**Seattle Hearing Voices**

**and**

**Extreme Experiences Resources**

**BOOKS**

Living With Voices: 50 Stories of Recovery - by Marius Romme, Sandra Escher, Jacqui Dillon

<https://www.amazon.com/Living-Voices-50-Stories-Recovery/dp/1906254222>

Accepting Voices - by Marius Romme and Sandra Escher

Making Sense of Voices - by Marius Romme and Sandra Escher

Psychosis as a Personal Crisis: An Experience-Based Approach - by Marius Romme and Sandra Escher

<https://www.amazon.com/Psychosis-Personal-Crisis-Experience-Based-International/dp/0415673305/ref=sr_1_1?ie=UTF8&qid=1472061076&sr=8-1&keywords=psychosis+as+a+personal+crisis>

Learning from the Voices in My Head - by Eleanor Longden

<https://www.amazon.com/Learning-Voices-Head-Books-Book-ebook/dp/B00ECJNSS6>

Selfhood - by Dr. Terry Lynch

<https://www.amazon.com/SELFHOOD-Emotional-Wellbeing-Prevention-Psychology/dp/1908561009>

Workbook on Working With Voices - by Ron Coleman and Mike Smith

<http://www.workingtorecovery.co.uk/products/victim-to-victor-workbooks/working-with-voices-victim-to-victor-workbook.aspx>

**ONLINE RESOURCES**

Poster called Strategies for Coping with Distressing Voices

<http://www.hearingvoices.org.nz/attachments/article/90/Coping%20Strategies.pdf>

Outside Mental Health Voices and Visions of Madness PDF - by Will Hall

<http://www.willhall.net/files/OutsideMentalHealthVoicesAndVisionsOfMadnessEBook.pdf>

Understanding Psychosis and Schizophrenia PDF

<https://www1.bps.org.uk/system/files/user-files/Division%20of%20Clinical%20Psychology/public/CAT-1657.pdf>

Rufus May Website – talking with voices, voice dialogue, changing the relationship with your voices

<http://www.rufusmay.com/index.php/resources>

Changing the Power Relationship with your voices

<http://www.rufusmay.com/index.php/resources/98-changing-the-power-relationship-with-your-voices>

Accepting Alternative Realities - by Rufus May

<http://rufusmay.com/index.php/resources/84-new-paper-i-have-written-on-unusual-beliefs>

Voice Dialogue PDF talking and interviewing the voice through the voice hearer

<http://www.dirkcorstens.com/talking-to-the-voices/>

Hearing Voices PDF questionnaire for the voice hearer to help gain more knowledge about one’s voices

<http://www.intervoiceonline.org/wp-content/uploads/2011/03/Maastricht_Interview_for_voice_hearers11.pdf>

Hearing Voices Network USA Online Forum and other resources

<http://www.hearingvoicesusa.org/>

InterVoice – The International Hearing Voices Network

<http://www.intervoiceonline.org/support-recovery/a-practical-guide>

Hearing Voices Network

<http://www.hearing-voices.org>

Rachel Waddington – Behind the Label

<http://www.behindthelabel.co.uk/short-thought-2/>

National Paranoia Network

<http://www.nationalparanoianetwork.org/index.php>

Online courses for psychosis, trauma, and dissociation by Ron Unger

1. [Resources for Working with Trauma, Dissociation, and Psychosis - Recovery from "Schizophrenia" and other "Psychotic Disorders"](https://recoveryfromschizophrenia.org/cbt-for-psychosis-trauma-psychosis-handouts/resources-working-trauma-dissociation-psychosis/" \t "_blank)

2. [CBT for Psychosis & Trauma & Psychosis Handouts - Recovery from "Schizophrenia" and other "Psychotic Disorders"](https://recoveryfromschizophrenia.org/cbt-for-psychosis-trauma-psychosis-handouts/" \t "_blank)

**ONLINE FREE VIDEOS**

The Voices in My Head – 14 minute video Ted Talk video with Eleanor Longden

<http://www.ted.com/talks/eleanor_longden_the_voices_in_my_head?language=en>

Taking Charge – A Key Component to Mental Health Recovery - a 50 minute video by Dr. Terry Lynch. Finding your inner locus of control or personal power with experiences, relationships, life circumstances and yourself

<https://www.youtube.com/watch?v=PS25eht6C2o>

The Doctor Who Hears Voices – 1 hour documentary - Rufus May

<https://video.search.yahoo.com/search/video;_ylt=A0SO8xeDqNlYg_kAM2xXNyoA;_ylu=X3oDMTEyNDJ1bHZiBGNvbG8DZ3ExBHBvcwMxBHZ0aWQDQjM2MDRfMQRzZWMDc2M-?p=the+doctor+who+hears+voices+documentary&fr=yfp-t-s#id=6&vid=a38022037a058e514216a53c694146a1&action=view>

**GROUNDING INFORMATION, TECHNIQUES AND MINDFULNESS RESOURCES**

Grounding information and techniques

<http://howtoraiseyourvibration.blogspot.com/2011/10/what-does-being-grounded-mean-how-do-i.html?m=1>

Grounding info and exercises

<https://www.thoughtco.com/grounding-energy-1730057>

Why is grounding difficult for highly sensitive people and what to do

<https://www.mindbodygreen.com/0-17987/why-grounding-is-difficult-for-highly-sensitive-people-what-to-do-about-it.html>

What does it mean to be ungrounded?

<https://www.thoughtco.com/what-does-it-mean-to-be-ungrounded-1725822>

Online courses for people with a psychiatric diagnosis - by Dr. Terry Lynch

<https://doctorterrylynch.com/courses/>

Mindfulness information and free exercises

<https://palousemindfulness.com/index.html>

**WITHDRAWING AND TAPERING FROM PSYCHIATRIC PILLS INFORMATION**

The Inner Compass and The Withdrawal Project - information about psych pills and information on tapering or withdrawing from them – Laura Delano

<https://www.theinnercompass.org>

Harmful Reduction Guide to Coming Off Psych Drugs - by Will Hall

<http://www.willhall.net/files/ComingOffPsychDrugsHarmReductGuide2Edonline.pdf>

Ashton Manual of Coming off Benzos

<https://www.benzo.org.uk/manual/bzsched.htm>