



Compassion for Voices

1st month report (dated 27 March 2015)

In the first month since first sharing the video link on 26 February 2015:

- 8125 YouTube views
- 59 feedback survey responses

Feedback survey responses

About you

Please select the option(s) that describe you the best.

I am a person who hears voices	10 (11.5%)
I am a family member of a person who hears voices	9 (10.3%)
I am a friend of a person who hears voices	10 (11.5%)
I am a person who works with people who hear voices	29 (33.3%)
I am a person who works in other health services	18 (20.7%)
I am a person who can influence health service policy	5 (5.7%)
I am a person in the general public (not listed above)	6 (6.9%)

Impact of the film

Please describe what, for you, has been the main impact of this film. (e.g. has it changed your understanding about voices? has it changed your attitude or approach towards people who hear voices? has it encouraged you to think about, or to do, something in a different way? etc.)

Great contribution!
A clever way to help me understand what a Voice hearer experiences. I hope that it is true that a voice hearer can learn to control his voices if not eliminate them.
Everyone hears voices. I guess the difference between being psychotic and not is the severity. I know my experience. Each one of us hears voices. The mind produces thoughts. Not all thoughts are true. If we come from an abusive childhood, environment then we have internalized many different voices. The man who is unable to contain violent impulses with his wife and children. The verbal abuser. There are endless possibilities. When we identify with the voice no matter the quality then we become one. Therefore I will choose the quality of my life based on which voice I believe or know to be true. Yes turn to even the most abusive inner voice with self-compassion.

<p>This inner core of love will integrate even the worst of energies. Great video!!</p>
<p>Animation has the power to influence and educate in a gentle and powerful way- and this film is so clear and excellent! Such resources could be used to educate the youngest among our society so that the most vulnerable, such as the protagonist here, do not also have to contend with the added arrow of stigma, and the added arrow to that of the alienating lack of understanding of voices by psychiatry and the medical profession. Voices are common and when they become distressing we all need to show love and tenderness and empathy to those who suffer them such that as a community we can support them to find strength and solace, understanding and compassion. Thanks so much and keep up the good work. I am quite educated on the subject so it did not change my attitude but it made me imagine the experience more clearly.</p>
<p>The visual depiction of the facial expressions of the voices is very powerful--more powerful than just saying they were negative, they were threatening, they were supportive, etc.</p>
<p>It is wonderful to have found such a very useful resource. I work with people who have these experiences and use a number of different methods to help them to dialogue between the voices, aiming for unity and not uniformity.</p>
<p>I am a student mental health nurse who experienced the fear that other people could read my thoughts ('though broadcasting') for a few months when I was a teenager, after coming out as bisexual in a strictly Christian school. I tested this by mentally 'shouting' at people and reasoned that if they didn't react, my thoughts were safe. I didn't tell a soul about this experience until I learned about this view of unusual experiences in my first year of nurse training.</p> <p>This explanation for voice-hearing makes so much sense to me. I was already familiar with it through people like Eleanor Longden, Rufus May and Richard Bentall, so I'm so pleased that this exists as something I can show quickly to colleagues and friends. I've already shared with my nursing cohort on our Facebook groups, and on my nursing Twitter account. :)</p>
<p>as an art student and person who hears voices and struggles with them this film has made me understand in a positive way how to be compassionate to my voices but it's for me a struggle and still have not overcome but the film in an easier understanding way to be nice to myself and my voices</p>
<p>I am a PTSD, anxious , depressed kind of person. I heard mainly one voice in a depression in 1972. My "voices" now are more like the internal dialogue in the video. I have done the ACT workbook....this has similarities. Usually ACT and my faith keep me going. Had an anxiety attack two days ago. First in about 5 years.</p>
<p>Helped me to understand</p>
<p>Usually the voices are mean and threatening and I wonder why I deserve so much pain. This film has shown me that I'm basically a good person</p>
<p>Well, I took Paul Gilbert's three day course in Berkeley just about 3 years ago so I'm familiar with CFT. I enjoyed the illustration of how compassion can help people manage their voices. I can think of a number of people I want to share it with!</p>
<p>It helps me to share what I already knew with others, in a simple and accessible form</p>
<p>I like the visual representation of the different voices and the way it's then countered by the</p>

