

Carnival des VOIX

ORFÈRE

What do you call yours?

Voices, spirits, inner critic, Djiin, little voice, shadow, unconscious, daemon, whatever you call those that are part of your experience, they can be a pain in the proverbial and funny and supportive and useful, help you cheat at exams, or pretty much everything else too.

Westernised allopathic medicine tends to want to call them a “symptom” but one thing is for sure: if hearing voices is a symptom of anything then it’s a symptom of being alive.

Even if it is part of an illness, hearing voices that others don’t it is also an experience, and always a very unique and personal human experience.

Other cultures are much more open and have language for talking about very human experiences.
Carnival des Voix is part of that ~~larger, older tradition.~~

Powerlessness and isolation

Some people do struggle but what we do know is that they tend to feel powerless and isolated - that the voices have power over them.

This powerlessness is both understandable and something we can act to change.

Powerlessness leads to isolation and isolation leads to powerlessness. So it follows that approaches that allows a person to find and use their power, to connect, with their own

experience and with others are worth doing.

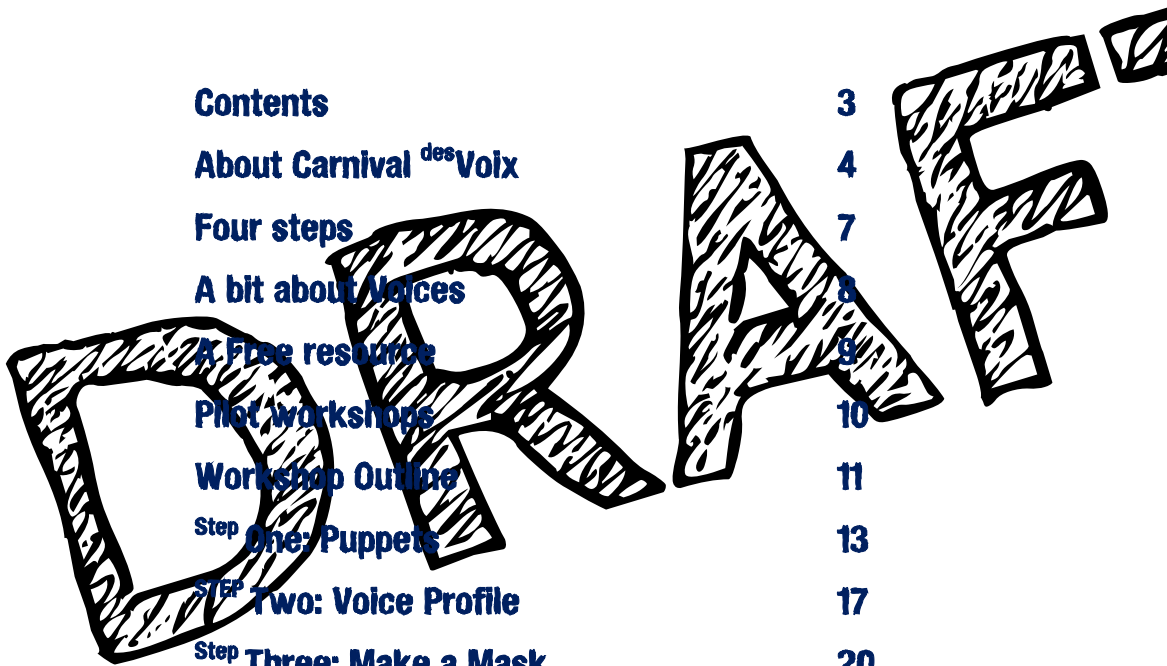
This booklet is a guide to just one way you might explore and work with your experience, by yourself or with others.

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About Carnival desVoix

Many of us hear voices – three in four of us will hear a voice that no one else hears at some point in our lives, often connected with trying life circumstances like loss of a loved one, or times of great stress. The the large majority of us do not struggle and even find the experience beneficial.

Yet some do undoubtedly struggle with what they experience.

What we do know is that people who struggle tend to be left to deal with their difficult experience alone - leaving them feeling powerless and disconnected from others.

Hearing Voices is a human experience

Even if your beliefs lead you to believe that a person who hears voices must be ill, that they do hear voices is still a human experience.

Carnival des Voix is not about illness or treatment, it's about exploring and expressing human experience – and having some fun while we do.

Voices give voice

Yet we know that finding ways to express pain, to talk, find new ways of talking, new ways of expressing can be very helpful.

Also voices, and especially those most difficult to hear, often give voice to that which a person cannot yet express

themselves. What if we created spaces in which we can make and use puppets as one way to express and give voice to what we need to express.?

Taboos

Voices can be very taboo: can talk about subjects which are taboo, or use language that is taboo, making it more difficult to talk with those who don't understand.

“Avatar therapy” with dollar store supplies?

