

PreRamble for Portland Hearing Voices

updated 01-2012

- Name of this meeting: *Voices and Visions Support Group*
- Dates / times of meetings: now weekly! Mention new womens' group.
- It's a free group and donations are appreciated
- More info: www.portlandhearingvoices.net, sign up for emails, part of an international movement.
- We talk about our experiences that might get labeled psychotic, including voices, mania, paranoia, unusual beliefs.
- Some of us have been in hospitals/gotten diagnosis but some haven't.
- We encourage a wider view than just what doctors and therapists say. We are open to diversity of experiences positive, creative, spiritual. People are free to use any language they want to explain their experience and we encourage looking beyond labels and medical language. We don't label others.
- People talk about anything they want related to their personal experiences with extreme states, without judgment.
- We are here to share, listen, and learn. It's ok if you hear things you disagree with or agree with. Ok if people like meds, don't like meds, like their doctors or hate their doctors. We respect a diversity of views and there is no one right way.
- We listen non-judgmentally, and we do not preach or convince or argue. There are many pathways to living with madness.
- We're here to share time with each other so facilitator might interrupt to ask if ok to move on so we can give everyone a chance
- It is always ok to stay silent and just listen.
- When someone is sharing let's stay focused on that person for a time to allow them to go deeper
- We focus on our personal experiences; rather than focus on people who aren't here
- Good to ask person if they want feedback/questions/responses or just want to be listened to
- Confidentiality – personal details stay in room, careful meeting people outside, general learning and resources can be shared outside.
- Logistics – Bathrooms, snacks
- Announcements, including upcoming PHV events