



Are You Caring for Someone with Psychosis?

Do you struggle to talk with your loved one? Do you want coping strategies for yourself?

Join us for **Psychosis REACH: Recovery by Enabling Adult Carers at Home.**

This virtual training in Cognitive Behavioral Therapy (CBT) will teach caregivers to:

- ✓ **Use evidence-based coping strategies**
- ✓ **Develop key caring principles**
- ✓ **Communicate effectively with your loved one**
- ✓ **Make sense of medications and treatment**
- ✓ **Implement relapse prevention strategies**

Psychosis REACH consists of an online course, which you will complete at your own pace, followed by a live virtual training led by the co-developers of Psychosis REACH. Following the training, you will have the option to connect with a Psychosis REACH Family Ambassador, which is a family member with lived experience previously trained in the Psychosis REACH model.

Psychosis REACH trainings have been scheduled through 2023 .

Visit our website below for a list of training dates and for instructions on how to register.

Visit our website to join our mailing list

You will be notified when registration for an upcoming training opens

Psychosis REACH Website: www.psychosisreach.org

Email us!: psychosisREACH@uw.edu

Meet the Psychosis REACH Trainers



Doug Turkington, MD is a Professor of Psychosocial Psychiatry at Newcastle University, UK. He is a Founding Fellow of the Academy of Cognitive Therapy based at Philadelphia, USA, and a codeveloper of the Psychosis REACH model. Dr. Turkington developed and, over the last 30 years, has rigorously tested Cognitive Behavioral Therapy for psychosis. He has authored numerous books including, *Back to Life, Back to Normality*, volume 2, which emphasizes core Psychosis REACH principles and techniques.



Sarah Kopelovich, PhD is a licensed clinical psychologist in the Department of Psychiatry and Behavioral Sciences at the University of Washington School of Medicine. She is an Associate Professor in the department and holds the Professorship in Cognitive Behavioral Therapy for psychosis. She directs the Northwest CBT for Psychosis Provider Network, serves on the steering committee of the North American CBTp Network, and is a co-founder of the Center for Mental Health, Policy, and the Law at the University of Washington. Dr. Kopelovich is a co-developer of the Psychosis REACH model.



Kate Hardy, Clin.Psych.D. is a licensed psychologist who has specialized in working with individuals with psychosis for over 15 years in both research and clinical settings. Dr. Hardy has worked in specialist early psychosis services in both the UK and the US. Dr. Hardy has significant experience in providing CBTp to individuals with early psychosis and those at risk of developing psychosis. Dr. Hardy has led multiple trainings and workshops in CBTp to a wide variety of audiences including mental health care providers and families. Dr. Hardy is also a co-developer of the Psychosis REACH model.



Akansha Vaswani Bye, PhD, is an Acting Assistant Professor in the Department of Psychiatry and Behavioral Sciences at the University of Washington School of Medicine. Her interests include the development and dissemination of family-centered and participatory models of care, culturally consonant and evidence-based practices, and non-pathologizing interventions. Dr. Vaswani-Bye is the Psychosis REACH Family Ambassador lead trainer.

The University of Washington SPIRIT Lab is indebted to our early funders, our growing network of Psychosis REACH Family Ambassadors, and to our Family and Caregiver Advisory Board. For more information on bringing Psychosis REACH training to your region, please contact us at psychosisREACH@uw.edu or **(206) 744 -1737**. To donate, please visit <https://give.uwmedicine.org/psychosisREACH>.