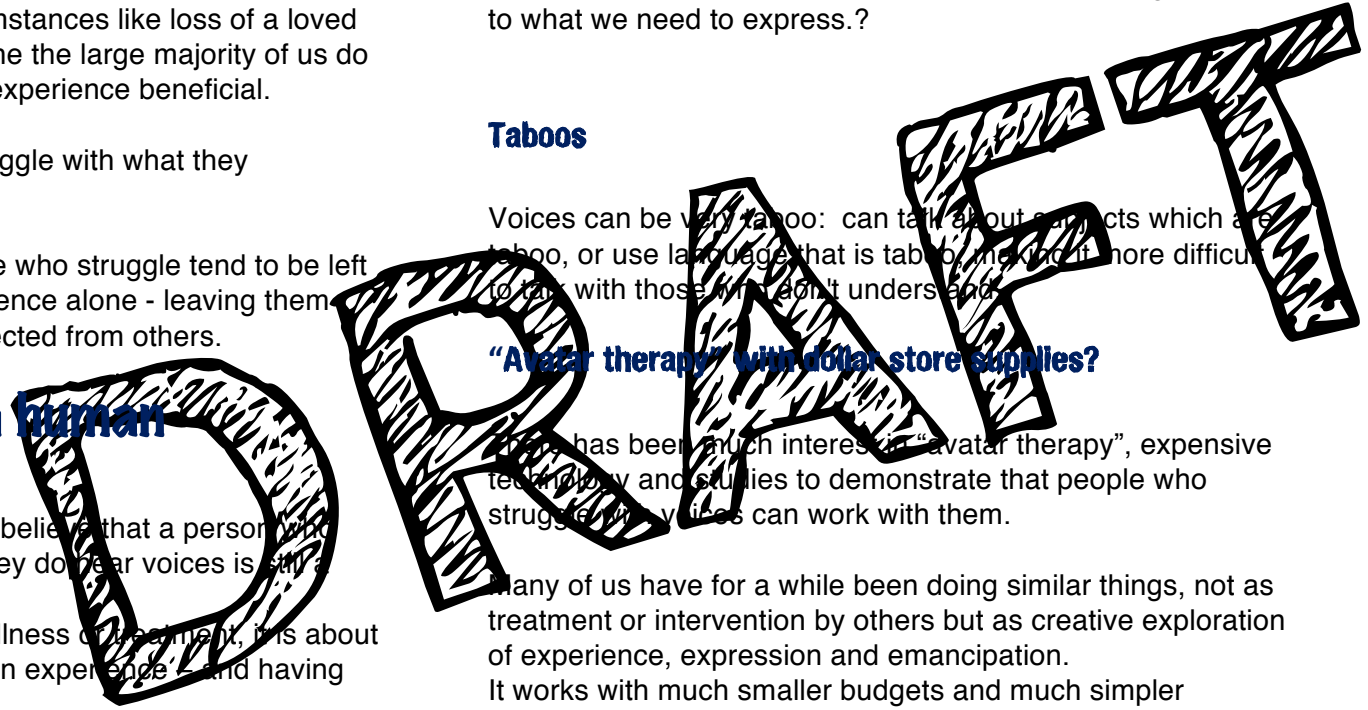
There has been much interest in “avatar therapy”, expensive technology and studies to demonstrate that people who struggle with voices can work with them.

Many of us have for a while been doing similar things, not as treatment or intervention by others but as creative exploration of experience, expression and emancipation.

It works with much smaller budgets and much simpler technology, no wait lists or other paraphernalia that comes with waiting on experts to fix us.

A real workshop

This is a real workshop – as real as the voices themselves – participants will use simple materials to sketch and make



puppets to represent the voices we hear, and let them speak with each other.

We will create safe space to see and be seen, hear and be heard, witness and be witnessed.

A celebration of the creativity of voices hearers, and variety of human experiences, a polyphony, a Carnival of voices ...

After the workshop we will display work and parade in front of the whole of congress and on prominent display for its duration.

There is rich meaning in these [and other] ideas not only for formalized “treatment” situations but also in our groups, in our society and also in our personal experience. HVN is at the forefront of embracing the dialogical - or conversational - nature of being.

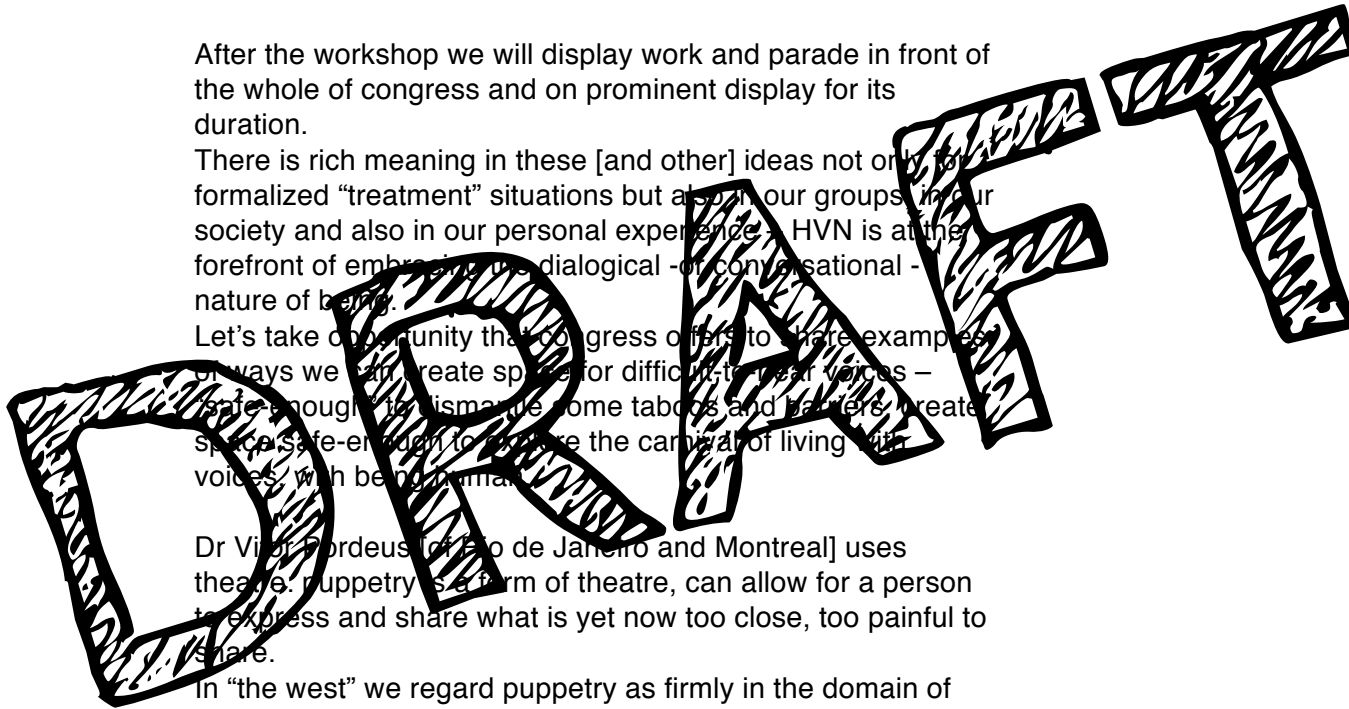
Let’s take our opportunity that congress offers to share examples of ways we can create space for difficult-to-hear voices – safe-enough to dismantle some taboos and barriers, create space safe-enough to explore the carnival of living with voices, with being human.

Dr Vilij Bordeus [of Rio de Janeiro and Montreal] uses theatre, puppetry as a form of theatre, can allow for a person to express and share what is yet now too close, too painful to share.

