



**TALK  
FOR  
HEALTH**

“ It is talking which cures and not particular therapeutic schools and their preferred techniques... ”

**Professor David Howe**

On Being a Client, 2004

[www.talkforhealth.co.uk](http://www.talkforhealth.co.uk)



# INTRODUCING TALK FOR HEALTH

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## WHAT IS IT?

**The Talk for Health Company Ltd is a small but acclaimed Social Enterprise with a vision to make therapeutic talk accessible to all.**

We run the Talk for Health Programme; a therapeutic-talk training which enables effective, mutual psychological support in a group setting, over the long-term. It is based on three powerful evidence-based principles:

(i) That simply having the skills and opportunities to share inner feelings and experiences with supportive others improves mental health and prevents mental illness (Cooper, 2008, p. 75).

(ii) That effective therapeutic talk does not rely on professionals (Christensen and Jacobson, 1994).

(iii) That it is good for mental wellbeing to give as well as receive support (Riessman, 1990).

This is delivered in the community funded by the NHS and in workplaces. We are currently also piloting a version for schools.

## KEY BENEFITS

### SUSTAINABLE

Rather than being a treatment, it empowers people to engage in therapeutic talk long-term. In psychological terms, it is the equivalent of teaching people how to fish rather than giving them fish to eat.

### EFFECTIVE

Talk for Health is as effective in raising wellbeing as therapy.

### MUTUAL

It is particularly effective in that all participants both give and receive support. Giving support is as good for mental wellbeing as receiving it (Government Office for Science, 2008).

### GOOD FOR COMMUNITY

It raises wellbeing by building deep connections within a community. UK academics say this is more effective over the long-term than targeting troubled individuals (RSA, 2015).

### COST EFFECTIVE

Community-based and educational approaches such as this offer a more cost-effective approach to mental health than individual therapy (Yoeli & Morgan, 2011).

**For more information contact  
[nicky@talkforhealth.co.uk](mailto:nicky@talkforhealth.co.uk)**



“Talk for Health is a truly innovative and genuinely original proposal. As someone who has managed the largest psychotherapy service outside London, initiated CBT in this country and set up a counselling service in a number of GP practices, I feel well qualified to endorse Nicky Forsythe’s conclusions about the slow, costly and unsustainable nature of services currently offered. Talk for Health offers a fast, cost effective alternative that reaches the parts of our society that other therapies don’t reach.”

**Lionel Joyce OBE, CBE**



“Opportunities such as this require minimal funding compared with the tsunami of cost if we continue to depend on the historical medical model of delivering care and support. We need to redevelop and nurture connection, resilience and community. We call this social asset. Peer support is key in developing greater understanding and normalizing our experience, moving away from an overly pathogenic model of the human condition. Initiatives such as ‘Talk for Health’ are a vital way forward.”

**Dr Josephine Sauvage  
GP Chair, Islington CCG**

# THE PROGRAMME

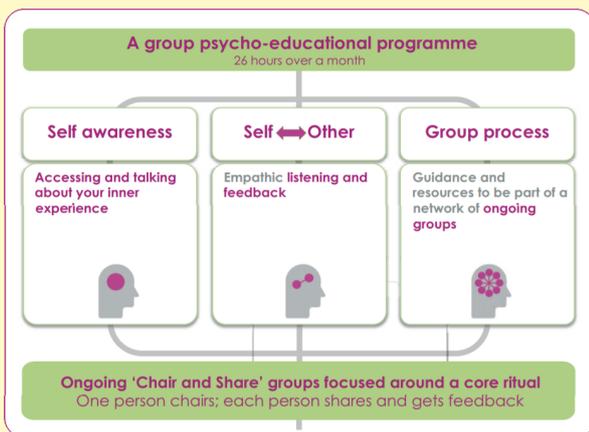
Talk for Health enables therapy for people by people. It teaches groups of people to engage in an effective group therapeutic talk process with each other. In this way, Talk for Health builds both individual and social mental health and wellbeing.

The Core Talk for Health Programme is run with a group of up to 25 participants over 4 days. It teaches the essential therapeutic talk skills that connect people at a deeper level and build wellbeing: sharing personal experiences; active listening; emotional literacy; empathy; basic peer-to-peer counselling skills.

It also teaches how to set up effective ongoing groups with a clear protocol. We see the groups as a wellbeing practice; part of your psychological five a day.