<p>compassionate voice. It is somehow more striking than an article on this subject. It has made me wonder about the implications for distressing beliefs.</p>
<p>An excellent short film helping others to understand the impact of hearing voices - not only in the case of psychosis, but also a compassionate understanding of the impact of 'self-critical' inner chatter which underpins so much psychological distress. Thank you.</p>
<p>I loved it, and recognising Eleanor Longden's voice 1/2way through made me feel I was in safe hands! I will show it to my students ...</p>
<p>Remind me the RFT. Relational frame theory. Developing Perspective frame of self.</p>
<p>i think it had some helpful concepts but of course it is oversimplified. i dislike the buddhist concept mainly because it is not up front about where the idea of a compassionate being comes from.</p>
<p>I am not a person who hears voices in the sense the film indicates, but I am someone learning to recognize the role of trauma in my life and can recognize that I have "voices" that constantly warn and shame me as an ineffective, incapable person. This is the sort of work I've been learning to do in my life to become whole. I have a sister-in-law (whom I don't know well) who was diagnosed as schizophrenic in her early twenties. She is now in her sixties, institutionalized, and neither she nor any of her family members believe there is an alternative for her. This film strengthens my belief that these voices, addressed in a compassionate way, can be integrated into a person's being in a way that is helpful and strengthening.</p>
<p>Confirmed my current practice and beliefs around the purpose and positive usefulness of voice hearing.</p>
<p>Oh my God. I can't believe the video. It is EXACTLY what goes on in my head. This is the FIRST time I have EVER come across something that nails my experience. And the voices. Thank you SO MUCH.</p>
<p>The main thing I took from it was the fact that the voices are just extensions of normal regulatory systems which are there to help you - for example - when the compassionate 'sun' addresses the four voices.</p>
<p>This film is excellent and has enhanced my understanding (I work in primary care as a CBT therapist) of the impact of voices.</p>
<p>It was very helpful in describing how to manage or assist one in managing voices and how they can work with them instead of against them. It painted a very clear picture Thank you. I shared with all CMHA staff in Peterborough.</p>
<p>given me hope and encouraged me in using compassion towards myself which I think is a strong basis for being able To have compassion for others and compassion for voices</p>
<p>It offers hope</p>
<p>Clear about how voices can be managed.</p>
<p>It has changed my way of understanding voices in the way that I now understand that theses voices can be acknowledged and changed and do not need to be erased completely.</p>

Its changed the way I've thought about therapies for voices, rather than trying to get rid/reduce them to be more accepting and notice their usefulness but to come to a point where they are less distressing through compassionate work.

It helped me explain some of the aspects of what it is like to hear voices

I liked it. I thought its delivery was quite simplistic yet very effective and informative. I would have liked to see and hear more. it helped me to understand further the impact that hearing voices can have on a persons everyday life.

I watched the film twice in a week.
I have long felt that the biggest isuse for people I know is not the fact of hearing voices but the relationship people have with their voices.

This film affirms that but takes tfurther the idea of cultivating a particular kind of relationship - warmly accepting voices. That explicit aim and process is somewhat new ground for me, quite attractive.

It encourages me to use the language of acceptance, which I am familiar with, and also compassion, which I have not done before. I can see how this appllies to my own relationship to my thoughts, as well as to my ideas for supporting people with voices.

Thanks

Wonderfully simple yet profound. I would like to share it with people with whom I work as well as colleagues.

Great. Engaging

This has changed my approach to myself. Though I don't hear voices, this film accurately portrayed how I talk to myself. Where the thoughts are coming from. And how to better deal with my own, often debilitating, self-talk. Thank you very much.

It has given me ideas for a different approach

I found it a really accessible way to describe CFT for voices to people, whether this is service users or staff or family/carers. I think it is a different approach to what a lot of people will have heard of or experienced in the NHS, it is really empowering and hopeful. I would definitely consider using this video in therapy sessions to explore CFT for voices with a SU.

