Keynote:
Recovery-Oriented Cognitive Therapy for Psychosis
Motivation and Connection

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August, 2020
What is Recovery-Oriented Cognitive Therapy

• Fusion of Cognitive Therapy and Recovery
• “Helping the patient draw on his own problem-solving apparatus” (Beck, 1976)
• Extension of CBT for psychosis
• Privileging the negative symptoms
Negative symptoms in schizophrenia: a study in a large clinical sample of patients using a novel automated method

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ABSTRACT

Objectives: To identify negative symptoms in the clinical records of a large sample of patients with schizophrenia using natural language processing and assess their relationship with clinical outcomes.

Design: Observational study using an anonymised electronic health record case register.

Setting: South London and Maudsley NHS Trust (SLaM), a large provider of inpatient and community mental healthcare in the UK.

Participants: 7670 patients with schizophrenia receiving care during 2011.

Main outcome measures: Hospital admission, readmission and duration of admission.

Results: 10 different negative symptoms were ascertained with precision statistics above 0.80. 41% of patients had 2 or more negative symptoms. Negative symptoms were associated with younger age, male gender and single marital status, and with increased likelihood of hospital admission (OR 1.24, 95% CI 1.10 to 1.39), longer duration of admission (p-coefficient 20.5 days, 7.6–33.5), and increased likelihood of readmission following discharge (OR 1.58, 1.28 to 1.95).

Conclusions: Negative symptoms were common and associated with adverse clinical outcomes, consistent with evidence that these symptoms account for much of the disability associated with schizophrenia. Natural language processing provides a means of conducting research in large representative samples of patients, using data recorded during routine clinical practice.

Strengths and limitations of this study

- This is the largest known study (over 7000 participants) to investigate the relationship of negative symptoms with clinical outcomes in people with schizophrenia. Our findings demonstrate that negative symptoms are present in a substantial number of people with schizophrenia and are associated with increased hospital admission, readmission and duration of inpatient stay.
- To our knowledge, this is the first published study to use an automated information extraction method to acquire data on negative symptoms from electronic health records. This approach permits rapid acquisition of negative symptom data which is representative of everyday clinical practice in secondary mental healthcare.
- Our findings are based on data recorded by clinicians delivering routine mental healthcare who were not specifically ascertaining negative symptoms. It is therefore possible that negative symptoms were not comprehensively documented in the electronic health records from which they were identified leading to an inaccurate estimate of their prevalence in the analysed sample.
An examination of neurocognition and symptoms as predictors of post-hospital community tenure in treatment resistant schizophrenia

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ARTICLE INFO

Article history:
Received 17 July 2015
Received in revised form
10 December 2015
Accepted 4 January 2016
Available online 5 January 2016

Keywords:
Anhedonia
Asociality
Negative symptoms
Neurocognition
Community tenure
Functional outcome

ABSTRACT

Neurocognition and psychopathology are robust predictors of community functioning and relapse/re-hospitalization in schizophrenia. Existing studies are however limited because they have ignored the most chronic, treatment-resistant patients. Moreover, the prediction of functional outcomes has yet to be extended to the duration of community tenure, an indicator of the capacity of chronically-hospitalized patients to gain traction in the community. The current study examined neurocognition and symptom severity at discharge as potential predictors of community tenure in chronically-hospitalized treatment-resistant patients. The study recruited 90 people with treatment-resistant schizophrenia who received services on an inpatient unit. Participants completed measures of psychopathology and neurocognition prior to discharge. Following discharge, participants were tracked at current residences six months and one year post-discharge to assess community tenure. The percentage of individuals who continued to live in the community at 12-month follow-up was 51%. Severe negative symptoms but not neurocognitive impairment or positive symptoms was a significant predictor of shorter post-hospital community tenure. Of the negative symptoms domain, anhedonia-asociality proved to be the most relevant predictor of community tenure in the sample. The capacity to elicit goal-directed behaviors in response to an-
Negative Symptoms

- Worry about Persecution
- Increased Distressing Voices
- Increased Stress
- Reduction in New Data

Low Motivation Connection
## Translation of Negative Symptoms

<table>
<thead>
<tr>
<th>Negative Symptom</th>
<th>Underlying Problems</th>
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<tr>
<td>Avolition</td>
<td>Defeatist beliefs</td>
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<tr>
<td></td>
<td>Conservation of Energy</td>
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<tr>
<td>Asociality</td>
<td>Asocial beliefs</td>
</tr>
<tr>
<td>Anhedonia</td>
<td>Negative expectancies</td>
</tr>
<tr>
<td>Alogia</td>
<td>Negative expectancies</td>
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</tbody>
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Beliefs: Motivation

• Conservation of Energy:
  • I can’t do it until I get the energy
  • Response: Inactivity and lowered motivation
Beliefs: Motivation

- Defeatist Performance Belief:
  - Why try, it won’t work out.
  - A little mistake is as bad as a catastrophe
  - I’m broken
  - Response: Under trying and lowered motivation
Beliefs: Connection

- Social Disinterest Attitudes
  - Time with others isn’t worth the effort.
  - Response: Avoid socializing and conclude it wouldn’t have been worth the effort.
Clinical Trial of Recovery-Oriented Cognitive Therapy

Randomized Trial to Evaluate the Efficacy of Cognitive Therapy for Low-Functioning Patients With Schizophrenia

