

APT's unified approach to working with Psychosis

Course 5: Dual Diagnosis

Doing the best possible for a condition that frequently splits professionals into rival factions.

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

Executive Summary:

Dual diagnosis is generally viewed as a difficult presentation to treat. Frequently the patient may be resistant to the idea of illness, disillusioned with conventional medication, and resigned to 'self-medicating'. Other times, such patients simply cannot see there is a problem. To bring effective help in such a situation is a very skilled task.

In three days you will cover a great deal:

- The interaction between substance misuse and psychosis: why (a) it is so common and (b) it is rightly of such concern.
- Why so many people with dual diagnosis seem unconcerned about it or reluctant to do anything to remedy it.
- When and how to talk to people with dual diagnosis so that they listen. Why this underpins every technique you use.
- How to determine what goals to aim at with each patient. How to have people 'see for themselves' what to do.
- How to have the client discuss solutions, not problems.
- Converting words into action: how to have the person act to improve their situation. How to give advice and impart skills in a way that the person will take notice of.
- How to 'ratchet forwards': maintaining gains made and building on them.
- Why some people resist input that will benefit them, and how to react to it in a way that benefits the person.
- Even when 'doing things right' there are traps to avoid. Where are they?
- The chance to practise skills without being put on the spot.
- How to build the course content into your professional development after the course has finished. Practising safely and effectively.

What the course will do for you:

- An understanding of why psychosis and substance misuse are so often seen together.
- How to talk to people with dual diagnosis, no matter whether they are unconcerned about it, concerned but seemingly unwilling to do anything about it, or have tried and failed to resolve it.
- How to deal with 'resistant clients' - people who 'fight against' all you try to do to help them.
- You will learn about Prochaska and DiClemente's Stages of Change, and their relevance to dual diagnosis.
- You will be able to combine Motivational Interviewing strategies and skills acquisition techniques with the cognitive approaches to help the person work through and achieve their own - adaptive - goals.

Delegates' Feedback

Average presentation rating: **93%**



Average relevance rating: **89%**



Written Feedback:

"Excellent facilitator - very interesting course and useful case study illustrationsBest course I've been on for a long-time (if ever!) Thank you."

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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