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:
Some symptoms of psychosis persist despite medication—CBTp offers a structured and evidence-based approach to address them.

When hallucinations, delusional beliefs, or negative symptoms become entrenched, they can significantly hinder recovery and autonomy. Cognitive Behavioural Therapy for Psychosis (CBTp) was specifically developed to support individuals facing this kind of persistent distress. With strong empirical support, CBTp equips clinicians to address the mechanisms maintaining psychotic symptoms and to foster both clinical and personal recovery.

In this 3-hour training, Dr. Michael Best—clinical psychologist and assistant professor at the University of Toronto—provides a clear and rigorous introduction to CBTp. Drawing on current evidence and real case examples, he outlines the core structure of this intervention, along with practical tools to use in clinical settings.

You will be equipped to:
- Structure intervention across five treatment phases, from assessment to consolidation, including maintenance sessions and action planning.
- Deploy targeted cognitive and behavioural strategies to support clients in reinterpreting hallucinations and delusional beliefs.
- Use individualized case conceptualization to guide treatment, promote engagement, and tailor change strategies.

- Work from a recovery-oriented perspective, integrating clinical, personal, and functional dimensions.

This training provides a solid foundation for incorporating CBTp into your therapeutic practice—whether working individually or alongside other forms of support.

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, clinical psychologist, is 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 behavioral 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 Behavioral 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

Evaluation:
To validate the achievement of the learning objectives, a final evaluation in the form of true/false questions is required. It must be completed in order to obtain the certificate of completion.
In addition, an optional self-assessment is offered at the beginning and end of the course, allowing you to measure your progress on the targeted skills.
These evaluations are not graded and are intended primarily to support your professional reflection.

Access timeline: Once registration is confirmed, you (or the learner) may start the training at any time, independently and at your own pace. You can access the training for as long as Asadis as the legal right to diffuse it (typically 10 years).

Questions? Feel free to contact us at *contact@asadis.net*