I have been a worker who has embraced the acceptance approach to working with people experiencing voices for many years. I use strategies of compassion, mindfulness and dialoging with voices along with some more traditional cognitive evaluation strategies. I have trained with Eleanor, Dirk Corstens, Rufus May and Ron Coleman in the past and promoted this aopproach throughout the organisation in which i work. I am currently promoting this approach through the NSFTrust Recovery College course "living well with voices". I feel that the video is a very powerful tool in this context and in individual work. I received an e-mail with the link this morning and showed it to a young lady voice hearer i am currently working with this afternoon. The young lady has been very resistent to any attempts to direct her toward self compassion and she has struggled with the idea of showing compassion to herself or her voices. I am really pleased to say she has responded very positively to the video and it gave us an opportunity to go into areas of her expereince that she has not wanted to go previously. She has maintained a "hard shell" as a protective sheild to life and she allowed this to drop a little today. I am certain that the video was instrumental in her beginning to explore her experience and with it a journey of

recovery. I will be using it as an aide to my work. Thank you and Vive la revolution!
It has encouraged me to continue practicing on accepting the voices. It has also made me understand that I'm not the only one and that I can handle it.
I think "hearing voices" is a misleading label for what is described there as Stuart's experiences. It suggests something more akin to hallucination rather than internal critical ideas or thoughts.
Really helps to understand, gives fresh perspective. Feel this method of compassion really helps.
Made me think about how i talk with people who hear voices.....remembering the good and the bad....
It was a good reminder that we need to take time with our people who hear voices and that grounding/ mindfulness etc is a great place to start.
I like video but I'm not sure if it is supposed to be ambiguously suited to those experiencing auditory hallucinations and-or those experiencing multiole conflicting internal self critical or self doubting 'thoughts'? It could suit both populations. I am a psychologist
The film show me a different approach to voices, one more reason to believe that other world is possible.
all of the approve. There is much support needed in this area for the patient and family members.
Very powerful film, scared of my voices telling me what to do. Can we all get a compassionate voice? This video shows exactly what my voices are like and it doesnt try to tell you it is all in your mind either. It accepts our voices, where can I learn to accept mine?
Gives me hope! (I am a general psychiatrist who sees the damage that voices do, and the damage that antipsychotics also do)
It made me cry
Made me think about the importance of reaching for patients who experience auditory hallucinations in a novel manner
I have trained as mental health befriender , and hearing voices is very real to a person who experience this . It must be conflicting and challenging on a daily basis. We must be compassionate not to dismiss how difficult it is to stop listening to those voices .
I work with a compassionate focus approach (anxiety) at the moment and think could be a great video to show people to help them understand the approach and what the aim is! Aside from that, having worked with people who hear voices in the past, I can see how it would be normalising for people and give people hope for the future through giving them another option for managing their situation
I'm a social work student and I've worked with folks who hear voices and have felt with so much sadness that I cannot actually do much to help people who experience this aside from providing services like helping them get benefits or housing. this gives me so much joy and hope. thank you!

Plan to share this film with my patients, as part of integrating a CBT-P approach into my forensic mental health work as a clinical forensic psychologist. I have recently been expanding my more classical CBT training to include mindfulness and compassion-focused approaches, and this fits in nicely with my developing model of care.
I have a basic understanding of the concepts of CFT and previous knowledge/experience working with people who hear voices. I think this film is brilliant as it clearly explains how a compassionate approach could help with hearing voices.
very well depicted - symptoms and how therapy works

Do you think this film has, or could potentially have, an impact in the following areas?

Impact on people's health and welfare

Yes 57 (98.3%)

No 1 (1.7%)

If yes, please comment

Unique approach!
I believe strongly in this type of uncovering of thinking process for all children and adults alike .
please clarify voices...levels & degree
Stigma prevention. Preventitive education, voice hearer solidarity.
Helping people to understand that hearing voices is not necessarily the same thing as an illness that some people may choose to live as a collective and consider that normal.
reducing fear and distress concerning voices
yes depends on the person themselves and the way of thinking about your voices
This helps normalize the experience.
students especially
anyone who hears voices needs to watch it
If people see this and want to pursue CFT for voices or other extreme experiences
Helps the welfare of those who hear voices
normalising
Relating differently to hearing voices
Help people to respond positively to an often scary experience

