



January 2021



Total recruitment:

168 Participants

Happy New Year from ERA!

The ERA team would like to wish all of our participants, clinicians and readers a very happy new year for 2021. Whilst the study is still on hold, we are working hard to prepare for the study to restart as soon as it is safe and appropriate to do so. A massive thank you to our collaborators, health care teams and participants for all of their help and support so far. Warm wishes to all for a safe, joyful and prosperous new year.

The ERA manual is published

A manual for the ERA trial developed by our Chief and Principle Investigators has been published in the Arts in Psychotherapy journal. To develop the manual in preparation of the ERA trial, six arts therapists met over the course of a year to explore commonalities and differences in art, dance movement and music therapy groups. Through different arts based methods and workshops with mental health care professionals a model, manual, training and adherence guide was produced. The training and development methods within the manual will be of particular interest to wider arts therapists and researchers in the field. See a summary of the manual [here](#).

How do you know what you want?

ERA researcher Lauren Hounsell and PhD student Emma Millard recently published a study that used focus group workshops to explore service user perspectives of three decision aids: leaflets, videos and taster sessions. It was found that service users brought their past experiences of the arts and this shaped the discussion and all three decision aids were useful at different points in the treatment journey. Importantly, service users expressed that they want to know explicit aims and goals of the arts therapies when making a decision about which they would prefer. The findings will be useful for services when helping service users to make informed choices about their care. See the full paper [here](#).

Daily mindful walking practice

During this January, why not take a break with a 10-minute walking meditation. Walking meditation gives us an opportunity to gather our awareness, which so often becomes distracted or sometimes stuck when the mind is left to its own devices. Before you begin your meditation, find a quiet space to walk. It could be outdoors, or in a hallway, or even a large room, walking back and forth. For advice on walking meditation and a 10-minute guided voice recording, see [here](#).

Contact us

If you have any concerns or queries regarding the trial, please do not hesitate to get in touch with ERA Chief Investigator, Dr Catherine Carr catherine.carr6@nhs.net or ERA Trial Manager, Leoni Koutsou leoni.koutsou@nhs.net

Follow the ERA team on Twitter [@study_era](https://twitter.com/study_era) for regular updates or see elft.nhs.uk/era for more details about the study.



ERA project timeline



Study set-up	Recruitment for internal pilot	Pilot round of therapy groups	Assess stop/go criteria	Recruitment for main trial	Main trial therapy groups	Analysis	Dissemination and write-up
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Please circulate this newsletter with your team or anyone who may be interested in hearing about ERA. For anything you would like to see included in the newsletter, please contact emma.medlicott1@nhs.net.