Cognitive Behavioral Therapy for psychosis orientation and skills training for Mental Health Care Providers

DATES: June 11 & 12, 2020, 9:00am-4:30pm
COST: Free
LOCATION: Seattle, WA

Cognitive Behavioral Therapy for psychosis:
Cognitive Behavioral Therapy for psychosis (CBTp) is an individualized, evidence-based intervention for adults with schizophrenia and other psychotic disorders. The primary goals of CBTp are to reduce the distress associated with the symptoms of psychosis and to improve functioning and quality of life. CBTp includes the application of cognitive skills aimed toward changing thoughts to improve feelings and behaviors, as well as behavioral strategies to help cope with distress and impairment.

Workshop Details:
The purpose of this workshop is to orient mental health care providers to the most recent literature on the cognitive behavioral approach to treating individuals with psychotic symptoms, to introduce a recovery-oriented model for treating psychosis, and to provide training in CBT-informed skills and strategies for this population.

This 2-day in-person workshop will consist of lecture, audio and video presentation, and behavioral rehearsals. Following this training, trainees will be able to:
- Articulate the rationale and primary goals associated with CBTp
- Understand the fundamental principles of CBTp and associated stylistic and structural components
- Develop knowledge of psychoeducation, cognitive skills, behavioral principles, and guided CBTp self-help
- Use CBTp-informed strategies to reduce distress and disability associated with psychosis
- Access high-quality resources for patients and families, as well as for additional self-guided learning of CBTp

The Trainers: Dr. Jessica Maura, PhD is completing a postdoctoral fellowship in Psychosis Treatment and Recovery with the EBPA lab. Dr. Maura is an emerging expert on cultural adaptations of psychotherapeutic interventions for psychosis. Shannon Stewart, LMHC is currently providing training and consultation in CBTp and has significant experience delivering evidence-based employment support services to individuals experiencing serious mental illness transition back into community employment. Shannon has also spent time working on a First Episode Psychosis (FEP) team where she provided CBTp treatment to individuals experiencing psychosis.

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CE Information

Psychologists

The University of Washington Department of Psychiatry and Behavioral Sciences (PBSCI) will apply to the American Psychological Association to offer continuing education for psychologists. PBSCI has allocated 12 hours of training for this activity.

All Others

The University of Washington is an approved provider of continuing education for licensed social workers, licensed mental health counselors, licensed marriage and family therapists, psychologists, chemical dependency professionals, nurses and physicians under the provisions of: WAC 246-809-650, WAC 246-809-620, WAC 246-12-200, WAC 246-840-210, WAC 246-919-460 and WAC 246-924-240. PBSCI has allocated 12 hours of training for this activity.