possibly
learn to respect all aspects of oneself
Decreased personal stress = improved physical health outcomes. Less dependence on medication = reduced metabolic risk and reduced side effect profiles
Yes, it's good at explaining the process
Helps to normalize feelings and emotions for someone
gives more choice on possible ways to understand and be with the experience of hearing voices
Reduction in fear.
good way of growing, self-care
People who hear voices could be inspired to be more relational with their voices, making space for understanding and establishing Self, etc.!
this approach could help my son feel more in control
I think it will help people understand CFT for voices and be potvie in encouraging them to try the approach.
As above
To recognize and accept the voices reduces internal resistance resulting to a healthier living
people will identify with the critical voice , feel less alone - and that is healing in itself.
Gives idea of how to progress
It helps normalise internal psychotic AND neurotic dialogue
Diferent way of looking at things
yes, accepting that voices are major part of their lives
Increasing awareness of options and a different way of looking at things
could encourage individuals to seek help, or prompt friends and family to act more compassionately and steer loved ones towards help.
as part of a broader therapeutic approach to psychosis may help reduced distress associated with voices and the diagnosis of psychosis itself
It could help introduce the idea of this type of approach to people and offer an alternative treatment to traditional medical approaches.

Impact on health service policy

Yes 43 (79.6%)
 No 11 (20.4%)

If yes, please comment

Perhaps ,iOS love to see more social emotional wellness being offered in school curriculum .
It's a helpful video for therapist, clients, & everyone
More patient centered focus, and engaging with the content of psychosis experience, rather than fear and quashing with medication, negation or lack of interest.
It helps to underline the important observation that people with experiences diagnosed as psychotic can benefit from psychotherapy.
more holistic approach to unusual experiences
i still think there is a long way to go on health policy that voices are not to do with mental health.
It illustrates a calm approach to voices.
ads would be nice
Presents a new vision for 'treating' voice hearers in a clear and credible way
guiding towards a compassionate approach
More people understand voice hearing the better support
be compassionate, encouraging and respectful of the whole person
Humane interventions, designed to maximise the quality of life of the individual
not sure
can help with the gathering of support for choices in approaches
Greater understanding.
maybe - supporting programatic use of coaching in this therapy. Bigger issue is compassionate policy making!
Could open minds (and hearts) to grasp the inhuman attitudes (in U.S. anyway) towards those "others" who ... (negative...)
it would great if something like this could be offered as standard to first episode psychosis clients
I am less positive about thisr
Provides insight
Use of animation could reach wider audiences and should become a greater strategic mental

health engagement policy
provide training for professionals
this kind of therapy should be adopted by more agencies!
importance of considering non-pathologizing approaches to treating psychosis
This may help policy makers to have a better understanding of the role of compassion and the experiences of people who hear voices

Impact on health service provision

Yes 46 (85.2%)
 No 8 (14.8%)

If yes, please comment

Useful support . I can see using it in psych education on an individual basis as well .
Hopefully more input from the excellent experience of voice hearers themselves on cure and prevention.
Psychotherapy ought to be available to people who have these experiences and who choose to have therapeutic input in regards to them
more investment in early intervention in psychosis
no people in mental health are still giving only one option diagnoses and pills not other interventions for people to learn emotional wellbeing and as your film on being compassionate to areselves would cost mjore in long term therapy often the cheapest option is always first not the best long term outcome
Some providers might like to try it!
more funding
Yes, especially once people have seen it and learned more about CFT.
Could influence commissioners
Increased provision & access to CFT
As above
encourage the person's participation and taking control of their health service needs and decisions
Decreased personal stress = improved physical health outcomes. Less dependence on medication = reduced metabolic risk and reduced side effect profiles
Provides a basis for workers to start to support clients

can help their being more of a choice in helpful approaches e.g. people could be offered compassion based support
ditto
AA
Instead of The Powerful Provider and the patient patient, the paradigm would be to empower the voice hearing person ...
clients would need less support in the long run if they were helped to take more control of their condition
It will help servies understand what CFT can be used for and to consider a psychological approach to working with voices.
Less positive
Creates insight for healing
As above
might encourage mh services to do this
As a social worker, knowing this could change the services i provide - i want to learn how to provide this kind of therapy
importance of incorporating evidence-based theory and non-pharmacological treatment in addition to medication
Hopefully this could influence service providers who may be more open to a wider range of treatments and approaches

