

“Cognitive-Behavioural Therapy (CBT) for Severe Mental Illness”

Program outline:

Introduction

- € Severe mental illness and the diathesis/stress model
- € Developing skills for dealing with stressors
- € Factors associated with successful CBT for severe mental illness
- € Developing meaning and purpose via goal formulation
- € Creating and strengthening the therapeutic relationship
- € Adapting CBT for severe mental illness: Timing of therapy, length of therapy, session structure

CBT with Schizophrenia

- € An overview
- € Attention control strategies for positive symptoms
- € Developing social skills to strengthen social networks
- € Addressing negative symptoms via behavioural activation
- € Using cognitive therapy to develop broader perspectives on symptoms

CBT with Bipolar Affective Disorder

- € An overview
- € Developing symptom and pattern recognition
- € Developing structure and regularising rhythms
- € Focussing on effective and early intervention for relapse prevention
- € Using cognitive therapy for taking broader perspectives on internal states

CBT with Personality Disorders

- € An overview
- € Using therapy skills to build collaborative relationships
- € Behavioural modification strategies to develop more effective responses to crisis
- € Developing skills in emotional regulation
- € The role of cognitive therapy interventions