Paul M. Grant, PhD; Gloria A. Huh, MSED; Dimitri Perivoliotis, PhD; Neal M. Stolar, MD, PhD; Aaron T. Beck, MD
Summary of CT-R Clinical Trial

Compared to the ST patients, CT+ ST patients had:

• Better functioning (d = 0.56)
• Reduced avolition-apathy (d = -0.66)
• Reduced positive symptoms (d = -0.46)

(Grant et al., 2014, Archives of General Psychiatry)
Clinical Trial Follow-up

*Follow-up to Grant et al., 2012; N = 60

Gains maintained over the course of 6-month follow-up in which no therapy was delivered:

- Better Functioning ($d = 0.53$)
- Reduced Negative Symptoms ($d = -0.60$)
- Reduced Positive Symptoms ($d = -1.36$)

(Grant et al, 2017)
Clinical Trial Follow-up

NOTE: 'p < .10, *p < .05, **p < .01

(Grant et al, 2017)
Antipsychotic drugs versus cognitive behavioural therapy versus a combination of both in people with psychosis: a randomised controlled pilot and feasibility study

Anthony P Morrison, Heather Law, Lucy Carter, Rachel Sellers, Richard Emsley, Melissa Pyle, Paul French, David Shiers, Alison R Yung, Elizabeth K Murphy, Natasha Holden, Ann Steele, Samantha E Bowe, Jasper Palmier-Claus, Victoria Brooks, Rory Byrne, Linda Davies, Peter M Haddad

Summary

Background Little evidence is available for head-to-head comparisons of psychosocial interventions and pharmacological interventions in psychosis. We aimed to establish whether a randomised controlled trial of cognitive behavioural therapy (CBT) versus antipsychotic drugs versus a combination of both would be feasible in people with psychosis.

Methods We did a single-site, single-blind pilot randomised controlled trial in people with psychosis who used services in National Health Service trusts across Greater Manchester, UK. Eligible participants were aged 16 years or older; met ICD-10 criteria for schizophrenia, schizoaffective disorder, or delusional disorder, or met the entry criteria for an early intervention for psychosis service; were in contact with mental health services, under the care of a consultant psychiatrist; scored at least 4 on delusions or hallucinations items, or at least 5 on suspiciousness, persecution, or grandiosity items on the Positive and Negative Syndrome Scale (PANSS); had capacity to consent; and were help-seeking. Participants were assigned (1:1:1) to antipsychotics, CBT, or antipsychotics plus CBT.

Lancet Psychiatry 2018; 5: 411–23
Published Online
March 28, 2018
http://dx.doi.org/10.1016/S2215-0366(18)30096-8
See Comment page 381
Division of Psychology and Mental Health
(Prof A P Morrison ClinPsyD, H Law PhD, L Carter PhD, R Sellers PhD, M Pyle PhD, D Shiers PhD, L Davies MSc, P M Haddad MSc)
Cycle of Recovery

- Increased Motivation
- Reduced Positive Symptoms
- Improved Functioning
Adaptive vs. Patient Mode

- Adaptive mode:
  - Individual mode where symptoms and other obstacles are dramatically reduced or limited in presence
  - Individual at his/her best

- Patient mode
  - High presence of deactivation or symptom impairment
  - Can be elicited by the practitioner.
CT-R: The overview

• Activation and the individual’s aspirations are the core
• The individual sets the aspirations for recovery
  – Aspirations are broken down, steps are concrete
  – Obstacles to the aspirations are the therapy targets
  – Conceptualization is the key to the obstacles
  – Achieving the aspirations reinforces the curative beliefs
• For teams. The team is the therapist
CT-R: Overview

Activation  Aspirations  Action
CT-R: Engagement & Activation

- Systematically activate the adaptive mode.
- Inoculates against symptoms
- Increases access to cognitive resources
- Focuses individual on alternative hypothesis
- Outcome: Eliciting of aspirations
CT-R: Aspirations

- Personal, Meaningful, Valued
  - Internal source of engagement when vividness is developed
- Orients treatment
- Rationale for treatment
  - Reason for action
  - Relapse prevention
- Outcome: Motivation for action, Ongoing engagement topic
CT-R: Action

- Plan and Evaluate increased activity
- Action leads to
  - increased energy/motivation
  - decreased psychosis
  - steps towards aspirations
- Outcome: Schedule of action and learn lessons about benefits of activity
CT-R: Obstacles

- Addressed as they interfere with the protocol
- Start with a generic formulation
- Tailor with new information
- Obstacles are addressed in the context of the aspiration
- Plan ahead for potential interference.
- Outcome: Obstacle is permanently neutralized
## Beliefs about voices

<table>
<thead>
<tr>
<th>Belief</th>
<th>Behavior</th>
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<tbody>
<tr>
<td>Control</td>
<td>Isolate</td>
</tr>
<tr>
<td>Credible</td>
<td>Listen for Message</td>
</tr>
<tr>
<td>Powerful</td>
<td>Comply or Neutralize</td>
</tr>
<tr>
<td>External</td>
<td>Stay Vigilant</td>
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CT-R: Experiential Learning

- Restructuring through action
  - Identify the exact cognition
  - Check the cognition
  - Correct to make helpful or accurate
  - Change behavior based on the new cognition
- Outcome: Restructure maladaptive beliefs and strengthen positive beliefs
CT-R: Protocol

Activation  Aspirations  Action
These slides are not to be used without the expressed written consent of Dr. Aaron P. Brinen
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