

The Voices Clinic seeks to increase the availability of evidence-based psychological therapy for clients who are distressed by hearing voices. Clients 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 client within the **Hailsham EiS** 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 EiS**.
- Clients must **not** be expected to be discharged from the EiS 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 ask the client to complete a few questionnaires that will help us to evaluate their progress.
- If they are eligible for therapy, clients are invited to attend an initial course of **four sessions of individual coping therapy** with a therapist from the EiS. All therapy sessions will be conducted where clients usually see members of their care team. All clients continue to receive all of their usual care throughout their time within the Voices Clinic.
- If the client and therapist feel it would be helpful, a further course of **four sessions of individual therapy** will be offered – this time focusing on **beliefs about the self and voices**. 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 client's experience and progress.
- After the feedback meeting, clients are encouraged to implement their learning with the assistance of their supporters and resources.

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

voices.clinic@sussexpartnership.nhs.uk

