

APT's unified approach to working with Psychosis

Course 3: Early Intervention

Effectively applying 'a stitch in time' thinking to a complex problem.

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

Executive Summary:

Tragically, some people embark on a psychotic career of: disturbed adolescence ... psychotic breakdown ... recovery ... relapse. A sequence lasting a lifetime, through repeated disturbed delusional states and ending in a depressed, inactive and un-motivated state.

The aim of early intervention is to nip this sequence in the bud and to harry it at every stage. Wonderfully, the results of such interventions appear to be very promising indeed, at this - albeit early - stage.

In 3 days you will cover a great deal:

- Why it matters that early Kraepelinian ideas of schizophrenia are still influential.
- What is early intervention - the 3 different but connected concepts it covers.
- Examining some leading EI services - still new but providing templates for others to copy.
- Why intervene early? The current research, and examples of effective early intervention, and some examples the reverse.
- Engaging with - and assessing - clients and their families.
- Empathising with someone with first episode psychosis: talking within their belief system without reaffirming delusional beliefs.
- Understanding the person's reaction to psychosis: adjustment styles and what they say for our response.
- Suicide: prediction and prevention.
- Education, normalising and de-stigmatising: Reducing the impact - and coping with the trauma - of diagnosis.
- Relapse prevention: Monitoring for early signs, and implementing the relapse-prevention drill.
- Implication for your own service: establishing or refining your early intervention capabilities.

What the course will do for you:

The aims of this course are simple. Namely: to acquaint you with the concepts and skills that enable you to implement early intervention strategies; to enable you to review and develop your early intervention service if you have one; to motivate and enable you to develop one if you haven't. The overarching aim is to be able to (a) help vulnerable adolescents so they never become psychotic, (b) intervene intensively with people who have a first psychotic episode so they don't have a second and (c) spot impending relapse and intervene to prevent it. These are what the course strives for.

Delegates' Feedback

Average presentation rating: **96%**



Average relevance rating: **94%**



Written Feedback:

"I have actually stopped applying for any non APT courses as they far exceed the content and presentation of any other NHS course I have been on in my 20+ years experience of psychiatry. Many thanks."

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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