

High-Yield Cognitive Behavioral Techniques for Psychosis for Psychiatric Care Providers



DATES: February 13 & 14, 2020, 9:00am-4:30pm

COST: \$300 per person (Includes lunch and CME)
(Free for all University of Washington staff, students, and trainees)

LOCATION: Waterfront Activities Center,
3710 Montlake Blvd NE, Seattle, WA 98195

Cognitive Behavioral Therapy for psychosis:

Cognitive Behavioral Therapy for psychosis (CBTp) is a structured talk therapy that aims to reduce distress associated with symptoms of psychosis. As with CBT for other types of problems, CBTp focuses on the relationship between thoughts, behaviors, and emotions.

Treatment guidelines in the U.S. recommend that CBTp be used alongside pharmacological intervention in the treating of schizophrenia spectrum disorders. Yet, CBTp has failed to become the standard of care when treating individuals with psychosis. Psychiatric Care Providers tend to have the most consistent access to patients with SSDs and can integrate and reinforce cognitive behavioral techniques in to their routine encounters. The purpose of this workshop is to orient psychiatric care providers to the most recent empirical literature on the cognitive behavioral approach to treating individuals with psychotic symptoms, to introduce a recovery-oriented biopsychosocial model for treating psychosis, and to provide training in high-yield skills and strategies for this population.

This two-day in-person workshop will consist of lecture (from CBTp experts), audio and video presentation, and role play demonstrations. Following this training, you will be able to:

- Articulate the rationale and primary goals associated with Cognitive Behavioral Therapy for psychosis (CBTp)
- Understand the theoretical principles of CBTp
- Use high-yield CBTp-informed strategies to reduce distress and disability associated with psychosis
- Access high-quality resources for patients, families, and additional self-guided learning of Cognitive Behavioral Therapy for psychosis.
- Advocate for CBTp in your care settings and know where to access further training resources.

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The University of Washington School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Washington School of Medicine designates this live activity for a maximum of **12.0 AMA PRA Category 1 Credits™**. Physicians should claim only credit commensurate with the extent of their participation in the activity.