

APT's unified approach to working with Psychosis

# Course 6: The Masterclass

Integrating skills of assessment and formulation to develop effective personalised interventions.

A 3-day course for 6-15 people.

## Executive Summary:

Having knowledge about specific CBT interventions is not sufficient to treat psychosis as well as it can be treated. One needs to know also how to 'conceptualise' what is happening in a specific instance, to be able to 'make sense of' what is happening. And thereby be able to plan the best intervention possible, regardless of the degree to which that plan involves CBT interventions, family interventions, help with social factors, help with occupational matters, or anything else. What the skilled professional needs to be able to do is to form the best overall plan for the person concerned, probably involving extensive use of CBT type input but fundamentally free from 'allegiance bias'. The aim of this course is to help delegates to achieve this.

## Who should attend?

Delegates should have some experience of CBT in psychosis, and some autonomy in their clinical practice.

## The course objectives and agenda:

- To review relevant interventions for psychosis, including, especially, those covered by CBT, including behavioural, biological, environmental and social factors.
- To review specific techniques based on the above.
- To review the overall aims of such interventions, including what is and is not currently achievable. Based on the foundation above, the course then falls into three sections:
  1. The presentation of prepared cases, complete with the suggested interventions and the reasoning behind them.
  2. The presentation of prepared cases without any suggestion of what might be a reasonable intervention. The objective here is to give delegates the opportunity to develop suitable interventions.
  3. The opportunity for delegates to address their own cases and cases examples from their colleagues.
- The objective here is to help delegates see key issues and how they can best be tackled. The job of the tutor is to facilitate these objectives by giving enough space for delegates to reach their own conclusions, while at the same time adding helpful information in the style of a 'masterclass'.

### Delegates' Feedback

Average presentation rating: **98%**



Average relevance rating: **97%**



### Written Feedback:

"Thank you for presenting a first class learning experience which I would recommend highly."

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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