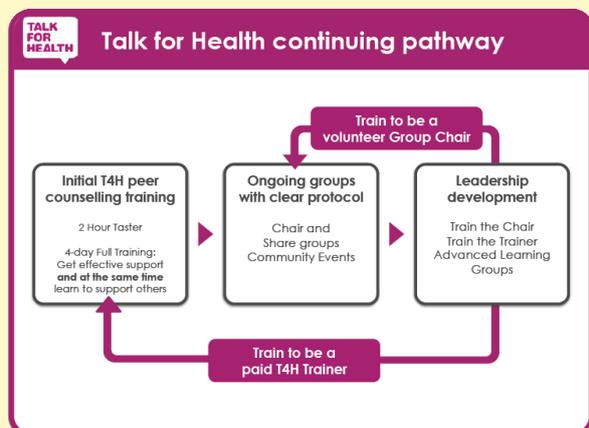
Those who have done the Talk for Health programme - Talk for Health Graduates - have a continuing support and developmental pathway. This includes Train the Trainer, where they learn to lead our training.

The key elements of the programme and ongoing pathway are outlined below.



**We emphasise an ongoing personal and professional development pathway to empower and involve all our participants.**

**The group psycho-educational programme starts with a training in self-awareness, empathy and group process, and continues with peer led ongoing groups.**



# CORE PROGRAMME CONTENT

The four modules of the Core Talk for Health Programme are normally delivered across four, 6-hour days or two Saturdays and four evenings.

There is a capsule version for workplaces and people who can't commit to 4 whole days.

## MODULES

### MODULE 1

Covers the basics of talking, listening and responding in a way where participants:

- Recognise the subjectivity of their own experience and learn to be inclusive of others' perspectives
- Reflect on their own lives and tell two-minute personal stories
- Learn to listen and respond to each other using the Talk for Health OMNYSPA protocol
- Learn a clear framework for peer-to-peer counselling

### MODULE 2

Exploration of feelings, in order to:

- Build emotional literacy
- Encourage the recognition that feelings are neither good nor bad, but important to listen to and accept
- Develop a compassionate relationship to self and an empathic response to other
- Deepen personal sharing and use of the OMNYSPA framework

### MODULE 3

Builds on what participants have learned in days one and two, and gives the opportunity for people to reflect on and share about the broad arc of their lives:

- Using Art from Within, participants explore four formative events in their lives, and their hopes for the future
- Participants share and respond to each other, again practicing the OMNYSPA framework

### MODULE 4

Coaching about ongoing groups

- Recap of core learnings
- Guidance in and practice of an ongoing 'Chair and Share' group
- Information about ongoing groups and events managed by Talk for Health
- Endings: a final opportunity for self-reflection, and to practice peer to peer counselling

# WHO IS IT FOR?

Talk for Health has been found helpful by a wide range of groups seeking better mental health and wellbeing, resilience, reduced isolation and deeper bonds with others.

This includes:

- People with a mental health diagnosis, or are at risk of mental distress or relapse
- Those who work in stressful positions where emotional support is important
- Organisations seeking to build a wellbeing culture

Since 2008 the programme has been evaluated with more than 600 participants, demonstrating significant and long-lasting wellbeing impacts.

Current and past clients include:



Doncaster Council



“ When a flower doesn't bloom you fix the environment in which it grows, not the flower... ”

Alexander Den Heijer



Talk for Health is one of the most worthwhile and life-changing things I've done.



