

Project: **'Reflections of trauma, challenges, and healing: An oral history'**
 Respondent: Deborah Craig
 Year of Birth: 1976
 Age: **
 Connection to project: Respondent
 Date of Interview: The 20th of July 2022
 Interviewer: Rachel Kelly
 Recording Agreement: Yes
 Information & Consent: Yes
 Photographic Images: No
 Length of Interview: 1 hour 30 minutes and 13 seconds
 Location of Interview: Deborah's home in Bishopbriggs
 Recording Equipment: Zoom H4n (internal mics)



| Time (from: mins/secs) | Description | Transcribed Extract (from- to: mins/secs) |
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| 0.35 | Interviewer asks the respondent where she was born and brought up. | |
| | The respondent states that she was born in Glasgow and up until she was five she was in Springburn/Balornock. Ever since then she has lived in Auchinairn and Bishopbriggs. | |
| 1.04 | Interviewer asks the respondent if she has any distinct childhood memories. | |
| 1.14 | Respondent talks about how you begin to recognise through life that the things that you thought were true about what your potential is and what life could be like was nothing more than what other people have told you when you're young. She pieced this together but it was quite a long journey to get to that point. | |
| | <p>"So for example my parents split up. Well, separated and then divorced...I think I was sixteen. Which to be honest in the face of it in this day and age doesn't... It's not really seemingly a big deal. That really wasn't what the issue was. It was what I lived with up until that point. And I hadn't realised till I think there was a couple of key points for me. Recognising that I was an extreme people pleaser. I then learned in adult life that was a hugely trauma based response. A perfectionist... Again, another trauma based response. I lived with a lot of fear all the time. So, fear for myself, fear for my Mum and then fear for my sisters. And that really came down to my Dad to be perfectly honest. And I really would struggle to look back and recall times that were positive. Because most things are laced with a lot of negative experiences, negative outcomes. And that was probably my whole life at that point. And it's only on...A lot of people might think-oh, that was only a small part of your life but it's the formative part. It's the part that creates the person you become. And unless you start to work on yourself in adulthood or you're bolstered through childhood by other adults then it's difficult, I think, for you to understand where you maybe are going wrong in life and you don't actually know that. You're going down a whole path that doesn't even make sense. For me that living on my last nerve all the time is something that I didn't know until much later in my life. I knew I experienced it...Like I bit my nails right up till they had fallen off the nail beds. Right into the</p> | 2.36-6.52 |

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| | <p>quick for my whole life. And then my parents separated and I grew my nails and I've got really strong nails. Long all the time. So, again its like some of the sort of signals...That was my way of soothing my anxiety. And for me my parents separating was the best thing that could ever of happened. But then I had to then deal with what it was then like to not have another parent. Cause that next phase was the abandonment that you deal with. And the not good enough. And what if I was only a boy would he... he have wanted me more if it was that. And all this type of stuff. So, definitely a lot of fear based living when I was younger. And then the abandonment after that. But I think one of the other big things for me...What happened in amongst that and this is no detriment to my mum because she just was a rock, you know, for me in other areas of my life. But I do feel because I was fifteen going on sixteen or sixteenish thereabouts; I basically became an adult really, really early in my life. And took on a lot of responsibility that when I look at other young people...I think even when I look back at my nieces right now and I think-wow, you're so free and easy. And I think to myself-I don't remember it being like that for me. I feel like I was always feeling responsible for something. And I think that's one of the...It's probably one of the biggest things that I look back on and I think it's probably why I got to my late twenties. Not my late twenties my sort of earlyish twenties and I started to kind of go off the rails a wee bit."</p> | |
| | <p>"And I think you just need to look at the ACE material. Stuff about ACEs, you know, and Adverse Child Experiences and, you know, children that grow up with conflict in the household. I had that it was all the time. Arguments, fighting, feeling on your last nerve, you know, trying to keep yourself safe, your mum safe. And those types of experiences amongst everything else that I've just told you...Put all that together and you're basically the product of that person that is going to have some form of substance abuse or other addictive behaviours or...And it was really strange because my whole life I was nothing like that up to that point. And I didn't understand myself. I didn't understand why one day I just thought -Oh, I'm just going to do something totally rebellious and out there. And then it was just a steady progression from thee with getting embroiled with...I wouldn't say the wrong people because some of it was good in my life and I had a lot of fun. I'm not writing everything off to being negative because it just wasn't. But in my early twenties it was probably more fun. Recreational clubbing and I had a boyfriend and I had a good circle of friends. But I always felt like I didn't fit in. Something I couldn't put my finger on. It was almost like-I think I should be doing something else with my life. And yet I don't really know how to get out of where I am but I just know something doesn't feel right. So, out of, in my life I've not settled with a guy. I'm forty six now I've had a couple of long-term boyfriends, casual dating... and I've just never found the right person. And throughout this whole journey I would say when I hit my late twenties was my biggest low point. I really lost it at that point. I was just doing a lot of toxic behaviours. There was about two years of my life that I just don't even know who I was. I look back and I don't recognise that person. And actually for a long, long time. And I mean...I think I talk about my healing journey...Now it's still going on cause it's a permanent journey. That's why I do the work that I do. But I would say that there were ten years from twenty eight to thirty eight where I...I worked really hard at stopping myself eventually from hating myself.. Because I was doing a lot of self-sabotaging behaviours and I couldn't understand why. I couldn't understand the life I was in. I didn't know how I got there. I</p> | 6.53-10.46 |

