**Supplementary Information**

Table 5

*Means (M) and standard deviations (SD) for weekly measures.*

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Intrusions | | Voice Frequency | | Voice Distress | |
|  | M | SD | M | SD | M | SD |
| Week 1 | 19.17 | 29.12 | 4.63 | 1.54 | 6.25 | 2.17 |
| Week 2 | 16.42 | 24.43 | 4.38 | 1.55 | 5.88 | 2.25 |
| Week 3 | 12.67 | 19.85 | 4.13 | 1.38 | 4.88 | 2.22 |
| Week 4 | 10.25 | 13.03 | 3.96 | 1.57 | 4.96 | 1.98 |
| Week 5 | 12.75 | 20.95 | 3.75 | 1.73 | 4.46 | 2.78 |
| Week 6 | 6.27 | 10.33 | 3.95 | 1.39 | 4.82 | 1.90 |
| Week 7 | 5.09 | 4.81 | 4.23 | 1.29 | 4.27 | 2.05 |
| Week 8 | 3.30 | 3.47 | 4.00 | 1.43 | 4.45 | 2.14 |
| Post-therapy | 2.78 | 3.03 | 3.50 | 1.56 | 3.44 | 2.19 |
| 3-month follow-up | 1.83 | 2.48 | 3.54 | 1.85 | 4.54 | 2.94 |

Table 6

*Feedback given by clients at the end of therapy*

|  |  |
| --- | --- |
| Client | Verbatim feedback |
| 1 | Session 6: "it is helping me to understand why I hear voices. It helps me understand that my voices come from a good place - to support me. They came because of neglect. Now if they [the voices] are mean I have no distress as I know they have my best interest. I'm now treating them as the neglected child rather than them treating me as a neglected child".  Session 10: Feedback: She said she found the imagery homework helpful and wanted this earlier in therapy, plus would have liked more guidance when she first entered the image as the adult self. "this intervention has definitely helped a lot. Rather than just dealing with the symptoms like CBT does, this is really getting to the core of the problem. Voice wise, I think they have actually increased a little in frequency but how I perceive them and engage with them has drastically changed. Now I understand why they are there and feel compassion for both them and myself. I am no longer annoyed by them. I feel more comfortable being a voice hearer now - that has been the most invaluable part of this". |
| 2 | "Although I was sometimes hard to crack, you were patient and understanding. You made me feel safe and built my trust which doesn't happen easily and I was able to share some really painful memories and with through them with your guidance. I have much thanks and gratitude." "it was really challenging. It brought up new things like memories, but once something came up and we worked through it, it made space for something new to come up and then work through, which I feel is a positive thing. I understand my voices a bit more now. The themes in my voices became more about abuse when we first started but then decreased over time." |
| 3 | "It [imagery rescripting] has helped tune down the amount of times they [the voices] call me names like "dog". I've also needed less - almost no - PRN medication to help cope with my voices. They [the voices] are also more helpful at the moment - they help me to put out problems, whereas normally they are just negative and critical. I have more control over the voices too". "When I first started therapy I was depressed and on antidepressants. Now I have been happy and able to come off the medication and continue to feel better". "I now feel closer to my parents. I used to always want to get off the phone when they call and now I enjoy these conversations. I now realise they do love me, they just haven't always known how to show it". "My family and [mental health] workers say they have seen real improvements in me since starting therapy". |
| 4 | Session 6: "I have found therapy to be validating and grounding".  Session 10: "practicing self-compassion on a regular basis - which I believe this approach helps you to do - is a good idea and now I have tools to do this... it makes me realise our emotional needs are not always met in this world and we might need to meet our own emotional needs ourselves. I found the approach gentle yet direct. I liked the combination of structure and sympathetic reasoning. It was however difficult for me to reach the depth of emotion to be therapeutic because I was afraid of the voices being privy to my past trauma". |
| 5 | "The standout benefit for me was the self-compassion. I hadn't thought about that and with the distressing voices and images I often get down on myself and now I value nurturing myself in hard times. The reduction in frequency and distress around my intrusive images has been a huge relief. The only thing I found hard was at times was the internal conflict between my Christian values and recalling aloud the dirty language that occurred in the memories". |
| 6 | "It's taken me many years to fine you and I'm so glad I did as this [therapy] has changed my life. I only hear voices once a week now and they are no longer the voice of my perpetrator, instead is just a muffled noise. And I'm having far less flashbacks and intrusive memories that before” "I hang out with little me daily [using the visualisation homework] and love it. It helps me to gain confidence over my ability to look after myself".  "my overall fear levels have come right down and I can feel a difference in the tension I hold in my body around my neck and shoulders. I can also go out more now, and I am starting to be more compassionate towards myself and do things for me". |
| 7 | Therapist: “the client believes that her decline in overall mental health towards the end of therapy was attributable to conflict and stressors at home.” |
| 8 | Session 5 (last session): “I feel I have made enough gains to enjoy life” “I also have a new job now”. |
| 9 | "It [imagery rescripting] was really helpful and exciting. I feel now that I can do it [recovery] for myself now, not for others or to help others. I am now being compassionate about my voices, and I let my inner child and teenage voices have fun and play games with them. I can also reassure them now, which also calms and reassures me. I ever thought I'd get to this point. I thought I'd be in a really bad place now in life, but things are looking great!" |
| 10 | "I have now put my brothers dead body to rest. I now see him happy in heaven with my parents. I no longer see his dead body." |
| 11 | "It [imagery rescripting] was really good. It helped me to understand how much of an effect everything that happened in the past had on me. It helped put the pieces together. i still have a lot of negative self-talk though." |