA PHD
MD

& BARBARA
MAINGUY MA



This workshop is a gentle, fun way to explore the stories that activate our lives. Current neuroscience tells us that stories are whole-brain activities that act as metaphors for adaptive processes, and that story making is the 'default' mode of the brain. Research has shown that storytelling skills can help with 'real world' skills, and that story making has measurable health benefits.

- How can we use these skills towards wellness and recovery? What are the stories we like to tell ourselves?
- Do the stories work or do they lead us into pain?
- How can we change our stories to move toward greater happiness and balance?
- Native American elders teach that every story has a spirit and that we cannot escape its influence. Through experiential exercises, we discover the spirits of our stories, the voices that repeat the stories to us as if they were true. We dialogue with these characters, use role-playing techniques and consider how to change them and learn ways to discover new meanings and effective strategies in life.

Lewis and Barbara's work centres around psychosis and its treatment within community and with non-pharmacological means, narrative approaches, and further developing healing paradigms within a narrative/indigenous framework. www.mehl-madrona.com

"The notion of story is crucial to identity. "All you are is story. When you pass over, the stories told by you and about you are all that remains," said one Native American elder. Another said, "We are all the stories that have been or ever will be told about us." In many indigenous cultures, identity formation is the development of a coherent master story that links together the multitude of one's told and yet-to-be-told stories into a yarn that makes sequential sense. Psychosis and other mental illnesses are seen to be the result of the breakdown of that coherent narrative, an inability to make narrative sense of one's self and one's life."

See our website below for more details.