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| | <p>didn't know how to get myself out. I felt like I just wanted somebody to pull me out of this life. Because all the while I kept thinking-I don't belong here. How did I get here? How can everybody around me be having fun and I'm beating myself up so badly. Self-loathing, hatred, horrible to myself...And I couldn't...Nobody could understand it either. You could honestly interview any of my friends at the time and they would be like - 'Oh yeah, she was always crying, hating on herself...' And they were the life and soul of every party and I wasn't. And I think what I learned was I wasn't living authentically for a long, long time. And that's because I'd fallen into a hole I didn't know how to get out of. And it was only through doing the work on myself slowly but surely..."</p> | |
| | <p>"And this is why I do what I do because I wish I had a me ten years before I got me. Because had I got somebody that could be the person that I am for a lot of my clients. I would have saved myself a long, long time of probably self-loathing, shame, guilt; everything that goes in amongst...You know, toxic behaviours, toxic relationships, low self-worth. You know, allowing myself to be bread crumbed by guys that I wasn't...They weren't even worthy of me and yet I felt unworthy of them. And it really shocks me as I sit and say that today because you're sitting across from me and probably thinking-how's that even possible for that girl? But if you knew me six, seven, eight years ago you would see a very different version of me. Especially ten plus years ago. It was a difficult, difficult time...and I recognise that-Oh, that's right. Nobody comes into save you. You have to put your...You have to grab yourself by the shirt collar. Pull yourself out it. And that's the journey of where I went on that time. But, but I used to get angry sometimes. And I suppose sometimes I do because I think...I feel a bit like I got robbed of ten years. Ten years of my life, you know, at sixes and sevens with myself. Not knowing who I was. Because the part of me that was trying to become the version that's now didn't fit the version of what my life was like, the environment I was in all that time. But how do you get out of that? What if you leave all of these people and you have nobody? Then you have to recognise that sometimes that's just what you've got to do. There's things that you just have to make sacrifices and take those slow baby steps. And then eventually people get the message about who you are and who you're becoming. And then they start to respect your boundaries but it was a long, long road."</p> | 10.47-13.09 |
| 13.10 | Respondent says that was a whistle stop tour of her life. | |
| 13.14 | Interviewer asks the respondent about bullying at work. | |
| 13.15 | Respondent says that bullying seems like quite a harsh term and goes on to describe her efforts to progress in and then to leave the corporate world behind forever. She always wanted to make a difference and had a lot of love in her heart that needed expressed in the right way. | |
| 22.42 | Interviewer asks the respondent why she decided to study what she did at university. | |
| | <p>"So my degree was psychology with counselling. And I have always been fascinated with people. I just... The human psyche...I have a natural...It's like a natural instinct for me to hear what people don't say and to work people out and to be supportive. I've always been a natural counsellor, I suppose, or therapist. I just wasn't doing it as a job. I was always a coach because I was in management. And sometimes the management above me would crack up with me because I would always be supporting my team to move upwards, onwards and fly. Because everybody deserves the chance to live a beautiful life and that's my motto. And if you're not</p> | 22.49-26.34 |

