

Cognitive Behavioral Therapy for Psychosis Virtual Training & Consultation

Blaire Ehret, Ph.D., & Dimitri Perivoliotis, Ph.D.

Educational Goal: *To improve the application of Cognitive Behavioral Therapy for Psychosis (CBTp) in the delivery of behavioral health services.*

Learning Objectives: *Upon completion of this training series, participants will be able to:*

- Describe the principles and methods of Cognitive Behavioral Therapy for Psychosis (CBTp).
- Evaluate the evidence supporting the efficacy of CBTp for individuals living with psychosis.
- Discuss the role of trauma in the formation and maintenance of psychosis and interventions to address this.
- Demonstrate skills in engagement, curious questioning, basic formulation, and interventions for psychotic symptoms.
- Integrate Recovery-Oriented Cognitive Therapy (CT-R) practices as a complementary and recovery-oriented approach to CBTp.
- Develop formulations suitable for different levels of intervention with clients with psychosis and to use these formulations to identify where to target interventions.
- Implement these principles in a culturally competent and community based model.

Training Series 1: Day 1: Overview: Thursday, March 18, 2021, 1:00 pm – 4:15 pm

<i>Time</i>	<i>Activity</i>
12:45 pm – 1:00 pm	Enter Zoom waiting room; video and mic check*
1:00 pm – 2:30 pm	Introductions, objectives, overview of core CBTp/CT-R concepts, empirical support and application
2:30 pm – 2:45 pm	Break
2:45 pm - 3:45 pm	Experiential practice/Interactive discussion
3:45 pm – 4:15 pm	Questions and Check-in

*Please note: in order to receive completion and credit/ CE's, you must have your video camera on for the duration of training.



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Training Series 1: Day 2: Skills Practice: Thursday, March 25, 2021, 1:00 pm – 4:15 pm

<i>Time</i>	<i>Activity</i>
12:55 pm – 1:00 pm	Enter Zoom waiting room; video and mic check*
1:00 pm – 2:30 pm	Review and application of CBTp, and integration of CT-R
2:30 pm – 2:45 pm	Break
2:45 pm - 3:45 pm	Experiential practice/Interactive discussion
3:45 pm – 4:15 pm	Questions and Check-in

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Training Series 1: Group Consultation Call: Thursday, April 29, 2021, 1:00 pm – 2:00 pm

<i>Time</i>	<i>Activity</i>
1:00 pm – 2:00 pm	Address any remaining challenges and share successes with implementing CBTp and CT-R in service delivery.

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