

Claire Bien, M.Ed.

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About

Research associate at the Yale University Program for Recovery and Community Health; mental health advocate and educator; and author of a memoir, *Hearing Voices, Living Fully: Living with the Voices in My Head*. Board member and immediate past president of the U.S. chapter of the International Society for Psychological and Social Approaches to Psychosis (ISPS-US); as well as a board member of the Hearing Voices Network (HVN)-USA. Speak widely about experiences with psychosis and understandings of the nature and processes of my own recovery, which was greatly helped by early exposure to psychoanalytically informed, psychodynamic therapy. My paper, "My Body, My Psyche, My Self: An Empath's Reflections on Being and Becoming in the World," will be published in 2025 as part of a special issue on Madness of the journal *Psychoanalytic Inquiry*, edited by Daniel Posner, MD.

Employment

2018-present

Yale University Program for Recovery and Community Health. New Haven, Connecticut
Research Associate. Support research and lived experience initiatives of the Yale Program for Recovery and Community Health (Yale PRCH). Engage in collaborative research on efficacious approaches and interventions for people who hear voices.

2009-2019

The Connection, Inc. Middletown, Connecticut
Associate Director of Fund Development/Associate Director of Communications. Wrote grant proposals to local, regional, and national corporations and foundations. Planned and directed special fundraising events. Interviewed clients and wrote "good news" stories for publication in newsletters and annual reports. Chaired agency Cultural Competency Committee.

2001-2009

ALSO-Cornerstone, Inc. New Haven, Connecticut
Director of Communications/Director of Development/Development Manager. Directed all public and community relations efforts for nonprofit human services agency. Wrote grant proposals to corporations and foundations and state and federal agencies. Chaired agency Cultural Competency Committee. ALSO-Cornerstone merged with The Connection in January 2010.

1999-2001

Connecticut Food Bank East Haven, Connecticut
Public Relations/Special Events Coordinator

1997-1998

NCO Youth & Family Services Naperville, Illinois
Development Coordinator.

1992-1996

Yale School of Medicine and Yale University New Haven, Connecticut
Administrative Associate to Chairman of Department of Surgery. (1992 – 1993); *Residency Coordinator.* (1992-1994); *Assistant Director, Undergraduate Career Services.* (1994-1996)

1990-1992

Yale-New Haven Medical Center New Haven, Connecticut
Consultant. Worked with Chairman of Department of Dermatology on national legislative lobbying effort to secure FDA approval of photopheresis for the treatment of scleroderma.

1989-1990

New Haven Downtown Council New Haven, Connecticut
Communications Manager.

1987-1989 **Jewish Home for the Aged** New Haven, Connecticut
Director of Public Relations.

1984 – 1987 **Yale School of Management** New Haven, Connecticut
Managing/Production Editor, Office of Publications.

Publications Mourgues, C.; Hammer, A.; Fisher, V.; Kafadar, E.; Quagan, B.; Bien, C.; . . . Powers, A.R.; et al. Measuring Voluntary Control Over Hallucinations: The Yale Control Over Perceptual Experiences (COPE) Scales. *Schizophrenia Bulletin*, 28 January 2022. <https://doi.org/10.1093/schbul/sbab144>
Bien, C., and Brown M. A Dialogue on Psychosis, Psychoanalysis, and the Peer/Survivor Movement with Claire Bien and Marie Brown. *Division/Review, A Quarterly Psychoanalytic Forum*. No. 23, Spring 2021.
Rufato, L.S., Corradi-Webster, C.M.; Sade, R.M.S.; Bien, C.; Costa, M.N., and Reis. G. Suporte de Pares em Saúde Mental: Grupo de Ouvidores de Vozes, *Peer Support in mental health: hearing voices groups. Cadernos Brasileiros de Saúde Mental*, ISSN 2595-2420, Florianópolis, v.13, n.35, 2021.
Mourgues, C., Negreira, A.M., Quagan, B., . . . Bien, C., Powers A.R., III. Development of Voluntary Control over Voice-Hearing Experiences: Evidence from Treatment-Seeking and Non-Treatment-Seeking Voice-Hearers. *Schizophrenia Bulletin Open*, 25 September 2020.
Florence, A.C., . . . Bien, C., et al. When Reality Breaks from Us: Lived Experience Wisdom in the Covid-19 Era. *Psychosis*, Sept. 10, 2020.
Bien, C. Citizenship and Psychosis: Crossing Boundaries of Mind and Heart. *American Journal of Psychiatric Rehabilitation*, v.22, n.1-2, pp. 114-123, 2020.
Powers, A.R., Bien, C., and Corlett, P. Aligning Computational Psychiatry with the Hearing Voices Movement: Hearing Their Voices. *JAMA Psychiatry* 75:6, June 2018.
Bien, C. Hallucination. *The Awakenings Review* 7:1, 2017.
Bien, C. and Reis, G. The Hearing Voices Movement: Mental Health Advocacy and Recovery. *Cadernos Brasileiros de Saúde Mental*, ISSN 1984-2147, Florianópolis, v.9, n.21, p.81-90, 2017.
Bien, C. Hearing Voices, Living Fully. *Mad in America*, July 26, 2016, <https://www.madinamerica.com/author/cbien/>
Bien, C. *Hearing Voices, Living Fully: Living with the Voices in My Head*, (London: Jessica Kingsley Publishers, June 21, 2016).
Bien, C. If You Start to Get Scared, Stop Listening. *The Perch* 1: 14-30, 2013.