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| | <p>happy where you are and I can see your potential. I'll help you find a way to help you get to the next stage. So, for me, learning about the brain, learning about why we do things the way we do. Learning about habits and the neuroplasticity in the brain...there was certain aspects that I loved. And I chose psychology with counselling because I wanted an element of both just to taste what it was like. And what I think was really interesting was when I first started my foundational module ...you know it's like done in modules with social sciences...and I honestly... don't know how many people I said this to but I remember when I started it it was like I had been sleeping my whole life. So when people talk about you don't need uni; no you don't. But if you're not looking at these types of things like what goes on in the world...How do you know? Like how do you get that education unless people are putting it in front of you. And I think I was living in my own little bubble and that was fine but I was clearly not happy. So when I went into do the degree...and it was distance learning but I did go once a month to the uni. And even just reading about third world countries and kids at five making clothes for ten pence an hour and all that just my eyes just were wide opened. And it was like-have I actually been sleeping for all these years really not knowing what was going on in the world. And it opened my eyes to probably more things from politics to social problems, world problems. And it was the biggest release that I ever had because this feeling of I need an outlet for all this pent up emotion and love that I've got. I could start to see how this was going to take me on that journey. And that's kind of... That's why I went into it...The thing about having the psyche. I wanted to learn more therapeutically. I actually didn't know what I was going to do with my degree. When I started I didn't know I was going to leave and have a business. I just wanted to prove to myself since other people in my life time didn't believe I was smart enough for certain things. And I guess I always wanted a degree. Not for anybody else but for me. And I didn't know I was capable and I really didn't know that I was capable of a first. "</p> | |
| 26.35 | Respondent talks some more about the advantages of getting her degree for her well-being and her vocation. | |
| 29.50 | Interviewer asks the respondent if she thinks that there are any mental health issues that are specific to women. | |
| 29.51 | Respondent replies that women come forward more often. She goes on to talk about issues that women have with child rearing and the issues that not having children can bring including from a personal perspective of not having had children yet. | |
| 47.40 | Interviewer asks the respondent her opinion on how society now views mental illness | |
| | <p>"I think it's got a lot better. Significantly better. I do believe there's a lot of stigma still attached to it. And I think there's a lot of good stuff. I'm going to give you a wee example right. So, for example, I have a friend who works in my old organisation; corporate world. And she loves everything that I do. And when I got into this environment doing what I do I helped her with a few things. And she made some massive changes in her life and it's just unrecognisable. And she always follows everything I do. And she's like-'Oh god, you know, everything...I'm just so impressed. I love all your wee techniques. I do all the things you tell me. So the organisation had said- this is going to be like a mental health time. And I think organisations do do things . But here's what I believe. Sometimes I wonder...I can't say for a certainty because that's inappropriate. Some</p> | 47.41-50.08 |

