

The South Southwest MHTTC Case Conceptualization Series for First Episode Psychosis (FEP): Summary, Definitions, and Resources

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Summary

The South Southwest MHTTC Case Conceptualization Series for First Episode Psychosis (FEP) brought together FEP providers, including therapists, skills trainers, and team leaders, from across the south southwest region to learn about how case conceptualization can guide team-based, recovery-oriented FEP services. The three-part series included nine sessions and covered the basics of case conceptualization and three different evidence-based approaches for case conceptualization: Cognitive Behavior Therapy for Psychosis (CBT-P), Culturally Informed Therapy for Schizophrenia, and Compassion Focused Therapy for Psychosis.

Through didactic and experiential learning, attendees learned the foundations of these three evidence-based approaches and how they can guide team-based case conceptualization:

Series 1: Cognitive Behavior Therapy for Psychosis (CBT-P)

- Dr. Samantha Reznik led three sessions on CBT-P where participants learned the key components of a CBT-P case conceptualization, practiced applying a CBT-P case conceptualization worksheet for an example case, and explored how CBT-P case conceptualization can direct recovery-oriented, team-based interventions.

Series 2: Culturally Informed Therapy for Schizophrenia (CIT-S)

- Dr. Amy Weisman de Mamani led three sessions on CIT-S, where participants learned the basics of a systems framework that helps families develop shared mutual goals and how to incorporate cultural, religious, and spiritual beliefs and traditions into case conceptualization.

Series 3: Compassion Focused Therapy (CFT-P)

- Dr. Charlie Heriot-Maitland led three sessions on CFT-P where participants learned how to develop case conceptualizations for voice-hearing and delusional beliefs that explore the functions of these experiences, particularly in the context of interpersonal threat and trauma. Participants also learned how such case conceptualizations can be de-shaming and how to support young people in developing a compassionate self and creating cues of safeness.

What is case conceptualization?

Case conceptualization (or case formulation) is a process of using a conceptual model to understand or explain an individual's experiences and concerns. Longitudinal or timeline conceptualizations focus on the how a particular experience developed, whereas maintenance formulations focus on how an experience continues. These models help generate a hypothesis based on multiple factors such as current experiences, past experiences, predisposing factors, stressors, strengths, patterns, and reinforcers. Case conceptualization can help to guide an individualized assessment and treatment, support collaboration and shared understanding between a provider and individual in services, make sense of experiences and build hope, and ultimately interrupt or prevent patterns that someone finds distressing or unhelpful in their lives (Morrison et. al, 2004; Persons et. al, 1984; Sperry & Sperry, 2020).

What is team-based case conceptualization?

Team-based case conceptualization is when members of a multidisciplinary team work together to create a shared understanding of an individual's concerns. This shared understanding is then used to plan evidence-based team interventions. Each team member plays a unique, but coordinated, role in supporting recovery for the individual based on the shared understanding. The team often uses team meeting time to develop the conceptualization. Similar to individual case conceptualization, team-based case conceptualization can guide individualized assessment and treatment and support collaboration between providers and individual in services. Additionally, team-based case conceptualization may increase the team's communication, relationships, and holistic understanding of the individual from a multidisciplinary perspective (Berry et. al, 2016; Bucci et. al, 2021; Johnstone & Dallos, 2013; Kramarz et. al, 2022).

Why is team-based case conceptualization relevant to first episode psychosis (FEP)?

Coordinated specialty care (CSC) teams for FEP are multidisciplinary teams that work together to support a young person's recovery. Developing a team-based case conceptualization ensures that the perspective and knowledge of each team member, such as supported employment education specialists (SEES), peer support specialists (PSS), and primary clinicians, contributes to a comprehensive understanding of the young person's experiences. This shared understanding can guide a treatment plan in which each multidisciplinary team member has a unique role that is coordinated to support the overall vision for recovery. In this way, team-based case conceptualization can help to guide person-centered, holistic multidisciplinary care for individuals with FEP.

Relevant Resources

Case Conceptualization

- [Association of Clinical Psychologists \(2022\). Team Formulation: Key Considerations in Mental Health Services.](#)
- [Berry, K., Haddock, G., Kellett, S., Roberts, C., Drake, R., & Barrowclough, C. \(2016\). Feasibility of a ward-based psychological intervention to improve staff and patient relationships in psychiatric rehabilitation settings. British Journal of Clinical Psychology, 55\(3\), 236-252.](#) Please reach out to lead author Dr. Katherine Berry for interest in her manual to guide team-based formulation, shared with permission during the case conceptualization series.
- [Bucci, S., Hartley, S., Knott, K., Raphael, J., & Berry, K. \(2021\). The team formulation quality rating scale \(TFQS\): development and evaluation. Journal of Mental Health, 30\(1\), 43-50.](#)
- [Cole, S., Johnstone, L., Oliver, D. N., & Whomsley, S. \(2011\). Good practice guidelines on the use of psychological formulation. British Psychological Society.](#)
- [Johnstone, L., & Dallos, R. \(2013\). Formulation in psychology and psychotherapy. Routledge.](#)
- [Kuyken, W., Padesky, C. A., & Dudley, R. \(2011\). Collaborative case conceptualization: Working effectively with clients in cognitive-behavioral therapy. Guilford Press.](#)

CBT-P Case Conceptualization

Dr. Samantha Reznik Slides

- [Day 1](#)
- [Day 2](#)
- [Day 3](#)

