

FREQUENTLY ASKED QUESTIONS

What does Talking With Voices involve?

It involves a maximum of 26 sessions of up to an hour and we'll aim to make these appointments as convenient as possible for you.

The first part involves time for you and a therapist to get to know one another; the therapist will discuss different ways of understanding the voice hearing experience and suggest strategies that can be helpful for coping.

The second part involves the therapist learning about your voices, such as what they say and what was happening in your life when they first started.

When you and your voices feel ready the final stage begins, which involves the therapist 'talking' with your voices. The therapist will ask questions out loud then ask you to listen to what the voices say and repeat their responses back. The aim of this is to understand more about how you and your voices feel about things and to use this information to help you work together to develop a more peaceful and positive relationship.

It is very important that both you and your voices feel safe and comfortable with this process, and the therapist will spend time to help make this happen.

Would it cost me anything?

No. You will be compensated £10 at the initial appointment and at the second follow up appointment. You would also be compensated £10 if you are asked to take part in an interview about your experience at the end of the study.

What if I don't want to be part of the study anymore?

You can leave the study at any point if you change your mind without having to give a reason why. It will not affect the usual care you receive and no one will be angry about your decision.

FEEL FREE TO CONTACT US

To discuss taking part in this study please contact:

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or

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TALKING WITH VOICES

NHS
Greater Manchester
Mental Health
NHS Foundation Trust

Have you received a diagnosis of schizophrenia or psychosis and are not currently receiving psychological therapy?

Have you heard voices for at least a year and sometimes find them hard to cope with?

Would you be interested in an approach where a therapist engages directly with your voices?

Are you aged 18 or over?

IF YOU THINK THE ANSWER IS YES TO THE ABOVE QUESTIONS, THE 'TALKING WITH VOICES' TRIAL MAY BE OF INTEREST TO YOU

WHAT IS THIS STUDY ABOUT?

Although hearing voices that other people can't hear is a common human experience, it can sometimes cause a lot of distress and be difficult to cope with. Research has shown that this may often happen when voices are related to negative emotions and/or to stressful events.

As such, health services have recognised that it can be helpful to provide psychological therapy (sometimes called 'talking therapy') to people who struggle with hearing voices. Such treatment may reduce feelings of distress and help people find new ways of coping.

Talking With Voices (**TwV**) is a new form of therapy that comes from the work of the International Hearing Voices Movement. It is based on the idea that what voices say may reflect real-life conflicts and difficulties in the life of the voice hearer.

TwV believes that understanding more about the links between voices and negative events and emotions can provide useful information for helping people make sense of their experiences. In the long-term, this may also be helpful for learning new ways to cope with the voices and become less distressed by them.

TwV involves a therapist 'talking' to the voice by asking it questions. The voice hearer then listens to the responses and repeats them out loud to the therapist.

Over time, the therapist learns more about the voice(s) in order to support the voice(s) and voice hearer to develop a more peaceful relationship. In addition, the therapist and voice hearer work together to try to understand how the voices may relate to particular problems in the person's life.

There are good theoretical grounds to believe that this approach is helpful for people. This means that different aspects of the therapy, such as understanding the links between voices and painful life events or supporting a person to try and improve their relationship with their voices, have research evidence showing them to be beneficial. However, there is currently no evidence for using **TwV** in the NHS. As such, we want to run a small trial to discover whether a larger study could be run in the future.

WHAT HAPPENS IF I WANT TO TAKE PART?

1. We will **discuss the study** with you and send you more detailed information. It is completely your choice to take part or not and you can take as long as you need to decide.
2. We would talk to your care coordinator or doctor at this stage.
3. We will then offer you an appointment to **check in more detail that you can take part**. This will involve answering some questions about your experiences and filling in some questionnaires.
4. If the study is suitable for you, you will then be **randomly allocated to one** of two possible outcomes. In research trials these are called 'treatment arms'.

Talking With Voices

People in this 'arm' will receive up to 26 sessions of Talking With Voices plus their usual mental healthcare

OR

Treatment as usual

People in this 'arm' will receive their usual mental healthcare. This way, no one is deprived of support that would otherwise be available if they had not taken part in the study.

Although people in the treatment as usual 'arm' will not receive therapy, all participants are equally valuable as it is only with a comparison between both 'arms' that we can understand more about Talking With Voices.

5. You will be invited to a second research assessment, 6 months after you became involved in the study. Participants in previous studies have often told us that they find these research assessments quite helpful as it can give some idea about how their mental health may have changed over time.
6. You might also be invited to give an interview about your experiences of being in the study.