

Cognitive Behavioral Therapy (CBT) for People with First-Episode Psychosis

9 a.m. to 5 p.m. CT | Tuesday, April 27, 2021

FREE 1-Day Training • Space is First-Come, First-Served

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Overview

Cognitive behavioral therapy has been found to be an effective intervention for individuals with first-episode psychosis. In **Cognitive Behavioral Therapy (CBT) for People with First-Episode Psychosis**, we will discuss the delivery of cognitive behavioral therapy to individuals with psychosis with particular attention directed to strategies to address positive symptoms, negative symptoms, depressed mood, and anxiety.

Learning Objectives

- Describe evidence supporting the benefits of cognitive behavioral therapy for people with psychosis
- Recognize cognitive, behavioral, and physiological factors that may contribute to, sustain, or exacerbate mental health concerns among individuals with psychosis
- Apply cognitive and behavioral strategies to support individuals with psychosis in managing experiences of positive symptoms, negative symptoms, depressed mood, and anxiety

Speakers



Dr. Nicholas Breitborde is Professor and Vice Chair for Academic Affairs in the Department of Psychiatry and Behavioral Health at The Ohio State University

and Director of the OSU Early Psychosis Intervention Center (EPICENTER). He serves as a Content Area Expert for the Global Burden of Disease Study and is a member of the American Psychological Association Task Force on Serious Mental Illness/Severe Emotional Disturbances. To date, his research has been cited over 40,000 times and has been funded by agencies such as the National Institute for Mental Health (NIMH) and the Substance Abuse and Mental Health Services Administration (SAMHSA).



Dr. Heather Wastler is an Assistant Professor in the Department of Psychiatry at The Ohio State University Wexner Medical Center. She completed her doctoral training

in the Clinical Science program at Binghamton University. She completed her predoctoral training at the VA Maryland Healthcare System, where she specialized in the treatment of serious mental illness. She then completed her postdoctoral training at the OSU Early Psychosis Intervention Center where she continues to work as a psychologist in both the first-episode and clinical-high risk programs. Dr. Wastler's research focuses on understanding suicide risk among individuals in the early stages of psychotic disorders.



Mid-America (HHS Region 7)

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