In “the west” we regard puppetry as firmly in the domain of children’s entertainment, yet around the world it is a ancient, diverse, and serious art form too , puppets, like voices can give expression to that which we cannot easily express in our society or culture at least in ways others are prepared to hear.

Carnival des Voix project grew out of an idea for HV Congress in Boston- to centre voice hearers voice hearing experiences not only for those attending Boston but also as a way those who could not attend could also participate and contribute.

the hearing voices community is global- wherever you are we hope you can join in- this toolkit is designed to help get you started so that you can join in too.



Carnival desVoix goes to Boston



Hearing Voices Congress, Boston Aug 2017

Each year the world hearing voices community comes together for a congress. This year its in Boston in August.

Carnival des Voix will be included in the HV Congress to be held in Boston Aug 2017. We will have a puppet making and a parade – carnival of voices people want to share . We will also link up with people who can't come to Boston but want to join in. This toolkit is part of that.

Whether you want to do it alone or with friends, in a HV group , or any other group, this toolkit was created to enable you to do that.

Puppets can be as simple or complex as you like. It's yours. This toolkit includes some expels and ideas on how to make really simple ones including the simplest we can come up with that you can stick in your pocket.

www.CarnivaldesVoix.com

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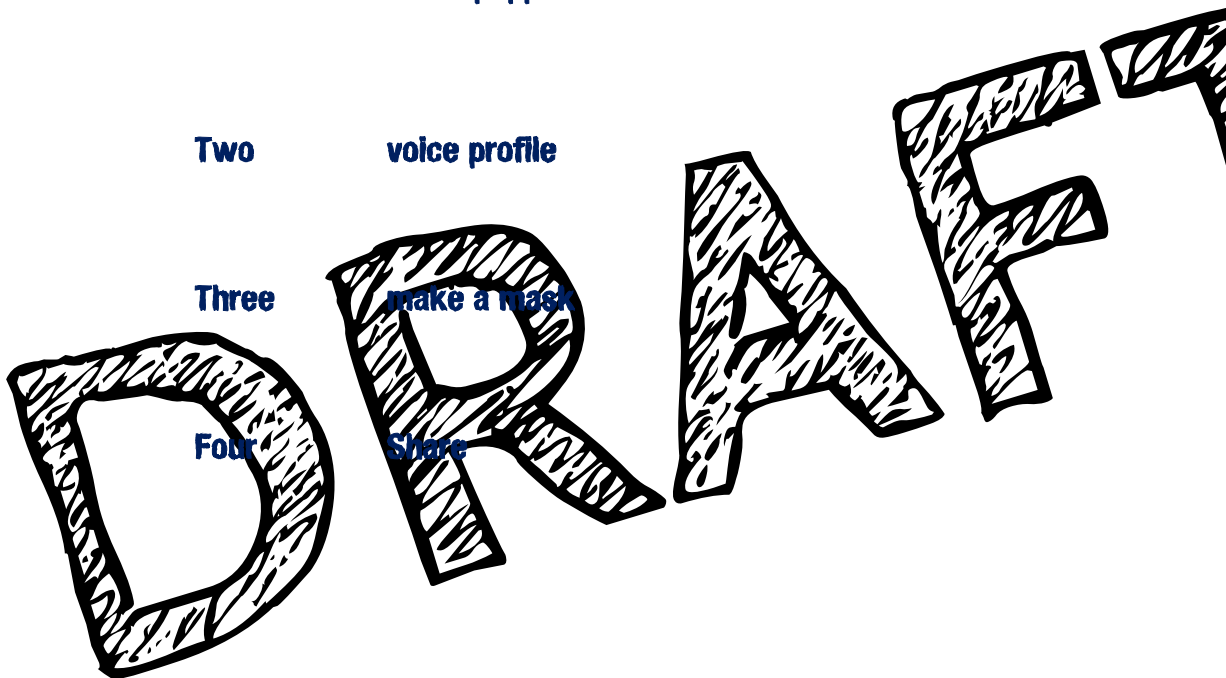
Four steps

One make puppet

Two voice profile

Three make a mask

Four Share



A bit about Voices

Voice

here “voice” is a term we use to include all kinds of experiences whatever you want it to be.

you may not hear voices, they may not speak, but they have their own language that you might understand you live with

I hear voices, have done since I was a kid.

Sometimes they're hard to live with, sometimes it shard to live without them.

Dave is a voice – he used to only say one word, now he talk non stop, writes articles, this project is largely “his” idea.

It's a myth that people only hear voices. Millions of us – at least 300 000,000 of us right now - hear voices and most are fine with that.

We do know some people struggle and can find life hard

We can find all kinds of names to call them and all kinds of names to call them but we thing that some people more interested in ways a person can express themselves, find their power, connect and live a life worth living.

One thing that we do know about people who struggle with voices they hear is that they are left alone disempowered and disconnected from others – isolated and left to deal alone.

