An introduction to a formulation-based approach to CBT for psychosis

Introduction:

In this one-day workshop Professor Craig Steel will provide a general introduction to using cognitive behavioural formulations for use with patients who are suffering from the positive symptoms of psychosis (i.e. hallucinations and/or delusions).

Content:

The workshop will be embedded within an overview of the current evidence base for cognitive behavioural interventions for psychosis. The approach taken will draw on delegates existing knowledge of CBT and consider how this may be adapted when formulating the symptoms of psychosis. A normalisation approach to psychosis is adopted, before integrating a clinical assessment into a case conceptualisation. The implications of formulation for interventions will be considered, although the main focus will remain on the development of the formulation. The workshop will involve a mixture of PowerPoint slides, clinical case discussion and role-played clinical sessions.

Learning objectives:

- to acquire an up to date knowledge of the evidence base of CBT for psychosis
- to develop an understanding as to how CBT can be adapted for use with the symptoms of psychosis
- to consider the issue of engaging clients into psychological therapy
- to develop skills in developing a cognitive formulation for an individual suffering from psychotic symptoms
- to consider the implications of formulation for intervention, and to draw on interventions skills used with other disorders
Professor Craig Steel
Oxford Institute of Clinical Psychology Training and Research
Oxford Health NHS Trust & University of Oxford

Wednesday 16th October 2019
Venue: University of Reading

Key references:


About the presenter:

Professor Craig Steel is the Academic Director of the Oxford Institute of Clinical Psychology Training and Research and has over 20 years’ experience as a clinical researcher within the area of psychosis. He has worked on a number of clinical trials, and published widely, including a book entitled ‘Cognitive Behavioural Therapy for Schizophrenia: Current evidence and future directions.'

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Cost of 1-day workshop:
£130 including lunch

All workshops, unless otherwise indicated are intended for a cross/mixed ability audience, and are held local to Reading