



Keynote Presentation On Psychosis

Speaker, Claire Bien, MEd



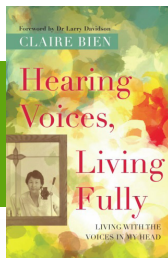
About the Keynote Presentaion, On Psychosis

Ms. Bien will discuss the various methods that have been used, both historically and in more recent times, to help people learn to manage, and if desired live with, hearing voices, providing insights into the ways in which voice hearers can benefit from learning to view and negotiate with kind, difficult, and seductive voices within an interpersonal framework and support of the Hearing Voices Network. Ms. Bien will also discuss the role that Michael Rowe's concept of citizenship—a sense of belonging in one's world with accompanying feelings of safety and trust—plays in forming the resilience that helps people find and maintain recovery. Ms. Bien offers a broad overview of psychosis informed by her person experience with psychosis and how she learned to cope with psychotic symptoms and experiences. She shares with attendees strategies that were helpful in her recovery, and offers recommendations for providers, clients, and family members, as well as and considerations for system-level changes in the treatment of psychosis.

Additionally, Ms. Bien will read selections from her memoir, *Hearing Voices, Living Fully: Living with the Voices in My Head*, and discuss factors that she believes contributed to her experiencing psychosis as well as describing the social and psychological factors that have allowed her to achieve a virtually full, unmedicated recovery.

About Claire Bien, MEd

Claire Bien, MEd, is Associate Director of Communications at The Connection, Inc., in Middletown, Connecticut., a nonprofit organization that address problems facing families and communities. She is a writer, grant writer, mental health advocate, educator, and survivor. She began hearing voices at age 31, was hospitalized, and placed on medication. Thanks to compassionate therapy and the support of family and friends, Claire learned to regain control of her mind and her life without the need for ongoing medication. She has become a passionate advocate for reform, calling for a change in the medical-psychiatric profession's approach to diagnosis and treatment of people with mental health conditions. Her memoir, *Hearing Voices, Living Fully: Living with the Voices in My Head*, was published in June 2016.



Copies of Claire Bien's memoir, *Hearing Voices, Living Fully: Living with the Voices in My Head*, will be available for purchase at the event, which will take place in the afternoon.