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| | <p>will be better than others. But I wonder where some is lip service and I don't know how effective it is. But the reason I want to share this little story is because my friend knew me. She told me about this and she said- 'I'm going to offer them meditation and something else. Because she knows me. So she was like-'it was in my head to offer it.' They all jumped on the meditation. I went-'I'll help you. I have a really good one.' I said-'It's the mountain meditation. I learned it when I was doing Jon Kabat-Zin's Mindfulness Based Stress Reduction.' And I was like-'I was really in depth. Don't do it with music. Here's all the scripting.' And she came back to me saying they were absolutely blown away. They felt so good, so relaxed, so calm. And I think if things like that are done. Like proper ways to help...And experiential not just show and tell with the teaching. Like them actually going through an experience. I think it can be really effective. I just don't know if it's all like that unfortunately. "</p> | |
| | <p>"I think our waiting lists are ridiculously long for people that need help. With our private...with our National Health service. And I think it's such a shame for all involved cause it's not the NHS's fault because of pressures. But I do think people are disadvantaged because of that and they have to wait a long time. I know from my experience you know for kids that are struggling. And we should really get to them at that age...I know cause I was one of them. And if I maybe knew that I needed help when I was younger I might not of spent all of that time falling off the wagon and all the rest of it. But for example support services for children like CAMHS (Children and Adults Mental Health Service) and things...I know that you have to be practically suicidal before they'll do anything. Now, to me if you're at that point you're in crisis and then we're working with crisis intervention. Getting to them sooner, earlier, teaching them in school...So my nieces now are young. They're only five and eight and one's still...She's just coming out of nursery now. But it's her that calls my wee spare room the meditation room and she loves going up there because I've got a Reiki bed and they'll lie down. And I love it because I hear them talking to each other now and they'll say-'Just close your eyes and relax and I think, oh they're listening to me. Or they'll say-'Oh, Auntie Debbie this is what you do.' And they'll pinch their two fingers together and they'll close their eyes in the meditation pose. But I love that because they're learning things in school and then they're hearing it in their day to day life. So we talk to them about how they can help themselves if they're frustrated or they're angry or they want to talk about things. I think our society now is better than that. But I still think it's an education thing. Like do I think every family's like that? I don't and it makes me quite sad when I think about disadvantaged kids that maybe come from worlds or experiences where they're growing up in abusive families. Addic...Families with addiction. You know. The parents need the help never mind them being able to help the children. And then you just go into that generational cycle loop. Where the next generation come down and it's problematic."</p> <p>And I think that's one of the biggest things that whatever happens in my own lifetime I am very confident that my own generational breaks have occurred. Because when I look at my own genograph...I've written it out with my family. Parents... Mum on one side dad on the other up the way and down the way. Laced with various addictive behaviours, abuses...substance abuses. Physical violence, mental violence, you know tort...abuse., divorces...Just everything laced all the way through it. And</p> | <p>50.11-52.50</p> <p>52.51-54.13</p> |

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| | <p>then you get to my mum's and then you get to me and my sisters. And I can see now that whilst there's still going to be stuff happening. The lessons we've learned and the changes we've made. What comes next? Well, I'm very confident we're going to break that old generational pattern that has fallen down. Because with my parents separating my mum broke that there. And then whilst there was still stuff that dripped through at least the next version down hopefully there'll be even less chance of that. And I think that's all we can do is not dwell on the past on what doesn't or didn't go right for us. But what can we do differently going forward.</p> | |
| 54.16 | <p>Interviewer asks the respondent what her opinion is on the use of drugs in mental health.</p> | |
| | <p>"I've got a mixed view on it because I do think there's a place for medication and I also have had clients where they've really benefited from even a low dosage of something if it's for anxiety or whatever. Because it's kind of like...one of my actual therapy friends called it this and I'm...If he ever listens to this this is why I'll say-he told me this. But he gave this little metaphor and I love using it-Sometimes it can give clients like water wings. And for me it means that they're at least treading water. And because prior to that they might feel they're drowning. And it can just sometimes help keep them afloat till they start learning the tools, techniques, the strategies and experiencing that deeper therapeutic work. So that they're then armed with everything that they need. Some may then move off medication and some may just stay on a light dosage for prolonged period of time. So, I've got a mixed feeling. I do believe that it's the first go to. From my experience it's the go to when someone presents with a mental health condition in a local surgery because of the long wait lists and the cost. I think I was reading an article once and it was like thirteen pence or something to prescribe anti-depressants or something. And it's like a significant amount of money more to provide six sessions or twelve sessions of CBT (Cognitive Behavioural Therapy) so we're going to unfortunately...it does sometimes come down to cost. And that's where people then move to privatised therapy and it can be a costly experience. And not everybody has that...Which is part of my bigger life goal. Why I work with charities as well. I've worked with a substance abuse charity. I've worked with an acquired brain injury charity. And I've done some work, obviously, with GRACE with lived experience. This is my newest project with my sister. Which I know has significant benefits from the model. And for me my big long-term goal from a finance perspective isn't really to have a lot of money for myself cause that I'll be a by-product. It's actually the more money you have the more awareness you can bring to things that mean something to you. And for me to be involved in some form of project or create something for myself which is the version of me now that can be there for the version of me that needed me when I was younger. So whether that was when I was sixteen or younger dealing with what I was dealing with. Or whether you're at that age where you are at a crossroads going-'Am I going to go down this path in life which is going to be falling off the wa... the rails all these things. Or am I going to have somebody that can help me point in the right direction and give me the support and cheer lead me on. You know, make me believe I'm capable of anything. Cause I had the belief I just got lost and I had nobody championing me. Nobody to say-you're going the wrong way. I didn't know. So, I would love to be able to do that in the future. And I think we probably need more of that because I don't think our own health services</p> | 54.20-58.10 |