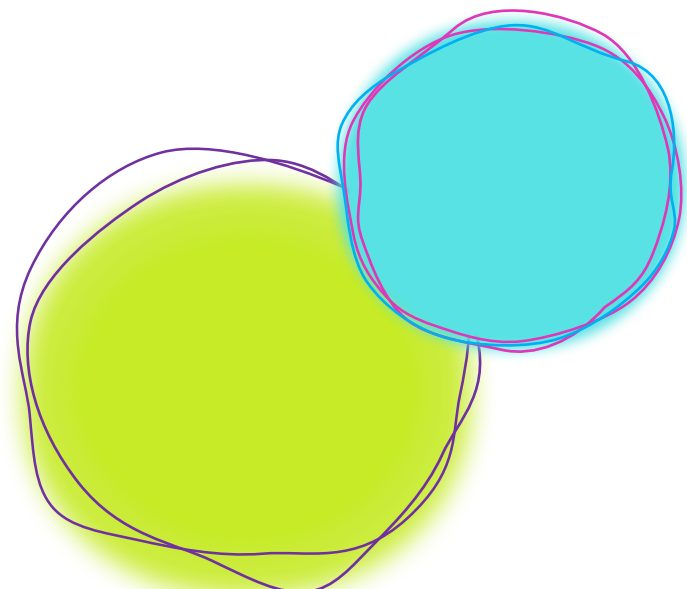
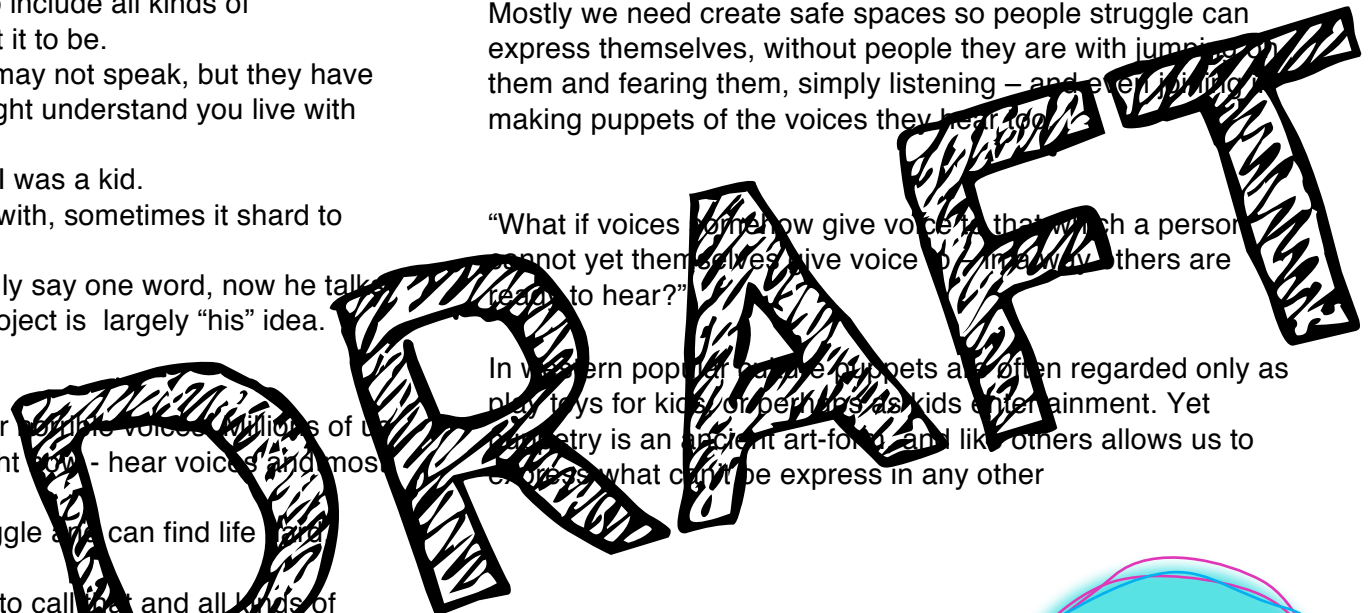
Often the hardest thing a person who hears voices is not the voices – its how we get treated by people who don't. How much does that suck?

This workshop is based in the premise that that can change and that there are many ways that can change can come about.

Mostly we need create safe spaces so people struggle can express themselves, without people they are with jump on them and fearing them, simply listening – and even making making puppets of the voices they hear too.

“What if voices somehow give voice to that which a person cannot yet themselves give voice to – in a way others are ready to hear?”

In western popular culture puppets are often regarded only as play toys for kids, or perhaps as kids entertainment. Yet puppetry is an ancient art-form, and like others allows us to express what can't be express in any other



A Free resource

Blah blah blah blah blah blah blah blah blah blah
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Pilot workshops

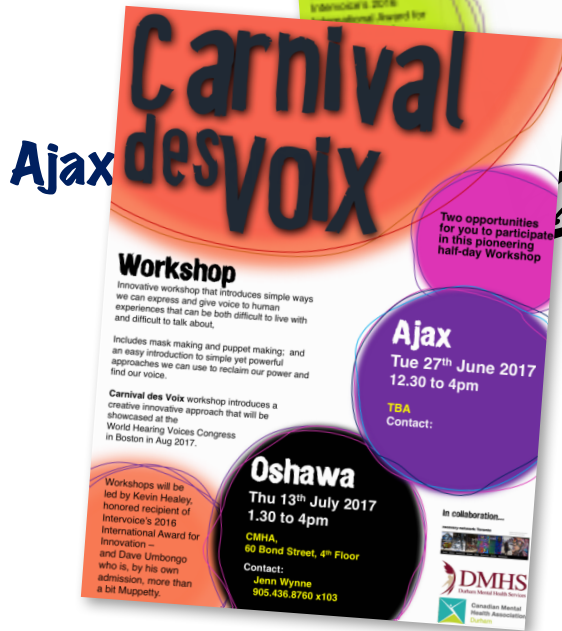


First pilot workshop held in Ajax, Ontario, June 2017, at Durham Mental Health Services



Oshawa Ontario

Toronto



Ajax

Workshop Outline

This section offers a simple outline for running a Carnival des Voix Workshop.

Who to invite

Whoever you like – it's your party

Materials

Whatever you like – but here's some ideas

- Paper glue
- popsicle/ lollipop sticks
- Glue
- Fabric
- modelling clay
- Pens
- Paint
- Glue
- Glue gun
- Scissors

Have fun !!

What you can do

One: Make puppets

Two: Voice profile

Three: Masks

Four: Share

- Photos
- Videos
- Online

voicetonastick



Workshop Roles

Hope ful encouraging safe environment
 Taking and showing an Interest in the person
 Normalize experience of hearing voices Offer sense of hope

Volunteer Facilitators

Volunteer facilitators will help create a welcoming environment , encourage participants to express, share simple techniques help them find materials or alternatives to make puppets.