Impact on other (non-health) service provision

Yes 39 (81.3%)
 No 9 (18.8%)

If yes, please comment

Better understanding among families, friends and communities of voice hearers.
By helping other services to understand that people with psychosis are more than capable of working, in certain circumstances, it can help people to be recognised as being capable of holding down jobs et cetera this will ultimately impact on policy that would otherwise have not considered this an option for them. Rem Prof Elyn Saks
social services, education
because mental distress could have long term affects on physical illness
Good for service organizations.

educational funding
Could influence voluntary sector providers
as it is informative
to be compassionate, encouraging and respectful
Offers opportunities for to develop "Voice hearing networks" and the attendant therapy options
I think health services will be a bit set in their ways - but it could influence how other systems (like education for example)
not sure
reasonable adjustments in the workplace could expand to have space and flexibility in work patterns to allow people to put into practice and use coping strategies to deal with hearing voices and then get on with their days work
ditto
teaching ethic and practice of self-care
it could help people stay in employment and education, rather than withdrawing
It has potential as a challenge to traitional views on not engaing with voices
Created a way to deal with family member who has this issue.
As above
shows other providers how much hearing voices might be impacting the choices of their patients
Possibly by reducing stigma

Impact on public understanding

Yes 58 (100%)

No 0

If yes, please comment

It will elicit more sympathy
better response to voice hearing experiences
I believe that this short video would come as a shock to many. As hearing voices is considered as madness.
increased empathy
for the general public who fear people who hear voices this is a good educational film that would

help the general population have a more comassionate understanding to people who hear voices
Normalizes the experience
educational funding
I think this could help normalize voices in the minds of the public
Accessible to all
promoting awareness
psycho-education - informative
Very clear
as above
to be compassionate, encouraging and respectful
Increased empathy
Yes, I think so
same as above
offers an idea that may be new to many people - and will help and support people for whom this idea is not knew but who may have felt isolated - can help link people together who are interested in / use compassion based approaches- to share learning and build on experience
ditto plus reduction in fear of voice-hearers.
It will help with understanding
mindful campaign
"Others" "Throwaways" "Crazies" could become just one of us humans - through a "cartoon". Lovely!
it may help people be less scared of people who hear voices
It explains some complex concepts really clearly
One would hope but Stigma remains
Most of the people will recognize their selfs and thus understand others
Provides awareness and could create more tolerance
People are ignorant on this subject matter and only want to stay away from this individuals.
May show family members how it really is

very powerful video , as through my own training , voices are powerful
Better understanding of the interaction between affected people and their voices
teaches and encourages empathy!!!
reduce stigma of voices
Hopefully this might help reduce the stigma surrounding people who hear voices by increasing public understanding in a clear, easy to follow and interesting way

Economic impact

Yes 25 (54.3%)

No 21 (45.7%)

If yes, please comment

May spur people to seek more advice and support to enable them to carry out jobs and build better relationships at work and at home
Less reliance on medication and more on peer support and coping strategies that can be developed from more in depth understanding of the experiences of voice hearers.
see above re work
reducing fear of voice-hearers so their suffering is reduced, helping them back to work/education and cost to health service
that people who hear voices can overcome barriers from being long term sick to fulfilling a education long term employment or have a volunteering job that would help them build the self esteem and confidence in the long term and cut benefit
would be cost effective keeping people out of hospitals and from homelessness
Will cost less if people who hear voices are treated with this kind of therapy rather than hospitalise
Might decrease stigma in workplace allowing people who hear voics better access to work
those who can integrate their challenging aspects positively into their whole being are more able to be financially independent, thus needing less "care"
Return to function (inlcuding paid employment, greater independance), minimise cognitive dysfunction/impairment over time = less inpatient & community treatment requirements, decrease medication use = decrease metabolic risk (saves the public purse and the individual's purse)
if there is more understanding of compassion based approaches and flexibility in the work place and reasonable adjustments that allow people flexibility to put compassion based learning into practice- people can deal with what they are dealing with then get back to their working day- there is opportunity for people to get through or find a way to live with what they are dealing

with quicker in a proactive way
don't know
bit remote, hard to say
It would definitely impact the ability for people with voices to increase their socio-economic standing.
if it could reduce the number of crisis, it would have an impact on NHS spending and reduce the number of people unable to work due to their voices
If someone understands the approach easily, they may need less sessions? Learning how to use CFT would be a less expensive strategy in the long term, than medication
When people are in recovery it should
More people using compassionate method, less drugs and depression. Lighter tone to healing the individual.
hopefully more funds will be steered towards this kind of work
Potentially as if influences are made in other areas (service provision etc) it could help reduce prescription rates