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| | can provide enough of those things anyway. So, having services like that where people can go to them and access them for free is probably better.” | |
| 58.11 | Interviewer asks the respondent for her view on new drugs being tested for use in mental illness such as MDMA. | |
| | <p>“Now that’s an interesting one. I see that there’s a Netflix thing on and it was like injecting someone with basically acid (LSD). I never watched it because I saw the needle and I could pass out because I’m not good with needles. So, I’ve actually watched one where it was ecstasy based for PTSD and I get where they’re going with it. And from the reading up from history we learned to figure out how to abuse it. It wasn’t always meant for the way that it is abused now. Like certain types of substances like heroin and what not. We’ve just learned how to use it in the bad way and I think that’s the difficult part. And a lot of these substances are highly addictive. I think...a lot of the opioid ones it changes the brain chemistry. And I think that’s the challenge when it completely changes the brain chemistry it makes it more difficult to...Cause it’s like a...That level of addiction is slightly different to other types of addiction. I’m always curious but I guess I always Just have reservations. And I guess that’s probably why I’ve always love hypnotherapy which is part of what I do. Because you do get to let go. You do get to travel your own mind. And you do get to to different realms. Which is away from a cognitive style therapy where you’re fully alert and it’s only your cognitive mind, you know, your conscious mind that’s operating. So, I stay on the fence with it ever so slightly because I’d be curious to see the efficacy of other things in comparison. But I don’t think we should rule anything out. Because I do think we’ve learned to abuse things unfortunately. But I do think they probably have a wider purpose that could be helpful for people that have had specific types of mental health...Psychosis now and like PTSD...But I must watch the LSD one and see what happens in the Netflix thing to see what actually goes on with it. Because I do get curious. I like fall in to a black hole sometimes reading up on stuff like the opioid, you know Oxytocin, oh sorry that’s the love drug, Oxycontin. That whole epidemic, you know, and how...And this is what I’m saying...that’s useful because it’s good for pain but if it’s not managed properly you become addicted. And then it doesn’t matter what doctors do because you’ll find it on the street, So, it’s just this perpetuating cycle. So, it’s like anything. You just have to be super careful and there’s a lot of poverty and that can also...that leads into a lot of mental health...which then their looking for escapism and that’s where they stay in the cycle. Yeah, lots of things in that area but I’m not quite...I’m not quite one hundred percent convinced one way or the other. I think I would like to...I’d probably need to read into it. I’m a bit of a stats person. So, I’m probably curious about what really does come out of it and is it ...Cause I know there’s a lot of research done and it will say-well, this is the best thing ever. But actually when you look at it, it’s just as effective as something else that’s maybe less either addictive or toxic or whatever so...”</p> | 58.24-1.02.30 |
| 1.02.31 | Interviewer asks the respondent how she would say that society deals with people who have addictions. | |
| | <p>“I think this is quite a sad one actually. Because if I was being honest I would probably class myself as somebody that’s had an addiction. It was more functioning in the sense that I still had a great job, still had cars, did the holidays... It wasn’t a daily thing but it became more than an occasional weekend recreational thing. It did consume too much of my life and it had quite a negative impact on me. And I felt quite shameful. In</p> | 1.02.40-108.22 |

