

A NAMI-NYC METRO Public Education Event

# HEARING VOICES GROUPS

An effective, optimistic alternative for understanding and coping with voices, visions, or other unusual or extreme experiences

People who hear voices, see visions, or have other unusual or extreme experiences typically have few opportunities to explore these perceptions or feelings in a supportive, non-threatening environment. Because these experiences are considered “hallucinations” or “delusional symptoms” by medical professionals, people often fear that talking about their voices or visions will lead to being hospitalized, medicated, misunderstood or ostracized by friends and loved ones.

Professor Gail A. Hornstein sees peer support groups as playing a crucial role in helping people to better understand and cope with these distressing experiences.

Join us for a lecture focused on the work of the Hearing Voices Network (HVN), an international collaboration among professionals, people with lived experience, and their families, whose empowering approach to coping with voices and many other forms of emotional distress has been helping people all over the world.

**THURSDAY OCTOBER 20, 2011**  
**6-8 PM**  
**Alumni Hall A (First Floor)**  
**NYU LANGONE MEDICAL CENTER**  
**550 First Avenue**  
**New York, NY 10016**  
*(Between 32nd and 33rd Streets)*



**Gail A. Hornstein, Ph.D.**



Gail A. Hornstein is professor of psychology at Mount Holyoke College in South Hadley, MA. Her research spans the history of 20<sup>th</sup> century psychology, psychiatry, and psychoanalysis, and has been supported by the National Library of Medicine, the National Science Foundation and the National Endowment for the Humanities, among other sources. Unlike most scholars who study mental illness, Professor Hornstein has always been as interested in patients' experiences as in doctors' theories. Her *Bibliography of First-Person Narratives of Madness in English* (now in its 4th edition) lists more than 700 titles and is used by researchers, clinicians, and educators across the world, and her recent book, *Agnes's Jacket: A Psychologist's Search for the Meanings of Madness*, shows how the insights of those diagnosed as “schizophrenic,” “bipolar,” “depressed,” and “paranoid” can help us to reconceive fundamental assumptions about madness, treatment, and mental life.

**TO RSVP FOR THIS EVENT, CONTACT THE NAMI HELPLINE  
AT (212) 684-3364.**