DESIGNING THE FUTURE OF TALKING THERAPY:

SlowMo

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@SlowMoTherapy
Slow Mo
Slow down for a moment
They don’t like me

People are laughing and staring at me

Planes are spying on me

Someone wants me harm

He thinks I’m stupid
Up to 40% of people are medication-resistant.

Less than 20% have access to therapy.

Challenges to engagement and adherence.
What is fast thinking?

Reduced information gathering.

High conviction.

Lack of alternative explanations.
User-centred inclusive design

Double diamond method (Design Council, 2005)
Hi Nadia!
How are you?
Would you like to take a moment?

My thoughts:

- Someone has it in for me.
- They don't like me.
- I'm being bullied.
- I'm being followed.

SLOW MO
Slow down for a moment.
My thoughts

- Someone has it in for me
- They don't like me
- I'm being followed
- ...harm
A Randomized Experimental Investigation of Reasoning Training for People With Delusions

Kerry Ross², Daniel Freeman², Graham Dunn³, and Philippa Garety¹,²

onstrating persistent delusions even after the first acute psychotic episode has abated. Recent research indicates


Contents lists available at ScienceDirect
Journal of Behavior Therapy and Experimental Psychiatry
journal homepage: www.elsevier.com/locate/jbtep

Targeting reasoning biases in delusions: A pilot study of the Maudsley Review Training Programme for individuals with persistent, high conviction delusions

Helen Waller a,*, Daniel Freeman b, Suzanne Jolley a, Graham Dunn c, Philippa Garety a
Thinking Well: A randomised controlled feasibility study of a new CBT therapy targeting reasoning biases in people with distressing persecutory delusional beliefs

Helen Waller a, *, Richard Emsley b, Daniel Freeman c, Paul Bebbington d, Graham Dunn b, David Fowler e, Amy Hardy a, Elizabeth Kuipers a, Philippa Garety a

Schizophrenia Bulletin
doi:10.1093/schbul/sbu103

Cognitive Mechanisms of Change in Delusions: An Experimental Investigation Targeting Reasoning to Effect Change in Paranoia

Philippa Garety *,1, Helen Waller 1, Richard Emsley 2, Suzanne Jolley 1, Elizabeth Kuipers 1, Paul Bebbington 3, Graham Dunn 2, David Fowler 4, Amy Hardy 1, and Daniel Freeman 5
“The app is thousand times better than having to write things down.”
“It helped me feel understood, like I was not alone and had a friend in my pocket.”
“Noticing my thoughts with SlowMo helped the negative emotions go away.”
WEARABLES ARE TOTALLY FAILING THE PEOPLE WHO NEED THEM MOST
Thank you for listening!

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The man behind me thinks I am ugly and stupid.

Upsetting thoughts about others are very common.

What will you learn today?

My plan for next week:
- Take a moment to reflect on your week.
- Identify some positive aspects of the day.
- Plan for the week ahead, focusing on goals and tasks.

My thoughts:
- Reflect on your day:
  - What went well?
  - What could be improved?
- Consider your emotions and triggers.
- Set intentions for the next week.

YourDefaults is here!