

# Identification & Treatment of Youth at Risk for Psychosis

Psychotic disorders such as schizophrenia are considered to be among the most debilitating and distressing mental health conditions. Despite impacting approximately 3% of the population, many clinicians lack the training and resources to recognize and best work with this vulnerable group of people, leaving many with psychosis isolated, stigmatized, and without help. Nonetheless, growing evidence suggests that, with tailored early intervention, many people with psychosis can recover from illness and lead a life of their choosing in the community. This seminar will familiarize you with psychosis, emphasizing the early phases of illness. It will then demonstrate strategies for reducing stigma, increasing empathy, and facilitating early identification. I will share screening tools and briefly touch on treatment strategies, as well as provide clinical resources for comprehensive specialty care.

## Target Audience

Psychologists  
Therapists

Social Workers  
Psychiatrists

Counselors  
Nurses

Course level: Intermediate

## Learning Objectives

At the end of this seminar, participants will be able to:

1. Recognize early phases and symptoms of psychotic illnesses.
2. Describe attenuated / subthreshold symptoms typically assessed to determine psychosis-risk status.
3. Identify myths associated with psychosis and be equipped with destigmatizing strategies.
4. Demonstrate awareness of psychosis-risk assessment and consultation services as well as the potential benefits of specialized treatment for this population.
5. Identify psychosocial interventions for youth at risk for psychosis.

## Seminar Schedule

The webinar outline is attached. See the Live Webinar page for the start and end times.

## Outline

Begin 3 PM ET

Introductions, Introduction to Psychosis, Empathy Building

Duration of Untreated Psychosis/Importance of Early Intervention, Assessment

BREAK 4:30-4:45 PM ET

Vignette, Stigma/Media (time permitting)

Introduction to Psychosocial Interventions, Shared Decision Making

Resources, Questions/Wrap Up

End 6:15 PM ET

Our seminars are available in two formats. The first is a live, interactive webinar. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE's for both the live webinar and the Home Study version.

### Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times. Participants will earn 3 CE's for attending once they have completed these requirements.

PSYCHOLOGISTS: tzkseminars is approved by the American Psychological Association to sponsor continuing education for psychologists. tzkseminars maintains responsibility for this program and its content.

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## The Presenter

Jason Schiffman received his Ph.D. in Clinical Psychology from the University of Southern California in 2003. Currently, he is Professor of Psychology and Director of Clinical Training at UMBC where he has been since 2009. Dr. Schiffman runs the Youth FIRST research lab, and is the Co-Director of the Maryland Early Intervention Program's Strive for Wellness Clinic, both of which provide research, training, and services designed to improve the lives of young people with or at risk for psychosis, as well as their families. Prior to UMBC, Dr. Schiffman was a professor at the University of Hawaii, Department of Psychology, where he was the Director of the Child and Adolescent Thought Disorders Program. Dr. Schiffman has published over 100 scientific articles related to mental health. He has held several grants with the National Institute of Mental Health for work on risk for schizophrenia, the National Alliance for Research on Schizophrenia and Depression for research attempting to improve early identification methods, the Mental Health Foundation embarking on anti-stigma efforts, the State of Hawaii Departments of Education and Health for clinical services he and his team provided to youth receiving public mental health services, and Maryland's Behavioral Health Administration for assessment and intervention services for youth and young adults at risk for psychosis. Dr. Schiffman's research seeks to refine the identification of young people at risk for psychotic disorders, better understand the effects of psychosocial interventions for adolescents with psychosis, and uncover mechanisms that can reduce stigma against people with serious mental health concerns.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Laura Davie, LICSW, Tina Jenkins, Psy.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2028.

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