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CONSIDERING VOICE HEARING BY PSYCHIC PRACTITIONERS: A QUALITATIVE PLURALISTIC INVESTIGATION OF MENTAL HEALTH AND WELL-BEING

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Background: This research is a qualitative pluralistic project concerned with clairaudience experienced by psychic practitioners. A key aspect of the research is to use different methods of qualitative analysis to analyse the same data. The different emphases of these approaches are expected to provide complimentary insights into the target phenomenon. The study builds on previous research with mediums, to identify and explore clairaudience in a sample of psychic practitioners who do not have religious or professional affiliations that provide explanatory frameworks for these lived experiences.

Aims: The aim of the research is to identify what factors protect against distress (as found in clinical samples of voice hearers) for people who hear voices but do not require service support. This will enable a test of how robust these findings are in non-clinical voice hearers or how such a sample might display a different pattern of relationships.

Method: Fourteen psychic practitioners have been interviewed for the study. To date, we have applied interpretative phenomenological analysis to the data set (Wilde et al., 2019). In this study, we aimed to gain an understanding of how mediums experience their mental health in relation to their mediumistic practice and how they recognise and respond to psychological difficulties experienced by their clients.

Results: Four themes were identified: from past traumas to mediumistic identity; spirit makes sense, mental illness is chaos; being resilient but vulnerable; and ethical mediumistic practice.

Conclusions: The research highlights the value of not dismissing or attempting to change appraisals of valued aspects of mediums' anomalous experiences. However, the findings do indicate that support for exposure to clients' difficulties might be helpful.

Keywords: Voice-hearing, Hearing-voices, Mediums, Psychics

Publications:

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