fact I remember going to an addictions place. It was actually out in Kirky (Kirkintilloch) somewhere. Can't remember where, how...I don't even know how I got in tow with it. I must of just found it. Because I was forever...This is the interesting thing. So many people will just dabble in life and then have fun and move on and it doesn't impact them. It was torturing me. So I was always eternally searching for a...a way to free myself from this torture that I was in. And I remember going to this place and before I was assigned this person that actually really amazing and helped me. I always remember the first person that I spoke to. And he said...so he took my details, blah, blah, blah and obviously I looked the way I looked and professional business...And he's like-'What's a girl like you doing getting yourself into a state like this?' And I just thought-And I'm here because I don't know how I got here. And just because on the outside I look the part what made me any less or more than somebody else that was going through an experience. Now granted that was quite a number of years ago but not that long ago for it to be deemed as, you know, twenty, thirty, forty years ago. I'm still only talking twenty years ago. And I think having worked for a period of time in the NHS I can just see how there's a lot of...lack of threading things together. Pushed from one place to another and you know-'Don't be drunk when you show up for the help.' but I can't get out the door without a drink and, you know, if it's alcohol. But then you can't have therapy if you're under the influence. Just lots of things. Or you go into a dry out environment or a detox and then all they can do is put you back to where you came from. And one of the biggest things for me was environmental. I had to change. I didn't change where I lived. But I changed all my circle and that's one of the hardest things I've ever done. Changing...breaking my cycle with different work environment, different people, different social circles. And that's how it all changed. A lot of the time we're putting people back into these environments. They just don't stand a chance. So, I think there's a lot of stigma with addiction. I think there's some addictions looked at differently to others. Heroin versus cocaine or alcohol. Cause that's like-oh, yeah cocaine just seems a bit more socially acceptable because everybody thinks of it as partying. Highly addictive. 'Oh, it's just ecstasy. It's just for clubs.' 'Oh it's just alcohol you can buy that in the shops so...' 'Heroin, Ooooh!' Crack cocaine, you know, crystal meth...Things when people hear them for them seem much more severe. And in fairness some of them are a lot more faster deteriorating because of what they do to your body. But all drugs will have an effect eventually. You stop looking after yourself. You don't care about how you look. You lose a lot of weight and all these different things that could happen. And I think I would say most people would have never really known about me. Because I would never have told anybody what was going on. Because I was ashamed of myself. So, societally, it's just not...It's just frowned upon. I think there's a lot more support places out there now. But I'm not sure the regular Joe Bloggs has become any more compassionate if I'm honest. Which makes me quite sad because it could be anybody; It could be your son, your daughter. It could be your partner, your husband, your wife, your mum, your dad. It could be anything. So, it's just a lot of judgement out there. And people don't realise that there's a high probability when they're sitting judging somebody...You probably don't know what your own kid's up to of a weekend. And I think that's the thing that's so frustrating about it. "

"it's such a funny topic for me as a lived experience person. Dealing with

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| | <p>what it felt like to not know where to turn. Didn't know who to ask. Feeling shameful. Not liking myself. And that's the interesting part. You're saying, you know-what do you think about society? God, as if you don't have enough loathing on yourself. To then know that society is loathing you at the same time. It's like a double dose and it just makes it so much harder to pull yourself out of it. Because when you're already in the hole you think-ach, well. I'm down here anyway. What's...you know it's too hard to pull myself out. Nobody understands or nobody wants to come out of the hole either. So, if I come out of here who am I coming out with? And I had to make some big decisions, big choices. And not everybody has...They've all got the strength if they find...to look for it. But it's not easy. And I don't think society does us any favours by beating us over the head with it either."</p> | 1.09.40 |
| | <p>Interviewer asks the respondent how the medical establishment views hypnotherapy.</p> | 1.09.42 |
| | <p>"It's (hypnotherapy) not something that you would get on the NHS. So, but then, CBT's (Cognitive Behavioural Therapy) forward focused, solution focused which is great. I like CBT. They can do it down to say six sessions. And they believe that that'll be the magic wand that fixes everything. It's cost effective out of all the therapies because person cantered can be long term. Other types of therapy can also be long term. Whereas when they brought CBT out it was more structured; to be given that bring you to the present and move forward. Give you some tools. And for me I don't think that always gives the answers to everything. Because a lot of the time we can have strategies and tools but we don't know why we fall off the wagon. If I knew why I fell off the wagon at the time that I did I would of saved myself a hell of a lot sooner than I did. But I was dealing with a lot of dark stuff that was being masked by my lifestyle. So you probably need to help people get to the root cause. And for me I like hypnotherapy for all of that. Because it can be solution focused, forward focused...It can take you to the future where you want to go; See it, feel it hear it. And know that it is possible for change. And equally go back to a place where you once were in a safe space and heal yourself. Cause it's only you that can do that now. And I don't think it gets enough validation from a...if we look at say the NHS. But, and it's an entity of its own. It's well established in its own world of therapy. So for me I use it as part of my model. So I do mentoring and coaching as well and I put it all together. Because we need more than therapy. Therapy will help you move through the trauma, the past, the healing. That's great. But who's moving us forward? Who's pointing us in the right direction? Who's saying-there's a door open for you right over there now that you're in a good place. Most therapies will just take you to the place where you feel good in the here and now. That's brilliant because all you've got is right now but you also need to know a wee bit of what's ahead. Cause what else have you got to go after? Cause otherwise you'll fall back. And equally you might look forward, get so far and keep giving up and not know why. It's cause you haven't dealt with your stuff from the past. You haven't worked through what's holding you back. So, yeah I think hypno deserves more is all I'll say. It needs more research done on it but I believe it to be, in my opinion, highly effective and it has been for my clients."</p> | 1.09.53- 1.13.05 |
| 1.13.06 | <p>Interviewer asks the respondent if she had hypnotherapy herself.</p> | |

