

Introduction to Cognitive Behavioral Therapy for psychosis for Mental Healthcare Providers



When: August 27-28, 2021
9:00am – 4:00pm

Where: Virtual

Cost: \$300*

**No cost for University of Washington students, faculty, and staff. Need-based stipends may be available. Please email CBTecho@uw.edu.*

[Click Here to Register](#)

Cognitive Behavioral Therapy for psychosis:

Cognitive Behavioral Therapy for psychosis (CBTp) is an individualized, evidence-based intervention for individuals with 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 CBTp-informed concepts and strategies for this population.

Following this 2-day virtual workshop, 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 skills, and guided CBTp self-help
- Apply CBTp-informed strategies to reduce distress and disability associated with psychosis, and
- 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 a Clinical Psychologist and Acting Assistant Professor in the Department of Psychiatry and Behavioral Sciences at the University of Washington School of Medicine. Her research has focused primarily on the impact that culture and other psychosocial factors have on the diagnosis and treatment of schizophrenia spectrum disorders, as well as examining the efficacy of culturally adapted interventions for schizophrenia. Dr. Maura delivers workshops in CBTp, provides CBTp treatment, and provides specialized screening and assessment of psychosis and psychosis-risk states.



Jeffery Roskelley, LICSW is an expert trainer in CBTp and integrated dual diagnosis treatment for co-occurring disorders in the Department of Psychiatry and Behavioral Sciences at the University of Washington. Mr. Roskelley previously worked as a co-occurring assessment specialist at the University of Utah and as a co-occurring specialist for the Lake Whatcom PACT team in Bellingham, WA.

This training will be hosted by the [SPIRIT lab](#) at the Department of Psychiatry and Behavioral Sciences at the University of Washington. (Principal Investigator, [Dr. Sarah Kopelovich](#)).

Continuing Education:

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 11 hours of training for this activity.