



Hearing Voices: Understanding and Treatment

Colin A. Ross, MD

1.5 CPD Hours




HEARING VOICES

Understanding and Treatment

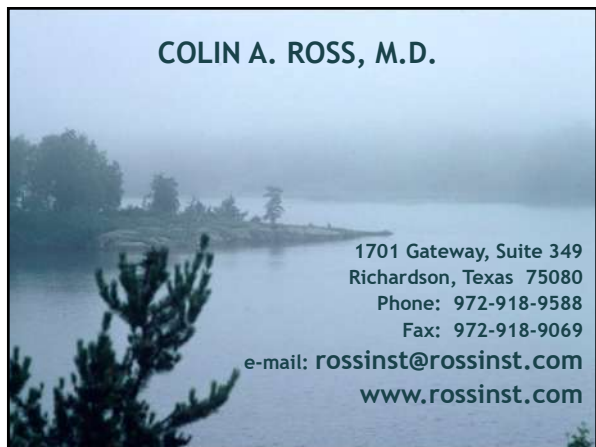
Colin A. Ross, M.D.

Delphi Training & Consulting
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COLIN A. ROSS, M.D.



1701 Gateway, Suite 349
Richardson, Texas 75080
Phone: 972-918-9588
Fax: 972-918-9069
e-mail: rossinst@rossinst.com
www.rossinst.com

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TREATMENT STRATEGIES FOR VOICES

The Central Paradox of DID

The Problem of Host Resistance


Talking Through to the Voices



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THE CENTRAL PARADOX OF DID


DID is real and not real
Voices are real and not real
The inside world and the outside world
Keep a foot in both worlds
Move back and forth flexibly
Don't get stuck in either reality



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THE PROBLEM OF HOST RESISTANCE

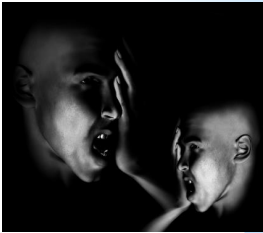
The host's job is to be 'resistant'
Not feeling the feelings allows the host to function
From the perspective of the voices this means being neglected
Host resistance fuels anger, sadness, suicidal ideation and command hallucinations
It worked well to survive childhood but needs tweaking now



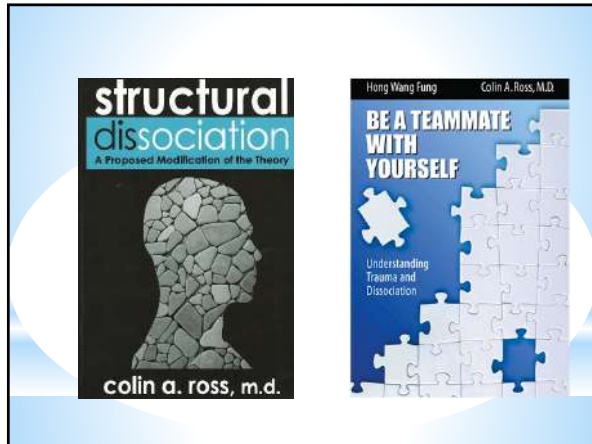
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TALKING THROUGH TO THE VOICES

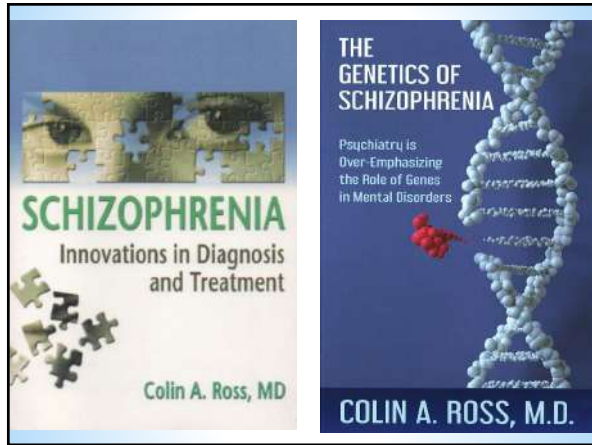
Ask the voice a question - the voice answers inside the head - the 'person' passes on the answer
Do therapy 'as if' there are two or more people involved - even though there is really only one person
Negotiate, identify needs, problem solve, make deals
Model communication between 'the person' and the voices
After 5-6 questions, the voice may slide out to the front - acknowledge that and continue



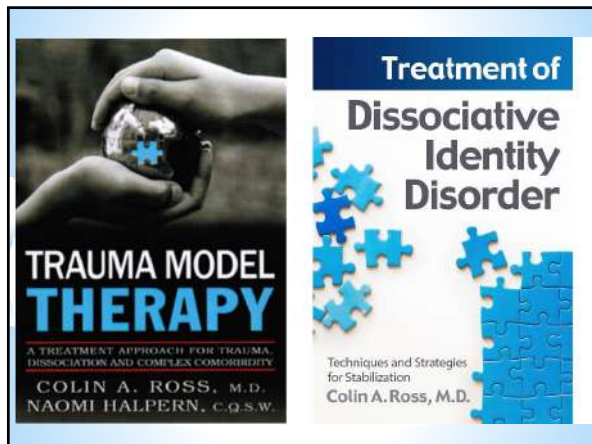
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