TRAUMA-FOCUSSED PSYCHOLOGICAL INTERVENTION FOR VOICE HEARING FOLLOWING TRAUMA OR ADVERSITY

The RECALL Study

We are looking for volunteers to participate in a research project. The purpose of this project is to evaluate a trauma-focussed treatment for voice hearing experiences. Trauma-focussed treatments involve talking through traumatic events in order to process the emotion and meaning of the events and reduce their impact in the present day.

We are inviting people who:
• Are aged 18-75
• Have experienced events in their life that might be considered to be traumatic
• Hear voices, (sometimes referred to as ‘auditory hallucinations’) that may be related to this traumatic event
• Are fluent in English

Participation will involve:
• Being randomly allocated to receive the six session intervention, or to a waiting list group who will be offered the intervention following their participation in the study
• Completing three assessment sessions (a baseline intake assessment and follow ups at seven and 11 weeks). These sessions will involve talking about your mental health, voice hearing and past traumatic experiences and completing some paper and pencil questionnaires
• Completing 12 days of monitoring of your voice hearing and memories of the traumatic event using a smart phone app (six days in week one and six days in week seven)

Participants will be financially reimbursed for their time/travel for these assessment sessions. The assessment and intervention sessions will be held at the Voices Clinic at the Monash Alfred Psychiatry Research Centre (MAPrc).

If you are interested in taking part or want more information, please contact: Rachel Brand on (03) 9214 4840 and leave a message or email: rbrand@swin.edu.au