Volunteers

This role is envisaged suitable for [for example] high school students

Welcome

Snack Area Report to olding space

Consent forms

Step One: Puppets

Ideas for making puppets

Start Simple

Paper bag

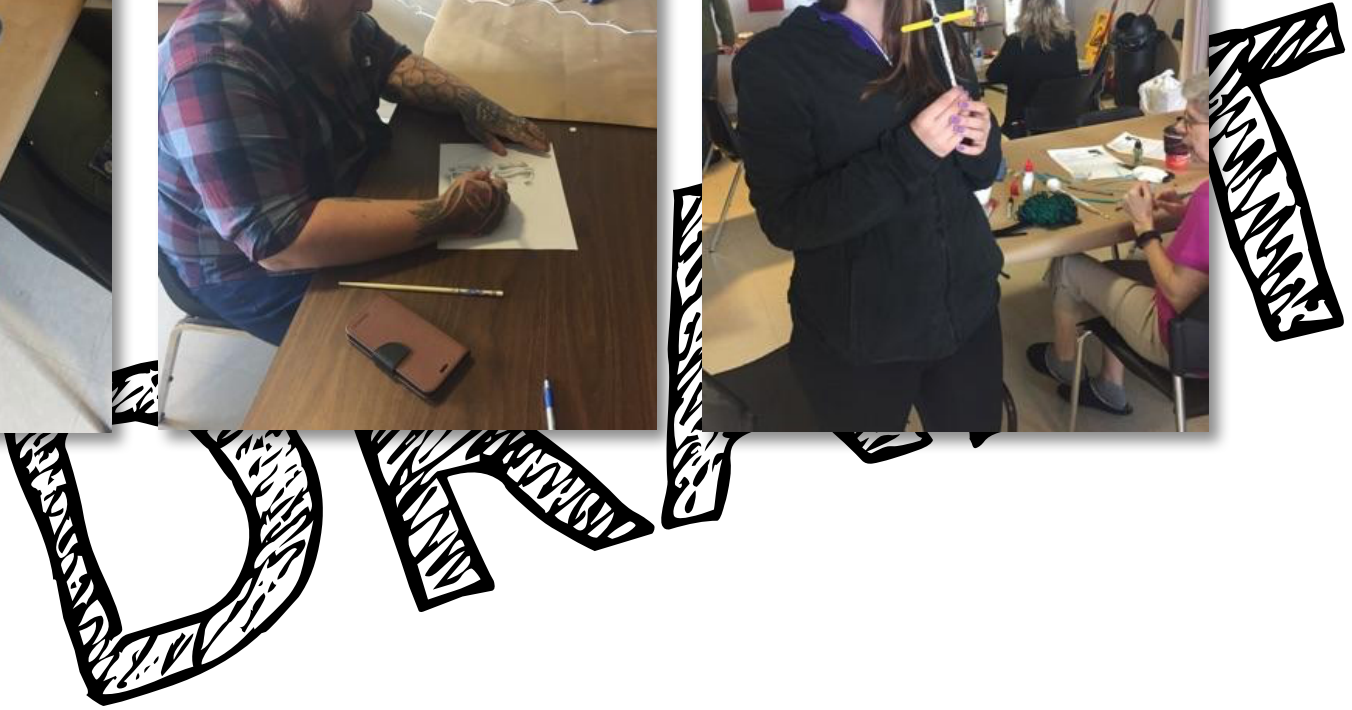
Sock

Spoon

#Voices on A Stick

#voicesonastick





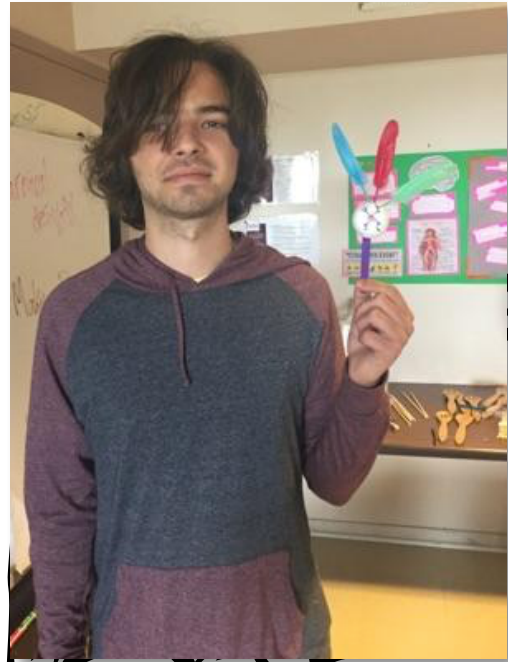
Examples

Almost all the puppet you see in this guide were made by participants in Carnival des Voix workshops.

Most were made in an about an hour and using simple supplies and materials.

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StepTwo: Voice Profile

What's a Voice Profile ?

A voice profile is really a fancy sounding name for a simple idea you can do any way you like.

Voice profile is a simple way of collating information about a voice you might hear or otherwise experience. The point of doing this is your own empowerment, especially if we hear a few or we feel troubled it can be difficult to remember. Getting to know the voices one by one, as individuals - is one way we can reclaim our power in our relationships with them. If there are no right or wrongs, try stuff and see what works for you.

What we include here is a very simple template you can use, adapt or just use your own.

Only include what you want to include- it's yours to choose.

It might be helpful – and tricky- to think of the voice as a person, or a character in a book, play or TV show: what information distinguishes them from others. A profile contains whatever information you want to include, the purpose is to distinguish voices from each other so we can begin learning about our own unique experience.

You might want to collect profiles you compile in a scrap book or a binder, or on your phone, or wherever you keep stuff.

Hearing Voices is a Uniquely Personal Experience

The voices you might hear are unique to you, as mine are to me. Voices are unique too, voice profiling is a way to learn about them individually, get to know them, understand better.

Voices have stories too

A Simple voice profile

This is a suggestion, to help you get started, you can make your own. There's no right or wrong, and nobody can tell you what to include –it's yours.

Sharing

No one can tell to what to share
Share only what you're comfortable sharing.

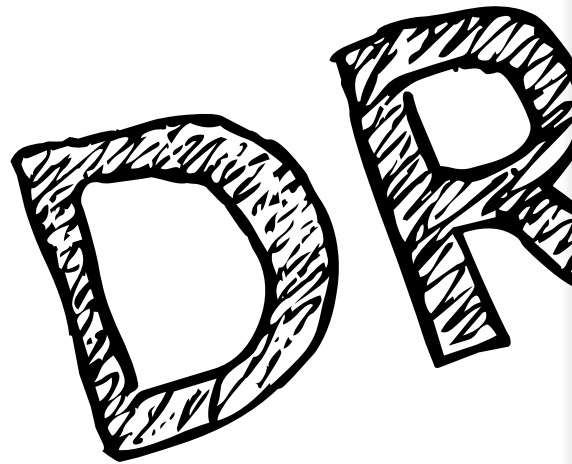
Getting started.

it can be difficult getting started, here's one way you can make it a little easier

Imagine...

