Course Objectives

1. Identify and Refute 4 misconceptions that previously discouraged attempts at psychotherapy for psychosis

2. Explore 3 factors of psychotic experiences and normalize them by seeing them on a continuum with other reactions to distressing circumstances

3. Utilize a collaborative-empirical style to explore psychotic experiences and beliefs

4. Develop 3-5 formulations that promote hope and provide direction

5. Engage in two or more guided discovery of solutions to distressing psychosis-related problems

6. Integrate this psychological approach with existing treatment methods

COURSE DESCRIPTION

CBT for Psychosis: An Individualized, Recovery Oriented Approach Cognitive Behavioral Therapy (CBT) for psychosis is an evidence-based method to reduce distress and disability related to psychotic experiences. These experiences are conceptualized less as “symptoms” of an underlying disorder, and more as being understandable in relationship to an individual’s life story, and capable of being altered when people experiment with different ways of thinking and behaving. Learn how to collaborate with people who are experiencing psychosis, “exploring the evidence” rather than imposing beliefs, and developing coping options so people are not forced to rely entirely on the often limited effectiveness of medication to address problems.

TRAINER BIO

Ron Unger, LCSW and therapist who works with people diagnosed with schizophrenia and other psychotic disorders, uses a respectful and skill building approach called cognitive therapy for psychosis (also called CBT for psychosis). Unger also teaches seminars on cognitive therapy for psychosis, including a special focus on trauma and psychosis, and on spiritual and ethical issues related to mental health treatment. He is based out of Eugene Oregon and more information can be found on his website: https://recoveryfromschizophrenia.org/

Monday, April 30, 2018
9:05am-4:30pm | 6 CEs available
3200 Adeline Street, Berkeley, Ca 94703 | Registration at 9:00am (bldg. opens at 9am)
Register here: https://abetterwayinc.wufoo.com/forms/q1oqwnsg0n09mlg/

CE Credit: A Better Way is approved by the California Association of Marriage and Family Therapists (CAMFT) to sponsor Continuing Education for LCSW, LMFT, LPCC, LEP (62361) and the California Psychological Association (CPA) to sponsor Continuing Education for PhD, PsyD (ABE010). The California Board of Behavioral Sciences (BBS) recognizes CAMFT and CPA Continuing Education credit for license renewal. A Better Way maintains responsibility for this program and its content.

Questions? Trainings@abetterwayinc.net