Society / social impact

Yes 56 (96.6%)

No 2 (3.4%)

If yes, please comment

Greater understanding of 'voices'
Less stigma
more acceptance of voice hearing as a phenomenon
see above
kinder, less stigmatising society
that people would not be in isolation secluded but become a active part of the community they live
Easy to understand. Not scary.
people would all become compassionate
if enough people care to change the world
Helps educate society at large.

'Schizophrenia' has been the hardest area to eradicate stigma. This kind of thing can do it.
increasing understanding of those who hear voices
As above
raising awareness
we all need to understand and care about people in their entirety, not only their functional "wellness"
Reduction of stigma / increased empathy
This is the thing that Time to Change could have been doing I think
creates better understanding of the "why" question
potential to change the world - compassion is positively infectious - someone role modelling compassion gives people the opportunity to learn compassion for themselves and for others
Both greater understanding and fear reduction.
skills in community
Lots of implications ... Compassionate caring creates more of the same . . .
maybe it would help people to be less afraid and more open to discussing mental health issues
In time
Brings ideas about inclusion through tolerance and understanding.
I wish it would but hope that the public don't take the mickey out of voice hearers
less stigma
this film helps normalize the feelings and behaviors of folks who are often shunned by society out of ignorance and fear
reduce stigma of voices
By helping increasing understanding/reduce stigma around hearing voices and therefore letting everyone be more included in society rather than ostracised.

Other impact

Yes 22 (61.1%)
 No 14 (38.9%)

If yes, please comment

impact on personal adjustment to voice hearing
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more compassionate understanding of human nature and where our fears and worries can lead us when we're particularly sensitive
Help them to help themselves empowering ourselves peer mentoring each other to listen and care for ourselves are voices and become more intergrated as a human being
government
I'm sure it could have other impacts - just don't know what at the moment!
compassionate understanding of the effect of our 'tricky brains'
individual, family, community, society are all improved and strengthened by understanding and compassion
Education of novice mental health practitioners
Help me live a life I'd want to be alive in
Just to raise awareness of an issue which is little understood at the current time, both in the general public, and also within health (mainly mental health) services. I still do not think there is a good understanding of the phenomenon of voice hearing.
the more adults who know and use compassion based approaches- the more children will know and potentially children will get throughout cope with painful experience sooner
ditto
spiritual growth
Workers views of what might help!
Gives hope to many families stuck in difficult situations.
n/a
on people who hears voices
service user participation
family, friends need to understand how voices impact a persons self esteem
it was incredibly moving
Professional attitudes

Sharing the film

Have you shared this film? (www.compassionforvoices.com)

Yes I've shared it with people who hear voices	19 (15%)
Yes I've shared it with family members of people who hear voices	15 (11.8%)
Yes I've shared it with friends of people who hear voices	14 (11%)

Yes I've shared it with people who work with people who hear voices	24 (18.9%)
Yes I've shared it with people who work in other health services	17 (13.4%)
Yes I've shared it with people who can influence health service policy	7 (5.5%)
Yes I've shared it with people in the general public (not listed above)	18 (14.2%)
No I haven't shared it	13 (10.2%)

Additional comments

Please use this space to add any additional feedback / comments / thoughts.

