

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

Who can be referred?

- Any client within the **East Sussex CAMHS** who is **distressed** by hearing voices can be referred to the clinic, **regardless of diagnosis**.
- Clients **must** have a **Lead Practitioner** and be **under the care of the CAMHS**.
- Clients must **not** be expected to be discharged from the CAMHS within the **next 3 months**.
- Clients 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?

- Clients 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 will help the client to complete a few questionnaires that will enable us to evaluate their progress.
- If they are eligible for therapy, clients are invited to attend a course of **four sessions of individual coping therapy**. This will be delivered by a CAMHS clinician who has been trained to deliver the Voices Clinic therapy. All therapy sessions will be conducted where clients usually see members of their CAMHS team. All clients continue to receive all of their usual care throughout their time within the Voices Clinic.
- Once the therapy is completed, a Clinic Assistant will conduct a **'Feedback Meeting'** to repeat the questionnaires from the initial meeting and review the client's experience and progress.
- After the feedback meeting, clients are encouraged to implement their learning with the assistance of their supporters. Additional resources are offered by the Voices Clinic to facilitate continued learning, such as the self-help book called 'Overcoming Distressing Voices', which this course of therapy is based on.

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

voices.clinic@sussexpartnership.nhs.uk

