

APT's unified approach to working with Psychosis

Course 4: Family Interventions

How to create a powerful therapeutic milieu for the patient whilst simultaneously supporting the family.

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

Executive Summary:

Current evidence is that the "education and support of families" is an effective intervention for psychosis. This should come as little surprise: by delivering this we stand the chance of generating an environment that is as conducive as possible to recovery.

Moreover, having a family member who has psychosis is so distressing and demanding that the family is a legitimate focus of attention in and of itself. Simply to tell them that it is unhelpful to 'express negative emotion' is so un-empathic as to make it counterproductive. There is much more to understanding family reaction and providing relevant support than this, and this forms the aim of the course.

Who should attend:

Anybody who works with psychosis, whether currently working with their families or not.

Agenda and Learning Objectives:

- Understanding Psychosis: and individual reactions to it. Families' reactions to psychosis: families typically go through clear stages, though with marked fluctuations.
- Video: to get an in depth picture of how psychosis effected one family.
- Why involve families: After deinstitutionalization a number of factors have led to the concentration on family interventions.
- Expressed emotion: Although the expression of negative emotion is unhelpful for the patient, simply telling the family so may also be unhelpful.
- Assessment for Family Intervention: is essential.
- Engagement: Nothing we know is of any use unless we can engage with the family in such a way that they will take notice of what we have to offer.
- Education: Covering: Diagnosis, Aetiology, Symptoms, Treatment options, Prognosis, Early warning signs of relapse and relapse prevention.

- Tackling family criticism and hostility, problem solving, and how to set limits in the home.

What the course will do for you:

- You will gain insight into the effect that psychosis has on a family.
- You will have a strong sense of what are helpful interventions with families ... and what are unhelpful.
- You will be able to engage better with families and respond better to any hostility and criticism.
- Above all, you will be able to make helpful interventions with families and to help them make helpful interactions with their relative who has been diagnosed with psychosis.

Delegates' Feedback

Average presentation rating: **94%**



Average relevance rating: **91%**



Written Feedback:

"Excellent content and will benefit all mental health professionals."

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