

The Voices Clinic seeks to increase the availability of evidence-based psychological therapy for patients who are distressed by hearing voices. Patients are offered up to eight sessions of Cognitive Behavioural Therapy that aims to reduce the distress caused by hearing voices.

Who can be referred?

- Any patient within the **Adur, Arun and Worthing ATS/AOT** who is **distressed** by hearing voices can be referred to the clinic, **regardless of diagnosis**.
- Patients **must** have a **Lead Practitioner** and be **under the care of the ATS/AOT**.
- Patients must **not** be expected to be discharged from the ATS/AOT within the **next 3 months**.
- Patients are required to have an **up to date risk assessment**.

What is the referral process?

- Email voices.clinic@sussexpartnership.nhs.uk and we will send the brief referral form.
- All we ask for is confirmation of the above criteria and a few sentences explaining why you have made the referral.

What happens next?

- Patients will have an **'Initial Meeting'** with a Clinic Assistant to talk about their voice hearing experiences and see if the therapy might be suitable for them. We ask the patient to complete a few questionnaires that will help us to evaluate their progress.
- If they are eligible for therapy, patients are invited to attend **eight sessions of individual therapy** with a therapist from the ATS/AOT. All therapy sessions will be conducted where patients usually see members of their care team. All patients continue to receive all of their usual care throughout their time within the Voices Clinic.
- Sessions last up to an hour and explore **different ways of coping** with voices and thinking about **beliefs about the self, voices and relationships**. This course of therapy is based on the self-help book called 'Overcoming Distressing Voices'.
- Once the therapy is completed, a Clinic Assistant will conduct a **'Feedback Meeting'** to repeat the questionnaires from the initial meeting and review the patient's experience and progress.
- After the feedback meeting, patients are encouraged to implement their learning with the assistance of their supporters and resources.

For more information or to refer a patient to the Voices Clinic, email:

voices.clinic@sussexpartnership.nhs.uk

