

## Louth Area - Summer Courses

### ***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.

**Date: Monday May 27th**

**Format: Introductory Workshop**

**Venue: Dundalk Institute of Technology**

**Dept of Nursing, Midwifery and Health Studies**

**To register, contact the Recovery College:**

**phone- 01 7007907**

**email- [recoverycollege@dcu.ie](mailto:recoverycollege@dcu.ie)**

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