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| | <p>“Yeah I did (have hypnotherapy) during my challenging times where I was looking for another solution to help me break free from myself and from my trauma and from my addictive behaviours, life style choices...I did and it worked. It was short lived in the sense that I could go for several months at a time and then I would fall back in with some of the people. And because I hadn’t addressed the reason why I was doing it in the first place. I hadn’t really got to the root cause of it all and felt like I had some way of rationalising some things with myself. It was so easy to fall back into the pattern. And I don’t know how I’ll be going forward because I think once you’ve had certain things in your life for prolonged periods. Your neural pathways...Although your brain’s plastic your neural pathways are still wired to go in a certain direction. They’re still wired with certain triggers. Now over the years what happens is the pathway gets more trodden so it gets wider. So if you’ve done something for a long time the same way that’s a well-trodden path. And it will take another well-trodden path in the opposite direction to let that one get overgrown. So, it’s always on your mind to choose carefully where, when with who...because every day you just work with each day and you know these things are not part of my life anymore. But I’m not so cavalier that I would...or so arrogant to think that they couldn’t impact me again. Because a habit you’ve had for a year...you’ll rewire your neural pathways in six months or a year. Something that you’ve been used to for twenty...there’s your answer. It will take that length of time to do it. So, yeah that’s hypno for you.”</p> | <p>1.13.09- 1.15.32</p> |
| <p>1.15.33</p> | <p>Interviewer asks the respondent what she feels the importance of organisations such as GRACE is for people who have been through trauma.</p> | |
| | <p>“Yeah, for me very important. And it’s not just GRACE. I’ve actually been in connection with in the past. I’ve worked with a number of different charities for different things. The fact that it comes as an opportunity for free is so important. Because, as I was saying earlier, not everybody can afford to attend some of the services that people might offer. So when charities are funded that then helps them bring in people that are highly skilled and experienced in their field and that can actually offer something of genuine value. And my experience of working with GRACE and building the model that we did for GRACE was incredibly rewarding. And the response and the outcomes that we experienced with watching what the people cha...We watched it in front of our eyes. The evidence was right there about the weekly changes of what they were then bringing into their lifestyle. So, personally I think they’re incredibly important. And every opportunity to get funding should be seized. Cause we need it for sure.”</p> | <p>1.15.41- 1.16.59</p> |
| <p>1.17.03</p> | <p>Interviewer asks the respondent if there are any treatments for mental health issues that can be unhelpful.</p> | |
| | <p>“I think, actually, the wrong style of therapeutic intervention, the wrong talking therapy or the wrong...If someone isn’t skilled enough to identify that they don’t offer what someone needs I think it could be quite unhelpful. Not everybody wants to or has a childhood issue that maybe has created their problems and some therapies...It’s just because I’ve had people say to me, you know-‘You’re the only one that’s really listened to me. Because they kept taking me down this route of like-Oh, when you were a child...’And she’s like-‘Nothing happened then.’ So, I think it just wasn’t helpful. So, I think being really aware of your own skill set as a therapist or a hypnotherapist or whatever you do...That you know that you could offer the right support to someone. Because I think the wrong</p> | <p>1.17.10- 1.20.10</p> |