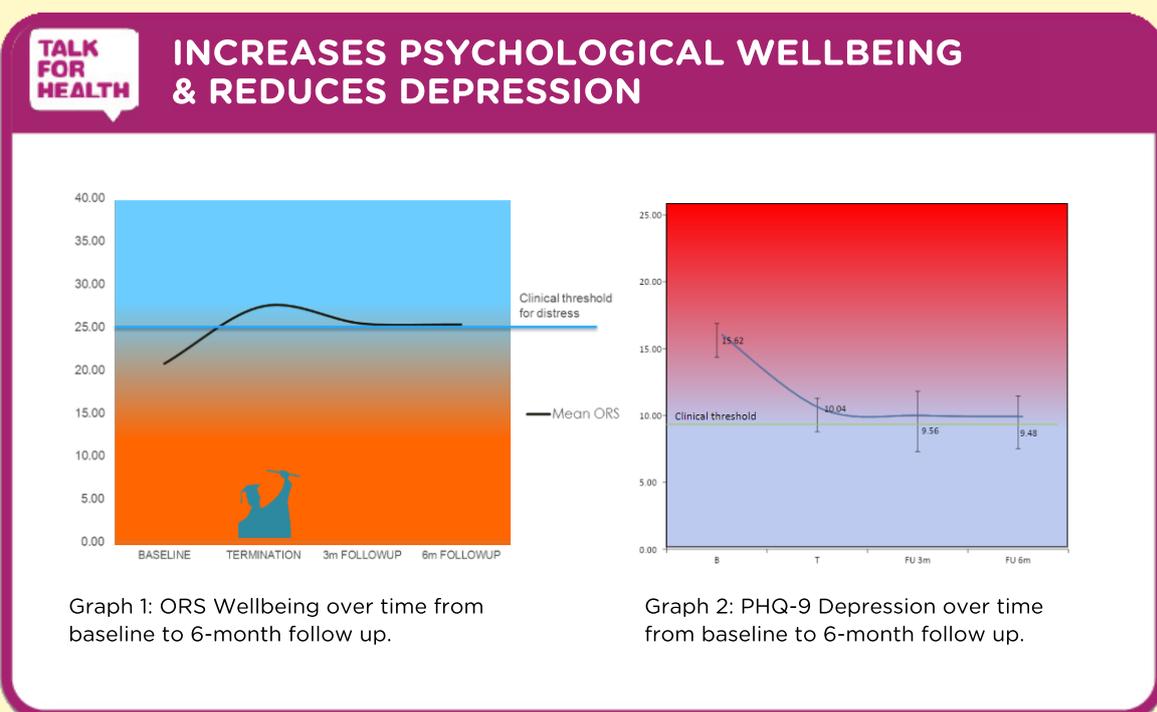
Having been in and out of short-medium-term therapy many times, Talk for Health has been a revelation. I now feel confident I've found a way to maintain my mental wellbeing.

# WHAT EFFECT DOES IT HAVE?

**The short answer is that it increases psychological wellbeing.**

Two-thirds are clinically distressed at intake, with a wide range of diagnoses, from Depression and Anxiety, to Schizophrenia.

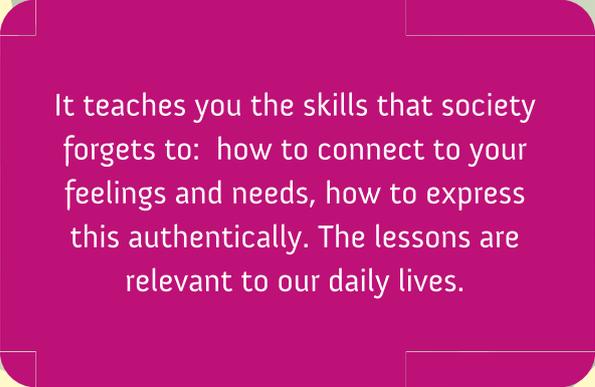
Pre-post programme wellbeing amongst 687 participants has been analysed by a Research Psychologist at Roehampton University using the Outcomes Rating Scale (ORS - Miller 2010). The ORS is a scientific way of measuring wellbeing effects of talking therapies. It is a 40 point scale where a score of less than 25 registers clinical distress. Depression before and after the programme was recently measured amongst 71 participants with the PHQ-9, the standard NHS assessment. The positive and lasting impact of Talk for Health on both measures is shown below.



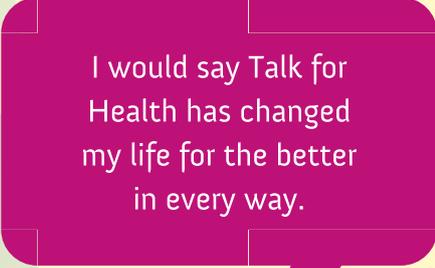
Participants see a large rise in wellbeing after the 4-day Talk for Health programme, and remain free of clinical depression over the long term. Results are similar to successful therapy.

Talk for Health was independently evaluated and endorsed by leading UK academics in the RSA report 'Community Capital: The Value of Connected Communities'.

