

North Dublin Area – Spring Courses 2020

Understanding the experience of Voice Hearing

This course aims to help participants develop an understanding of the experience of Voice Hearing and helpful responses to it.



On this course, students will explore:

- What is it like to hear voices that no-one else hears?
- Why do people hear voices?
- Understanding the purpose that voices play in people's lives.
- Developing an understanding of coping strategies.
- Developing ways of working with voices.

Start Date: Thursday March 5th, 2 – 4pm

Venue: Recovery College Room, DCU

Format: four weekly two hour sessions

To register, contact the Recovery College:

Phone- 01 7007907

Email- recoverycollege@dcu.ie

Website- www.recoverycollege.ie

