

APT's unified approach to working with Psychosis

Course 2: Assessment, Formulation, and Helping Strategies

- in the formal treatment of delusions and hallucinations.

A 3-day course for 6-15 people (2-day version also available).

Executive Summary:

The course is intended for people who have completed Module 1 and who want to become practising CBT therapists with people with schizophrenia. Delegates should be aware that the academic standard is more demanding for this module than for Module 1.

Who should attend?

The course is intended for people who have completed Module 1 and who want to become practising CBT therapists with people with schizophrenia. It is therefore suitable only for professionals who have or intend to have 1:1 professional contact with people diagnosed as psychotic.

The course covers:

- Research: its current state and relevance.
- CBT techniques for modifying/ challenging delusions and hallucinations, specifically:
- Using the assessment helpfully, including why it is sometimes good strategy to leave matters vague.
- Logical reasoning. Why this is an especially strong technique in psychosis, and how to use it.
- The 'Evidence for and against' technique and how to use it to gently prompt doubt about the veracity of delusions.
- Reality testing. How it fits in with the above methods; why it is normally one of the last techniques to be used, and how to do it.
- Non-psychotic beliefs influencing delusions. Usually (though not always) delusions hinge on previously held beliefs. Therefore by modifying these one can sometimes modify the delusion.
- Modifying beliefs about voices, especially in regards where they come from and their power to harm or influence the patient. Special consideration of 'command' hallucinations.
- Longer term strategies for both delusions and hallucinations.

- The process of therapy. Developing a superbly strong rapport and credibility with the person is a *sine qua non* of therapy. If you don't do that, you have nothing. We address this here.
- Criteria for evaluating improvement. Not just good practice, this shows how to monitor progress and thereby encourage the patient, the patient's relatives, and yourself.

What the course will do for you:

The course will teach you how to plan and deliver an appropriate and individually tailored programme of therapy, from the assessment and goal setting to the practice of CBT techniques that have been developed to treat delusions and hallucinations by changing or modifying them.

You will capitalise on skills acquired in Module One by developing a facility with techniques specifically designed to influence individual delusions and hallucinations. You will see prepared videos that demonstrate the techniques discussed, and have the opportunity to copy them. You will have the chance to plan treatment programmes for prepared examples and for your own patients.

Delegates' Feedback

Average presentation rating: **97%**



Average relevance rating: **97%**



Written Feedback:

"Intoxicating, exciting ... Left me wanting more!
A valuable tool for working with people."

To discuss or place an order call **0116 241 8331** or email **office@apt.ac**

Over 100,000 professionals have benefitted from attending APT courses; APT tutors are a resource of academic and clinical expertise probably unequalled in the UK.

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