

## CBT for Psychosis

For many years, the only treatment for people who hear voices and suffer delusions has been medication. But now the tide is changing and NICE recommends CBT for psychosis.

This two day workshop will introduce cognitive approaches to understanding psychosis and evidence based CBT treatments to address voices, delusions and other symptoms.

Day one will introduce

- The definition of psychosis
- Research on hearing voices
- Traumatic psychosis
- Cognitive theory of voices
- CBT for voices
- Cognitive theory of delusions
- CBT for delusions

Day two will show how to

- Use CT-R for negative symptoms of psychosis
- Integrate family approaches into your CBT practice
- Know how to formulate a case of psychosis
- Develop a treatment plan
- Prevent relapse

We will use case vignettes and participants' own cases to practice skills and develop understanding.