Imaging your voices – or some other experiences that you have is a character in a movie...

How would you describe them to others, what would they look like, sound like, what do they say?



A simple template for voice profile/

Portrait/headshot

When I first heard...

In what situations do they tend to start talking...

How I often feel when I hear this voice...

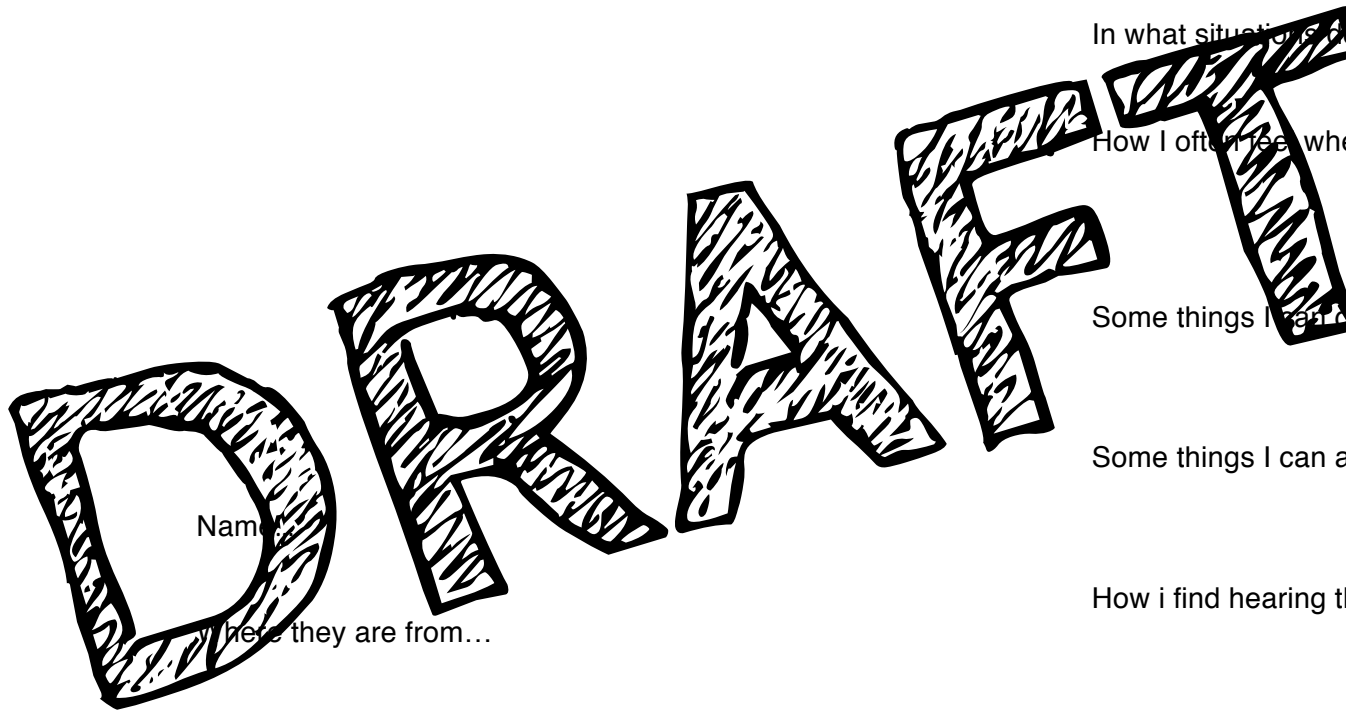
Some things I can do to help me feel differently

Some things I can ask others to do to help me

How i find hearing this voice sometimes helps me

How i find hearing this voice sometimes helps me

One thing I'd like to change



Name

where they are from...

Age

Gender etc

What they sound like...

What they say...

Step Three: Make a Mask

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Step Four: Share

You can share with the world

Carnival des Voix is designed for you to join in as much as you like, and to share as much as you like.

Only share what you are comfortable sharing- it's always your choice and only yours to make.

Some ways you can share

Take a photo and share it online using the hashtag

#voicetonastick

www.carnivaldesvoix.com

Send us your photos, video we can add it to our website.

Videos you send us for website will also go on our **You Tube channel.**

to send photos and

#Voicesonastick

This is the small, simple version.

