



Young People Hearing Voices: What you need to know and what you can do

Sandra Escher, Marius Romme

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Young People Hearing Voices is a unique, innovative book providing support and practical solutions for the experience of hearing voices. It is in two parts, one part for voice-hearing children, the other part for parents and adult carers. Escher and Romme have over twenty-five years experience of working with voice-hearers, pioneering the theory and practice of accepting and working with the meaning in voices. The children's section: This book has mainly been written for children who hear voices. The information in this book is largely derived from a three-year study amongst 80 children and adolescents who were interviewed about their experiences; children who ranged in age from 8 to 19 years at first contact. Little is known about voice hearing in children. Most people still have this notion that it is a disease for life. In this book, readers will find extensive information about how to look differently at voice hearing; learning to deal with it and discovering what might help to cope with the voices. The parents'/adults' section: It became increasingly clear to us how little information parents of children hearing voices were getting and that if parents found information, it was almost always based on the assumption that voice hearing was a serious disease. We noticed that the children of those parents who dared to search and go their own way were doing better. This book is for these parents.

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