

## EABCT 2023 Workshop

Title of Workshop:

**Cognitive Therapy for Psychosis: A formulation based approach**

Description of the workshop

This workshop will outline a cognitive approach to the understanding of distressing psychotic experiences, which suggests that it is the interpretation of these intrusions and problematic responses to them that causes the associated distress and disability. Specific issues to be covered include development of formulations, using these to derive intervention strategies, common verbal reattribution strategies, use of behavioural experiments and homework tasks (including for therapists). This will be delivered in the context of the manualised protocol that has been extensively evaluated in randomized controlled trials. The workshop will assume knowledge of and basic skills in cognitive therapy and some experience of working with people with psychosis. Learning outcomes will include the ability to develop formulations based on the model, knowledge of how to utilise these to collaboratively select change strategies and both practice and observation of common change strategies to promote understanding of their use.

Key learning objectives:

Participants should be able to –

- Understand the rationale for the use of CT for people with psychosis
- Develop case formulations based on a cognitive model
- Select treatment strategies based on such formulations

Teaching methods:

The workshop will use a variety of techniques including collaborative discussion, role plays and video demonstration to illustrate how this model can be used to develop idiosyncratic case formulations with service users and how such formulations are used to guide intervention.

Brief biography of workshop leader(s):

Tony Morrison is a Professor of Clinical Psychology at the University of Manchester and also Director of the Psychosis Research Unit at Greater Manchester Mental Health Foundation Trust. He has published widely on cognitive therapy for psychosis with over 200 articles on cognitive behaviour therapy for psychosis and experimental studies of cognitive processes in psychosis, including an influential cognitive model of psychosis, and has conducted numerous randomised controlled trials of cognitive behaviour therapy for psychosis, including the only trials to compare CBT with antipsychotic medication in head-to-head comparisons. He has recently been a member of 2 NICE guideline development groups for psychosis and schizophrenia in adults and children/young people.

## References

Brabban A, Byrne R, Longden E, Morrison AP. The importance of human relationships, ethics and recovery-orientated values in the delivery of CBT for people with psychosis. *Psychosis: Psychological, social and integrative approaches*. 2016.

Morrison, A. P., Renton, J. C., French, P., & Bentall, R. P. (2008). *Think you're crazy? Think again: A resource book for cognitive therapy for psychosis*. London: Routledge.

Morrison AP. A manualised treatment protocol to guide delivery of evidence-based cognitive therapy for people with distressing psychosis: learning from clinical trials. *Psychosis: Psychological, social and integrative approaches*. 2017.