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| | <p>type of therapeutic intervention, the wrong talking therapies could potentially...I don't want to say cause more damage but they could open a wound that someone may not be prepared for as a client. And as a therapist unprepared on how to help them heal that wound. So, I think that's where therapists being aware of their own skill set is really important. I sometimes have some clients that come to me and say. You know-I'm on this medication. I got that medication.' And I wonder are we just masking everything with one medication over another? And how effective is it when they're all blocked together like that? And I don't want to dismiss the importance of medication cause I do think it's definitely got a place. But I wonder if people were really given the chance to work through it without the medication. They may end up realising that they don't need it or as much. So. I don't know maybe too many different types and combinations of medication rather than actually getting to the root cause of the problem might be unhelpful. Because it can be just masking what's going on. Rather than actually letting them ever figure out what it is, heal it, overcome it so they can actually move past it cause then when they stop medication, you've not dealt with it. You've just maintained a way...You've just been able to maintain calm, calmness or whatever it is or...But I'm not taking it away from medication because I know that sometimes there is a need for it."</p> | |
| 120.12 | <p>Interviewer asks the respondent if there are ever instances where a therapist will have a personality clash with someone and it just doesn't work.</p> | |
| | <p>The respondent says that she always offers a free consultation first. She's never had a personality clash as such. She has had challenging clients but she sees that as stretching her as a therapist. She goes on to describe reasons why the process might not work but says this has been very rare in her practice. She says that the therapeutic relationship is key to the process.</p> | |
| 122.16 | <p>Interviewer asks the respondent if she believes there's a cure for mental illness.</p> | |
| | <p>"I don't really think that's the right word I would use. So, for example, I would never say I'll cure you from anxiety. We need anxiety in our body; it's how we keep ourselves safe. It's what the body is built to do. But we want to help you manage it. We want to help you build more confidence to take back your own personal power and replenish your own self-esteem and build that back up by helping you understand where your belief systems came from and how you can write a new story for yourself. So, I wouldn't use the word cure. I don't know that that's the right terminology that I would use. But certainly manage your fears; manage your anxiety to the point where you don't feel that it impedes your life experiences or your life choices. And you can create any life that you want. But yeah, because if I was to sit here and say that I was cured from anxiety...I actually don't have anxiety but I have anxious moments. I experience periods where I know that I am anxious and my physiological things, you know, that are going on in the body are telling me that. So, I'll never be somebody that can be cured of anxiety. I'll just...I know what to do to manage it so that I can move on and live my life to the fullest."</p> | 1.22.20-123.52 |
| 123.56 | <p>Interviewer asks the respondent if there is anything important about the mental health system or her experience that she'd like to talk about that we haven't touched on.</p> | |
| 123.57 | <p>Respondent replies that she wanted to work for herself so she could develop her own therapeutic practice. She is regulated by her model.</p> | |
| 125.15 | <p>Interviewer asks the respondent if she has any photos or objects or songs</p> | |

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| | that remind her of her journey. | |
| 125.30 | Respondent replies that she's not overly an object person any more. She talks about the power of meditation for her at this point in her life. She goes on to describe the significance of Elton John's song 'I'm Still Standing' and the Elton John film for her in terms of her journey with mental health issues. | |
| 128.22 | The interviewer asks the respondent what lessons she has learned that she would like to pass on to anyone that has heard this interview. | |
| | "I would say. Get a good mentor/coach/anything. That can encourage you, motivate you, support you... Be empathetic, sympathetic... cause see without that you'll find that you might drift. And you may drift down the wrong path So, get yourself some good people. Choose your social circle wisely because you're the sum total of the five people you spend the most time with. Work on yourself constantly and from the inside out. Inner work, therapeutic work, self-development...Read all the time. Learn all the time about yourself, about the world and about the things that you want to make a difference with. And I would also say, don't give your power away. Don't give your power to other people and expect them to treat it with kid gloves. Because most of the time they don't and you'll be forever people pleasing. You'll be trying to have perfectionist behaviours. All you're doing with that is giving your power to somebody else. So, don't do it. Stand in your own power, believe in yourself, your own choices...And work on yourself all the time so you can build your own inner strength and resilience." | 1.28.28-1.30.31 |
| 130.02 | Interviewer thanks the respondent very much for her contribution to the project. | |



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SCO043551**