What character does your voice remind you of ?
– or make one up

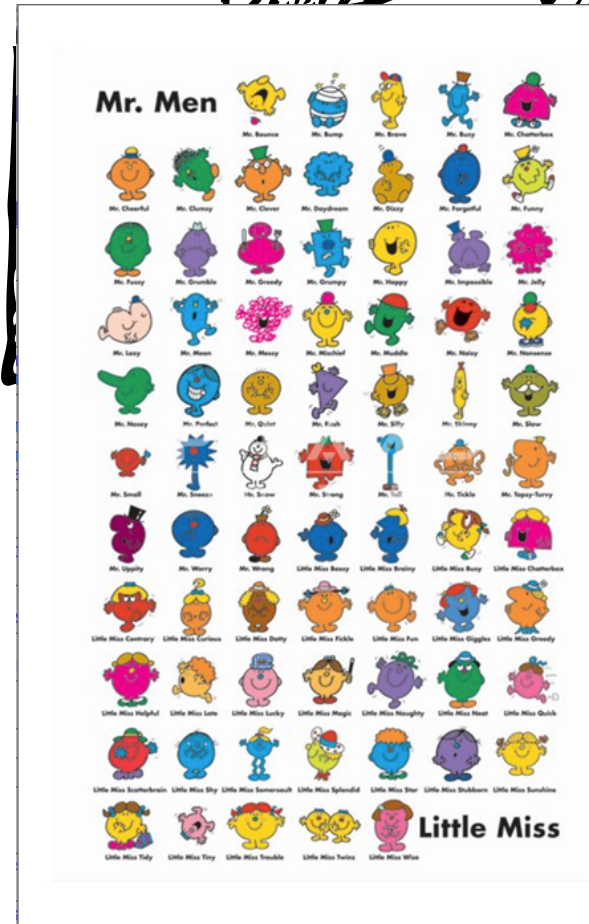
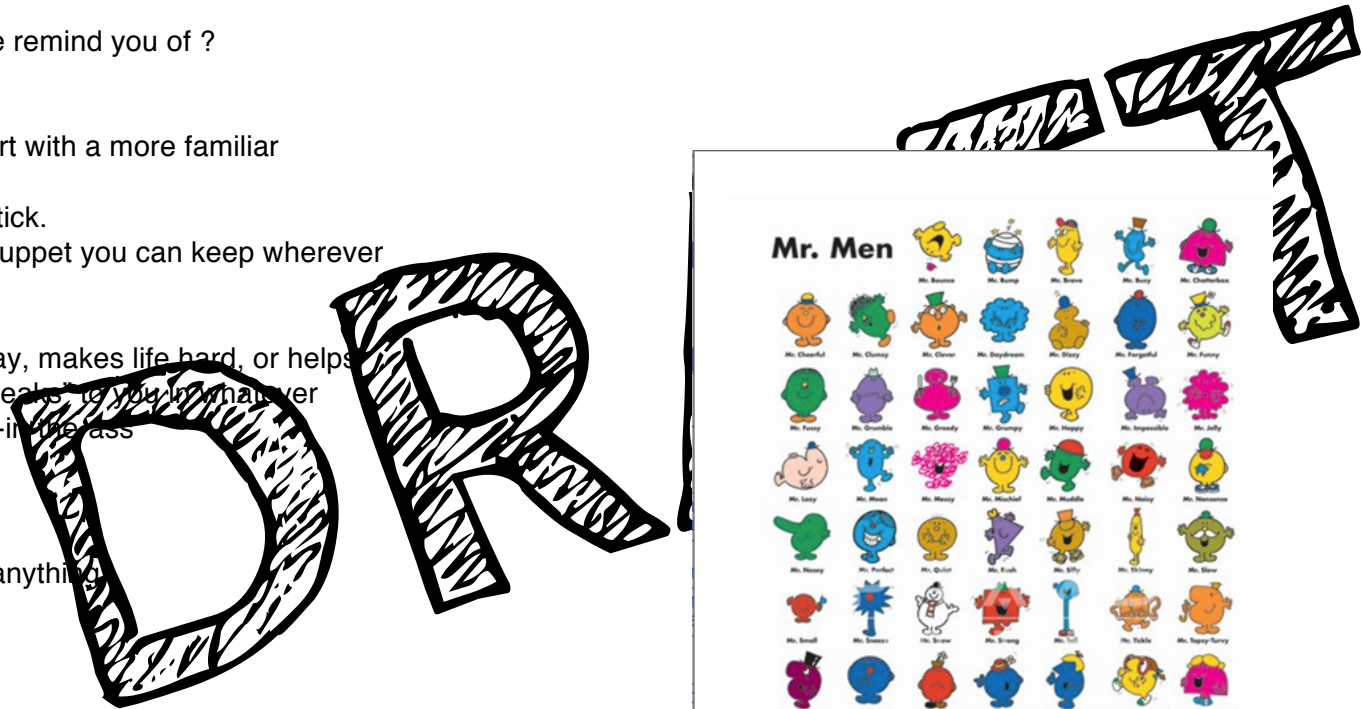
Make a simple drawing – or start with a more familiar character and change it.
Cut it out, stick it on a lollipop stick.
You now have a really simple puppet you can keep wherever you like

it doesn't need be a "voice"
It can be anything that eats away, makes life hard, or helps and makes life easier – that "speaks" to you in whatever language it does speak
Mr Pain-in-the-ass

- Mr Squakybum
- Mr Scaredypants
- Mr I-told-you-so
- Mr You'll-never-amount-to-anything
- Mr Always-on-my-back
- Mr LastWord
- Mr Fuckit
- Mr Alwaysmakesmelaugh
- Mr Loves to tell Fartjokes at the wrong time
- Mr Allwaysinappropriate

When you'd done, shove yours on a stick and share it at...

V o i c e s o n A s t i c k



Emotions and feelings





Sometimes it can be useful to connect our emotions with particular “voice” or “voice”

Inside Out

The Pixar movie Inside Out is a great example of how just more there is a whole host of educational resources many free here's a starter...

Emotion Atlas

The same psychologists who worked with the Inside Out team also worked with Dalai Llama on this project.

 <p>JOY</p> <p>JOYFUL INTERESTED PLAYFUL CONFIDENT LOVING SENSITIVE COURAGEOUS HOPEFUL</p>	<p>SADNESS</p>  <p>SAD BORED SLEEPY UNHAPPY IGNORED GUILTY LONELY ALONE</p>
<p>SURPRISED</p>  <p>STARTLED CONFUSED AMAZED EXCITED SHOCKED ASTONISHED EAGER DISMAYED</p>	<p>ANGER</p>  <p>MAD JEALOUS EMBARRASSED FURIOUS IRRITATED WITHDRAWN FRUSTRATED SKEPTICAL</p>
<p>DISGUST</p>  <p>AWFUL DISAPPOINTED HESITANT REVOLTED LOATHING JUDGEMENTAL</p>	<p>FEAR</p>  <p>HUMILIATED REJECTED WORTHLESS INSECURE ANXIOUS SCARED</p>

HOW ARE YOU FEELING TODAY?