<p>The subtitles are problematic. A lot of editing is required for accuracy and correct punctuation. We need the text in Spanish and other common languages, too.</p>
<p>Thanks to the UK for sharing your experience with the US. You are obviously years ahead of us.</p>
<p>Thank you again Dr Gilbert for enlightening us in mental health care and the general public ... The strengthening of mental health us vital to our selves and society.</p>
<p>It's a great video. I would expand the fact that we all have voices. The quality of voices vary from a person experience. Practice gratitude and the whole internal neighborhood benefits!!</p>
<p>THANK YOU!</p>
<p>The graphics in this short film are extremely sympathetic and give me a happy warm feeling about a subject which is often dealt with in a scary or negative manner.</p>
<p>Thank you for creating such a valuable resource.</p>
<p>i would like to learn more to be compassionate and understand my critical voices more so they won't have such an impact on my life and i can move forward more</p>
<p>The video does not distinguish between internal dialogue voices and the literally, audible outside voices, or the voice like mine, "an intruder with a presence, messages and a personality outside of my usual self but without audible words."</p>
<p>I don't have anyone I could share it with. Most people don't understand</p>
<p>Haven't shared it yet but definitely will share it with people who work in health services, people who hear voices, family members of people who hear voices, others who work with people who hear voices. May also share with people who can influence health service policy. I think it's a lovely little film.</p>
<p>I think this should clearly state where this therapy is available and how to access it. If it is not widely accessible, then it should give a means for people to campaign for its availability</p>
<p>Although this is excellent, it adds to an already substantial amount of literature and webspace on the subject of hearing voices. I would really like to see it extended to include distressing beliefs (delusions). I would also like to see more detail on this approach and how it could be encouraged in someone who is unwilling to attend for therapy and adamant that nothing will help. This currently seems to be accepted with statements about lack of readiness or insight but families are left to wonder how this could be developed.</p>

Well done all - a great resource.
Will be using social media to share video
I hear voices as every human being. I work as and ACT psychologist. Many thanks for the video.
this sort of work is vital. I wonder if it could be distributed to movie theaters to show in the ad and preview section before the main film
Keep up the good work. A similar production aimed at a young female would be helpful from a gender equity perspective.
THANK YOU.
It's good
No, I haven't shared it, but I probably will to people who I think would benefit from it. It was shared to me from a CBT colleague.
Thank you - much appreciated. I have already shared animation and will enjoy sharing more. I hope and believe the ripples of compassion based approaches - have drop by drop possibilities in seas of change. I've just noticed I like myself after filling in this feedback and before I started I couldn't have said that. Thank you.
The idea of a compassionate self can be helpful for all of us.
Clear presentation of how voices can be retained yet managed.
I think this is a brilliantly clear animation that will help reduce the stigma associated with hearing voices. It also gives a great clear lay-persons explanation of compassion and how its used in a therapeutic context.
I like how this video absolutely nails many of my thoughts and feelings surrounding voices
Haven't shared it yet, but plan to do so! Thank you!
I think if there is evidence that this approach can successfully help people with voices to live more independently and without medication, it would be a really useful approach.
Well done! now going to e-mail the link to commisioners in Suffolk
Thank you for this film!
Again - unfortunate and misleading to call it "hearing voices." I'm not hearing those voices - yet have experiences akin to Stuart. Seems like a VERY unfortunate direction to be going to be referring to this as hearing voices - when it is really "experiencing, noticing critical thoughts or ideas." The "voice" is metaphorical and rarely actual for most people who are not actually sensing an auditory event.
I think this little animation captures a simple but powerful shift in perception that can be truly transformative.

<p>The music on the background overpowers the narrative at times and it's hard to hear what they are saying.</p>
<p>Please create lots more videos in this series</p>
<p>Thank you.</p>
<p>We need teaching tools, strategies, education that affect people and their family. There is so much of a need please help.</p>
<p>Please pass this to all MH services and GP surgeries, hopefully we can all get help to find a compassionate self</p>
<p>Can you please consider versions in other languages? Given the presence of football, a version in my native Portuguese language would be very useful</p>
<p>Something , which is so abstract was visually made for us who work with vulnerable groups , to share their pain . more compassion is needed</p>
<p>Well presented</p>
<p>It would be great to see more films and interactive media on this theme (or more generally, re: the CBT-p model of psychosis inclusive of compassion-focused and mindfulness components) - very helpful to have short video clips to share with patients and staff</p>
<p>I will share this film at some point. I think it's brilliant. It's easy to understand, well made and concise. The fact that it's not too long will hopefully encourage people to watch it who might otherwise have felt they didn't have the time. It still manages to get the key messages across in its short running time.It's also really enjoyable to watch and has a kind, compassionate feel throughout.</p>
<p>well done!!!</p>