

Cognitive Therapy for Psychosis: A Skills-Based Workshop

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This training will outline a cognitive approach to the understanding of distressing psychotic experiences, which suggests that it is the interpretation of these intrusions and problematic responses to them that causes the associated distress and disability. An overview of recent and current research that supports this cognitive model and the treatment approach that is derived from it will be provided. We will use a variety of techniques including collaborative discussion, role plays and video demonstration to illustrate how this model can be used to develop idiosyncratic case formulations with service users and how such formulations are used to guide intervention. Specific issues to be covered include development of formulations, using these to derive intervention strategies, engagement and use of homework tasks. The training will assume some knowledge of and basic skills in cognitive therapy and some experience of working with people with psychosis. Learning outcomes will include the ability to develop formulations based on the model, knowledge of how to utilise these to collaboratively select change strategies and observation of common change strategies to promote understanding of their use.

Learning objectives:

Participants should be able to –

- Understand the rationale for the use of CT for people with psychosis
- Develop case formulations based on a cognitive model
- Select treatment strategies based on such formulations

Key References:

Morrison, A.P. (2001) The interpretation of intrusions in psychosis: An integrative cognitive approach to psychotic symptoms. *Behavioural & Cognitive Psychotherapy*, 29, 257-276.

Morrison, A. P., Renton, J. C., Dunn, H., Williams, S., & Bentall, R. P. (2003). *Cognitive Therapy for Psychosis: a Formulation-based Approach*. London: Psychology Press.

Morrison, A. P., Renton, J. C., French, P., & Bentall, R. P. (2008). *Think you're crazy? Think again: A resource book for cognitive therapy for psychosis*. London: Routledge.

Biography: Tony Morrison is a Professor of Clinical Psychology at the University of Manchester and is also Associate Director for Early Intervention at Greater Manchester West Mental Health Foundation Trust. He has published over 100 articles on cognitive therapy for psychosis and experimental studies of cognitive processes in psychosis, including an influential cognitive model of psychosis, and has conducted several treatment trials of cognitive therapy for psychosis and for people at high risk of psychosis. He has also published several treatment manuals. He has recently been a member of 2 NICE guideline development groups (Psychosis in children and young people; Adult Schizophrenia and

Psychosis: update) and was a member of the Department of Health Expert Reference Group for development of a competency framework for CBT for psychosis.

Biography: Paul is Associate Director for Early Intervention services at Greater Manchester West, Honorary Professor in the Department of Psychological Sciences at the University of Liverpool and Honorary Senior Lecturer at the University of Manchester. He started training in 1986 in mental health nursing and has always had an interest in working with people with psychosis having worked within inpatient and community services. His research interests include early psychosis, and he completed his PhD in At Risk Mental States for Psychosis at the University of Manchester in 2007. He has been involved in numerous clinical trials of psychological treatments for psychosis and people at high risk and has published widely on these topics.