- [Reznik, S. & Perivoliotis, D. \(2022\). Understanding my Experiences with CBT-P Case Conceptualization Worksheet.](#)
- [Brabban, A., Byrne, R., Longden, E., & Morrison, A. P. \(2017\). The importance of human relationships, ethics and recovery-orientated values in the delivery of CBT for people with psychosis. Psychosis, 9\(2\), 157-166.](#)
- [Hardy, K. \(2017\). Cognitive behavioral therapy for psychosis \(CBTp\).](#)
- [Kingdon, D. G., & Turkington, D. \(2004\). Cognitive therapy of schizophrenia. Guilford Press.](#)
- [Morrison \(2001\). PDF of CBTp Model Template.](#)
- [Morrison, A., Renton, J., Dunn, H., Williams, S., & Bentall, R. \(2004\). Cognitive therapy for psychosis: A formulation-based approach. Routledge.](#)
- [Spencer, H. M. \(2018\). Making sense of psychosis. Back to Life, Back to Normality: Volume 2: CBT Informed Recovery for Families with Relatives with Schizophrenia and Other Psychoses, 27.](#)

CIT-S Case Conceptualization

Dr. Amy Weisman de Mamani

- [Day 1](#)
- [Day 2](#)
- [Day 3](#)

- [Brown, C. A., & Weisman de Mamani, A. \(2018\). The mediating effect of family cohesion in reducing patient symptoms and family distress in a culturally informed family therapy for schizophrenia: A parallel-process latent-growth model. Journal of consulting and clinical psychology, 86\(1\), 1.](#)
- [Weisman de Mamani, A., & Suro, G. \(2016\). The effect of a culturally informed therapy on self-conscious emotions and burden in caregivers of patients with schizophrenia: A randomized clinical trial. Psychotherapy, 53\(1\), 57.](#)
- [Weisman de Mamani, A., Weintraub, M. J., Gurak, K., & Maura, J. \(2014\). A randomized clinical trial to test the efficacy of a family-focused, culturally informed therapy for schizophrenia. Journal of Family Psychology, 28\(6\), 800.](#)
- Weisman de Mamani, A., McLaughlin, M., Altamirano, O., & Lopez, D. (2021). Culturally informed therapy for Schizophrenia: A family-focused cognitive behavioral approach, clinician guide. Oxford University Press.

CFT-P Case Conceptualization

Dr. Charlie Heriot-Maitland Slides

- [Day 1](#)
- [Day 2](#)
- [Day 3](#)

- [Braehler, C., Gumley, A., Harper, J., Wallace, S., Norrie, J., & Gilbert, P. \(2013\). Exploring change processes in compassion focused therapy in psychosis: results of a feasibility randomized controlled trial. Br J Clin Psychol, 52\(2\), 199-214. doi:10.1111/bjc.12009](#)
- [Gumley, A., Braehler, C., Laithwaite, H., MacBeth, A., & Gilbert, P. \(2010\). A Compassion Focused Model of Recovery after Psychosis. International Journal of Cognitive Therapy, 3\(2\), 186-201. doi:DOI 10.1521/ijct.2010.3.2.186](#)
- Heriot-Maitland, C., & Longden, E. (2022). Relating to Voices using Compassion Focused Therapy: A Self-help Companion. Taylor & Francis.
- Heriot-Maitland, C. (2022). Compassion Focused Therapy for voice-hearing and delusions in psychosis. In: Gilbert, P. and Simos, G. Compassion Focused Therapy: Clinical Practice and Applications. Routledge
- [Heriot-Maitland, C., McCarthy-Jones, S., Longden, E., & Gilbert, P. \(2019\). Compassion Focused Approaches to Working With Distressing Voices. Front Psychol, 10, 152. doi:10.3389/fpsyg.2019.00152](#)

CFT-P Case Conceptualization continued

- <https://balancedminds.com>
- <http://relatingtovoices.com/>
- [Barnardo's life story video](#)
- [Engaging with voices youtube series](#)

References

Berry, K., Haddock, G., Kellett, S., Roberts, C., Drake, R., & Barrowclough, C. (2016). Feasibility of a ward-based psychological intervention to improve staff and patient relationships in psychiatric rehabilitation settings. British Journal of Clinical Psychology, 55(3), 236-252.

Bucci, S., Hartley, S., Knott, K., Raphael, J., & Berry, K. (2021). The team formulation quality rating scale (TFQS): development and evaluation. Journal of Mental Health, 30(1), 43-50.

Johnstone, L., & Dallos, R. (2013). Formulation in psychology and psychotherapy. Routledge.

Kramarz, E., Mok, C. L. M., Westhead, M., & Riches, S. (2022). Staff experience of team case formulation to address challenging behaviour on acute psychiatric wards: a mixed-methods study. Journal of Mental Health, 1-12.

Morrison, A., Renton, J., Dunn, H., Williams, S., & Bentall, R. (2004). Cognitive therapy for psychosis: A formulation-based approach. Routledge.

Persons, J. B. (1989). Cognitive therapy in practice: A case formulation approach (p. 37). New York: WW Norton.

Sperry & Sperry (2020). Case conceptualization: key to highly effective counseling. Retrieved from: <https://ct.counseling.org/2020/12/case-conceptualization-key-to-highly-effective-counseling/>