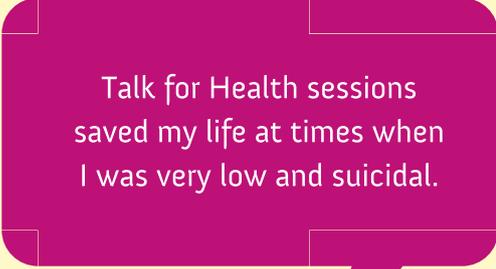
Talk for Health is highly inclusive. For example, 59% of our intake are from BMER communities, compared to 16% in NHS therapies.



It teaches you the skills that society forgets to: how to connect to your feelings and needs, how to express this authentically. The lessons are relevant to our daily lives.



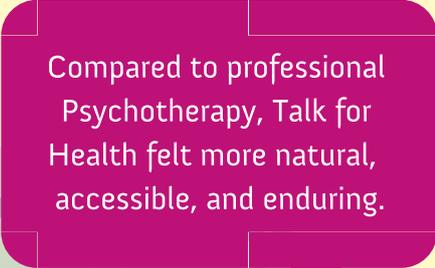
I would say Talk for Health has changed my life for the better in every way.



Talk for Health sessions saved my life at times when I was very low and suicidal.



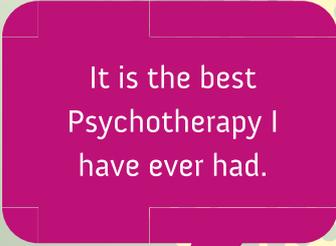
T4H's inclusive policy contributes to a more compassionate society and one in which people are enabled to help themselves and others, and contribute positively to society.



Compared to professional Psychotherapy, Talk for Health felt more natural, accessible, and enduring.



T4H creates a nurturing space, which is like an emotional tonic to an over-stressed nervous system. They also provide social connection as an antidote to social isolation and it's FREE in North London!



It is the best Psychotherapy I have ever had.

# THE TEAM

## FOUNDER AND CEO

**Nicky Forsythe MBACP (Accred.) FRSA** is an accredited Psychotherapist, researcher and innovator in mental health. She developed the Talk for Health programme in 2008. She is a Fellow of the Royal Society of Arts and Women of the Year Alumna.

## DIRECTOR

**Roy Langmaid** is a Psychologist, Psychotherapist and Author.

## PATRON

**Grayson Perry, RA, CBE** is one of Britain's best-known contemporary artists as well as an advocate for effective talking therapies.

## OPERATIONS TEAM

Led by Senior Service Delivery Manager **Erica Wolfe (M. Psych)**, the team ensure every aspect of our business runs smoothly by developing and implementing best practice processes.

## DATA ANALYST

**Dr Diego Vitali** is a Clinical Psychologist and researcher, currently undertaking a PhD programme at Roehampton University.

## TRAINERS & FACILITATORS

Our current team includes 10 Associate Trainers and 20 volunteers, all of whom have been personally trained and are supervised by Psychotherapists.

## ADVISORY BOARD

**Philippa Perry UKCP** is a Psychotherapist, Author and Broadcaster committed to demystifying psychotherapy.

**Harriet Spicer** is an expert in governance and strategy. She was a Founding Director of Virago Press, the feminist publishing company.

**Lionel Joyce OBE, CBE** is a former NHS Chief Executive, and pioneer of the Service User Empowerment movement.

**Hugh Thornberry CBE** worked in children's services in the statutory and voluntary sectors for over 40 years and has an MBA in Public Services Administration.

**Adrian Hosford** is a campaigner for better interpersonal communication and a sustainability (CSR) expert.

**Imtaz Khaliq MBE** is a design expert and equal rights campaigner.

**Philip Breslin** was Lead Commissioner in Drugs, Alcohol and Mental Health Commissioning (DAMIC) at the Royal Borough of Greenwich and now tutors at the School for Social Entrepreneurs.

**David Smail** was founder of Bakehouse Ltd, Tesco's largest in-store bakery and now supports charities and social enterprises. He tutors at School for Social Entrepreneurs.

For more information visit  
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# COSTS

**Each element of the Talk for Health offering is costed separately, and tailored costings can be supplied on request.**

Costings take into account factors such as the level of monitoring, evaluation and reporting needed, and whether or not we are setting up the service for the first time in your area.

For a costing, please get in touch!

# CONTACT US

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**For more information visit**  
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