

## High-Yield Cognitive Behavioral Techniques for Psychosis for Psychiatric Care Providers



**DATES:** February 13 & 14, 2020, 9:00am-4:30pm

**COST:** \$300 per person for non-UW trainees and staff  
(cost includes lunch, training materials and CME)

**LOCATION:** Seattle, WA

**TRAINERS:** Sarah Kopelovich, PhD and Jessica Maura, PhD

### Cognitive Behavioral Therapy for psychosis:

Treatment guidelines in the U.S. recommend that Cognitive Behavioral Therapy for psychosis (CBTp) be used alongside pharmacological intervention in the prevention, management, and treatment of schizophrenia spectrum disorders. Unfortunately, CBTp is inaccessible to most individuals who are at risk of or who have developed a psychotic disorder. Psychiatric Care Providers can integrate and reinforce cognitive behavioral techniques during their clinical encounters.

### Workshop Details:

The purpose of this workshop is to orient psychiatric care providers to the most recent empirical literature on the cognitive behavioral approach to treating individuals with psychotic symptoms, to introduce a recovery-oriented and culturally-aware biopsychosocial model for treating psychosis, and to provide training in high-yield skills and strategies for this population.

This 2-day in-person workshop will consist of lecture, audio and video presentation, and behavioral rehearsals. Following this training, trainees will be able to:

- Articulate the rationale and primary goals associated with Cognitive Behavioral Therapy for psychosis (CBTp)
- Understand the theoretical principles of CBTp
- Use high-yield CBTp-informed strategies to reduce distress and disability associated with psychotic symptoms
- Access high-quality resources for patients, families, and professionals

**The Trainers:** Dr. Sarah Kopelovich is an assistant professor in the Evidence Based Treatments for Adults (EBPA) lab with Department of Psychiatry and Behavioral Sciences at the University of Washington. She holds a Professorship in Cognitive Behavioral Therapy for Psychosis, directs the CBTp Provider Network in Washington State, and is a founding member of the North American CBT for psychosis Network. Dr. Jessica Maura is completing a postdoctoral fellowship in Psychosis Treatment and Recovery with the EBPA lab. Dr. Maura is an emerging expert on cultural adaptations of psychotherapeutic interventions for psychosis.

The University of Washington School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The University of Washington School of Medicine designates this live activity for a maximum of **12.0 AMA PRA Category 1 Credits™**. Physicians should claim only credit commensurate with the extent of their participation in the activity.

**Click Here to Register Today!**