

JOURNEY OF



A COMMUNITY FORUM ON LIVING MENTALLY WELL



Featuring keynote:
ELEANOR LONGDEN



National Institute of Health
Research Postdoctoral Fellow

**6-8PM WEDNESDAY
FEB. 6TH**

New Life Community Church
990 James Way, Pismo Beach

This is a free community event with Spanish translation. Enjoy resource tables before the event starting at 5pm, and after the event at 8pm.

CEUs will be offered. No childcare available.

Dr. Longden draws on her own experiences of recovery from trauma and psychosis to promote person-centered approaches to complex mental health problems that emphasize the lived experience and expertise of individuals more fully. Her specialist research interests are the associations between voice hearing, trauma, and dissociation. She has published and lectured internationally on these issues, including events for the World Health Organization, the American Psychological Association, the Royal College of Psychiatrists, and the British Psychological Society.

Her 2013 TED talk on voice hearing has been viewed over 4m times and translated into 37 languages. Dr. Longden is also the author of *Learning from the Voices in my Head* (TED Books, New York: 2013).

FOR MORE INFO CONTACT CCERUSSI@T-MHA.ORG



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