



**Please join us for a talking café event
aimed at shaping research into what
makes talking therapies work for people
with severe depression.**



Hybrid event taking place on Wednesday 28th February 10am-12pm

The Counselling Unit at the University of Strathclyde, in partnership with the Universities of Sheffield and Nottingham, MindSpace and the Mental Health Foundation, is in the process of preparing a funding application for the National Institute of Health Care and Research (NIHR). The application is a response to a call for research studies addressing NICE research recommendations that fit within the remit of the Efficacy and Mechanism Evaluation (EME) research programme.

In 2022, one in six adults in England had symptoms of severe depression. Severe depression causes major problems for the individual, their family, friends, work colleagues, and the wider communities around them. So far there has been a lot of research addressing *if* talking therapies work. As a result, we know now that talking therapies can be very helpful for depression. However, there is far less research on the details of *how* and *why* different talking therapies work for different people. This lack of understanding means that we currently fail to offer an effective talking therapy to around 50% of people with depression. This can make someone with depression feel even worse. They might not ask for

more help. If they do, there is no guarantee that the next therapy offered will be a better fit for them.

We want to understand in detail what makes the two most popular talking therapies (cognitive behavioral therapy and person-centred experiential therapy) work for people with severe depression. We believe addressing this question will result in people getting the best treatment for them sooner, and that the lives of individuals, families, and communities will be improved.

Our objectives are:

- To find out how and why two popular talking therapies help people recover from an episode of severe depression
- To test AI predictions about which people with severe depression benefit most from these two talking therapies, and (if supported by our results) explain why this is
- To share what we learn to improve routine practice in talking therapies for people with severe depression
- To increase the number of people with severe depression who benefit from these talking therapies

It is important that we gather feedback on the design of the study from people who have experienced severe depression, as well as from practitioners, service providers and other stakeholders, to ensure that the research is applicable to lived experience. **Therefore, we are inviting you to join us for a morning of conversation aimed at gathering your views, perspectives, and opinions on the proposed research. We will introduce you to the research design and facilitate discussion to gather views and feedback. You do not need to have research experience or be a researcher.** Please join us on **28th February 10am -12pm for this hybrid event**

We would be delighted if you can join us in person at the University of Strathclyde (Collins Building rm 201, Richmond Street) or on Zoom.

This is a free event, but registration is essential. All attendees will receive an attendance certificate which will count toward 2hrs CPD. **Please register by 21 February for in person or online attendance.**

In-person booking here - <https://www.eventbrite.com/e/in-person-booking-talking-cafe-discussion-research-and-cpd-event-tickets-830153490437?aff=oddtcreator>

On-line booking here - <https://www.eventbrite.com/e/on-line-booking-talking-cafe-discussion-research-and-cpd-event-tickets-830208866067?aff=oddtcreator>