Conference Presentations *ISPS and the Hearing Voices Network: Shared Perspectives and Growing Common Ground.* Plenary address at the 23rd Conference of the International Society for Psychological and Social Approaches to Psychosis (ISPS), Need Adapted Care for Psychosis, Helsinki, Finland, June 5-8, 2024.
Lived perspectives and psychoanalysis: Finding solidarity in understanding and working through psychosis. Panelist with Marie Brown, Elan Cohen, and Bret Fimiani. ISPS-US Conference, Newark, Delaware, October 27-29, 2023.
Spirituality, Wholeness, Culture, and Faith. Plenary panel with Robert Bergner, Denise Maratos, and Derek DeForest Pyle. ISPS-US Conference, Newark Delaware, October 27-29, 2023.
Intersubjectivity, Metacognition, and the Empath in the World. Co-Constructing Healing Spaces, 22nd. ISPS International Conference, Perugia, Italy, August 31 – September 4, 2022.
Learning Our Voices' True Names/Perspectives on the Hearing Voices Movement, with Zenobia Morrill. Society for Theoretical and Philosophical Psychology, APA Division 24, August 5, 2022.
Voices as Metaphor: what they may be trying to tell us, with Jacqui Dillon Sentirsi Vivi Curare Il Ver Se: Depressione, schizofrenia e crisi sanitaria attuale. Chieti University, Pescara, Italy, 10.8.2021.
Psychosis, Citizenship, and Recovery: Mapping a Life's Journey. ISPS-US Annual Meeting, New Haven, CT, November 1-3, 2019.
Citizenship and Recovery: Personal and Professional Perspectives. ISPS International Conference, Rotterdam, Netherlands, August 2019.

Moving Beyond Pain, Confusion and Anger: Learning to Negotiate with the Voices in Our Heads. ISPS-US Annual Meeting, Philadelphia, PA, November 9 – 11, 2018.
Using Lived Experience in Our Work. The Connection Conference, Middletown, CT, October 2018
Keynote Address. Hearing Voices, Living Fully. Who Said the Voices Aren't Real? Psychosis Symposium, Parsons Child & Family Centers/Northern Rivers Family of Services, Albany, NY September 22, 2017.
Meet the Author Session. ISPS International Conference, Liverpool, UK, August 2017.
Hearing Voices, Living Fully. World Hearing Voices Congress, Boston, August 17-18, 2017.
Social Movements and Alternatives to Psychology: The Hearing Voices Network and other social support groups in treating psychosis. Federal Board of Psychology Abrasme Congress, Sao Paulo, Brazil, May 25-27, 2016.

Professional Development **ISPS International and ISPS-US Monthly Seminars with Françoise Davoine.** Participate in monthly psychoanalytic seminars with French psychoanalyst Françoise Davoine.
Maastricht Interview training with Peter Bullimore, Kate Crawford, and Shaun Hunt, The National Paranoia Network and Advocacy Unlimited, November-December 2021.
Certified Recovery Support Specialist. 80-hour training offered by Advocacy Unlimited that provides knowledge and skills needed to work as a peer professional and to communicate hope, and inform, promote, and educate others in the behavioral health care field.
Alternatives to Suicide. Three-day intensive training offered by Western Massachusetts Recovery Learning Community and led by Caroline-Mazel-Carlton and Natan Cohen.
Intentional Peer Support (IPS). Participated in week-long training in Intentional Peer Support training led by Chris Hansen and Shery Mead.
Yale University Lived Experience Transformational Leadership Academy [LET(s) Lead]. Fellow. One of eight individuals in U.S. selected for inaugural program led by Yale Program for Recovery and Community Health and funded by SAMHSA. August 2017-April 2018.
Hearing Voices Network Support Group Certified Facilitator. July 2014. Refresher courses 2016, 2018, 2020, 2021, 2022.

Honors **ISPS-US Bertram Karon Award** (shared) for the presentation at an ISPS-US conference that best exemplifies Bert's humane and spirited quest to promote psychotherapy for psychosis, October 2023
ISPS-US Christian Müller Service award for dedication to ISPS-US and psychosocial approaches to psychosis, October 2023.
NAMI Connecticut Stigma Buster Award Recipient, July 2016.
The Connection Residential Behavioral Health Programs Client Advocate Award, May 2016.

Volunteer **International Society for Psychological and Approaches to Psychosis–US (ISPS-US).** President. (September 2020 – January 2024). <http://www.isps-us.org>
Hearing Voices Network-USA, Board Member, (2019-present) www.hearingvoicesusa.org
Hearing Voices Network Support Group Facilitator. (2014 – present).
National Alliance on Mental Illness (NAMI). Founding member of the Board of Directors of Elm City affiliate (2009 – 2016); President (2015 - 2016); In Our Own Voice Presenter (2013 – present); NAMI Provider Education (2013 – 2020); State Trainer (2017-2024).
The Perch, arts and literary journal of the Yale Program for Recovery and Community Health, editorial board member (2012 – 2019).
Unitarian Society of New Haven Member, Board of Trustees, 2004 – 2007.

Education **Arizona State University** Tempe, Arizona
M.Ed., counseling psychology, with focus on mental health counseling. 1979.
Furman University Greenville, South Carolina
B.A., *cum laude*, German and history. 1972. Entered Furman following junior year in high school.