



## **Course: introduction to cognitive behavioural therapy for psychosis**

**Address:** <https://asadis.net/en/course/introduction-cognitive-behavioural-therapy-psychosis/>

**Duration:** 3h

**Type of course:** continuing education

**Location:** online course

**Individual price:** \$120.00

### **Overview:**

Cognitive behavioural therapy for psychosis (CBTp), a specific adaptation of cognitive behavioural therapy, is designed to treat symptoms of psychosis and support recovery. CBTp is a treatment plan based on the cognitive model of psychosis that clinicians need to employ for better outcomes with their patients. This workshop aims to provide an introductory overview of CBTp by reviewing psychosis and its symptoms, as well as different recovery-focused approaches and evidence for CBTp. Dr Best will also discuss CBTp training, intervention protocols, the five treatment phases and CBTp session structure. Additionally, the workshop will cover conceptualization and treatment of psychosis with regards to cognitive formulations, hallucinations, and "delusions".

### **Learning objectives:**

1. Define the symptoms of psychosis
2. Articulate the structure of CBT for psychosis
3. Conceptualize hallucinations and 'delusions' using the cognitive model of psychosis
4. Identify appropriate cognitive and behavioural change strategies for psychosis

### **Learning material:**

A theoretical course illustrated with clinical examples. This course is composed of videos of 5 to 15 minutes each. The PowerPoint of the course to download.

**Audience:** This training is intended for mental health professionals.

### **The expert, Dr. Michael Best**

Dr. Michael Best is a clinical psychologist and Assistant Professor in the Graduate Department of Psychological Clinical Science at the University of Toronto, Affiliate Scientist at Ontario Shores Center for Mental Health Sciences, and Collaborator Scientist at the Centre for Addiction and Mental Health. Dr. Best's research focuses on cognitive mechanisms underlying experiences of psychosis and innovating cognitive behavioural therapies for psychosis. He has co-developed a novel cognitive treatment for internalized stigma, called BOOST, that focuses on helping people with a first episode of psychosis overcome internalized stigma. He has also conducted clinical trials of remotely delivered CBT for psychosis, and examined mechanisms of change during CBTp. Dr. Best is a member of the steering committee for the North American CBTp Network and an executive officer for the Canadian Association for Cognitive and Behavioural Therapies.

### **Syllabus**

PowerPoint

#### Symptoms of psychosis

Presentation

Basics of hallucinations

Basics of delusions

Psychotic disorders

Recovery

#### Evidence for CBT for Psychosis

The psychosis continuum and cultural context

Evidence based studies about CBT and psychosis

Conceptualization-Driven CBTp

CBT protocol

CBTp Values

Tips for Ethical - Competent CBTp

Phases of treatment

Session structure

#### Cognitive conceptualization of Psychosis

Cognitive change strategies

Behavioral change strategies

Cognitive model of hallucinations

Coping strategies for voices

The example of Sally- voices hallucinations

Analysis of delusions

Case formulation video

Conclusion

Bibliography