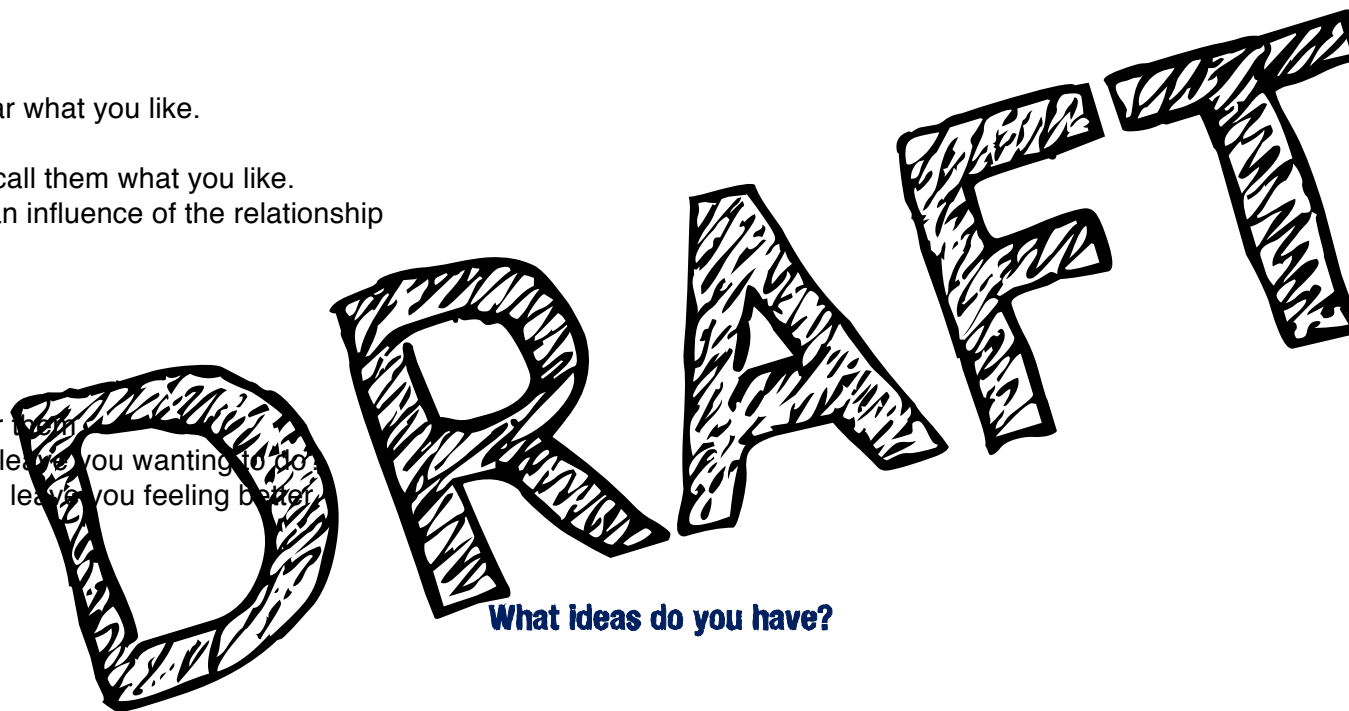
Don't just look for the obvious, noisy ones, too, the quieter ones can be just as important, and maybe easier place to start: you'll gain confidence and you might be able to recruit them to help you with the more difficult ones.

About Naming Voices

You can call eth voices you hear what you like.
Here's some idea
They are your voices, you can call them what you like.
What you call them may have an influence of the relationship
you have with them.

Ask them their name
Who do they sound like

How do you feel when you hear them
What does hearing them leave leave you wanting to do
Call them something that would leave you feeling better
These are just a few ideas,...



Resources

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References

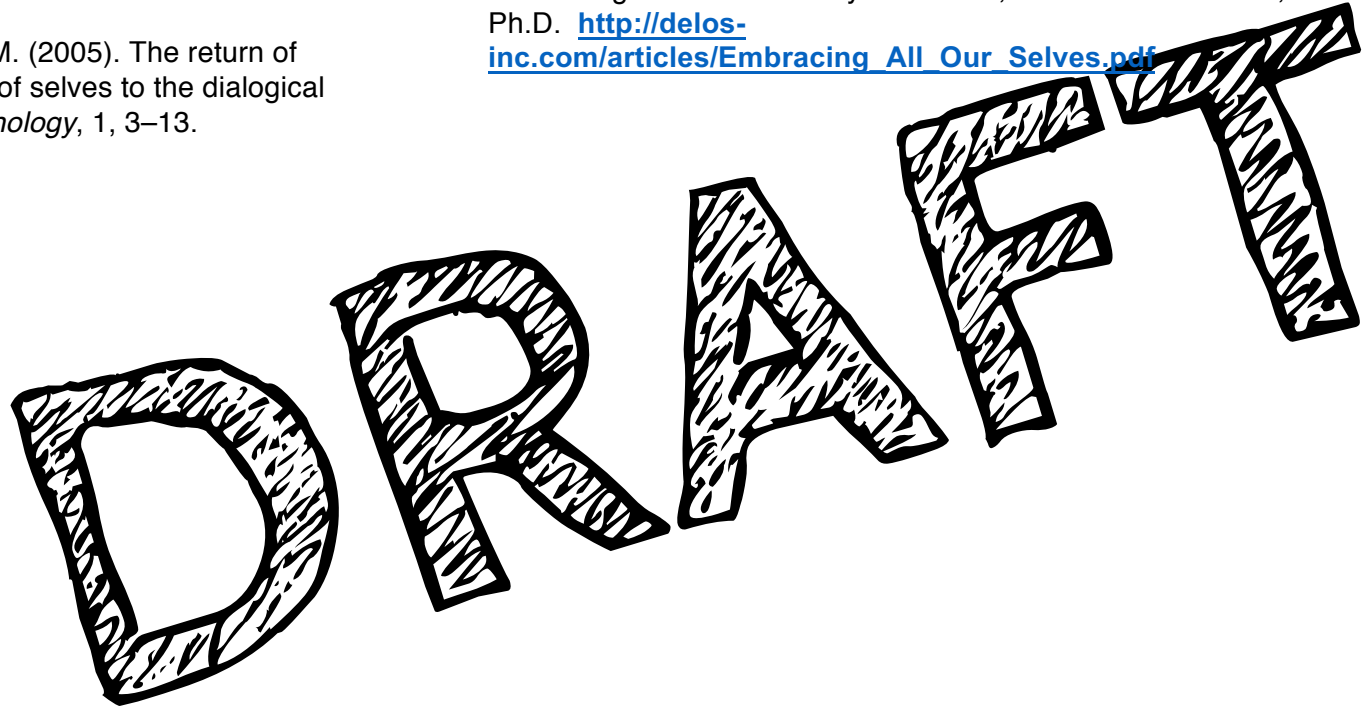
For those who need it...

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Embracing All Our Selves by Hal Stone, Ph.D. & Sidra Stone, Ph.D. [http://delos-inc.com/articles/Embracing All Our Selves.pdf](http://delos-inc.com/articles/Embracing_All_Our_Selves.pdf)



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