

Evidence-Based Psychological Treatments for Psychosis

Individuals experiencing psychosis can present with debilitating symptoms that negatively impact their quality of life and daily functioning. Despite the mounting evidence for the effectiveness of non-pharmacological treatments for psychosis, many clinicians report feeling ill-equipped to provide such treatment. This webinar will provide you with a foundational understanding of psychological treatments for psychosis, with an emphasis on cognitive-behavioral approaches. You will be introduced to the most cutting-edge treatments for this population and the key mechanisms that make these treatments effective. Finally, strategies for addressing common challenges in treating psychosis will also be discussed. Attendees should leave the webinar with an understanding of the current evidence base for the treatment of psychosis and best outlets for further study.

Target Audience

Psychologists Social Workers Counselors
Therapists Psychiatrists Nurses
Course level: Intermediate

Learning Objectives

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

1. Describe two risk factors for the development and maintenance of psychotic symptoms
2. Name at least three evidence-based interventions for psychosis
3. Differentiate the diagnostic approach from the experience-specific approach to treating psychosis
4. Recall three barriers that clinicians often experience when treating psychosis and how to address them
5. Discuss at least two limitations to the current literature base for the treatment of psychosis

Seminar Schedule

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

Outline

Begins 12 PM EST
Risk and Maintenance Factors
Diagnostic versus Experience-Specific Approaches
Hallucinations
Delusions
Negative symptoms

Treatment Overview
General treatment goals
Cultural considerations
Literature review (treatment effectiveness, gaps/limitations)
Overview of different interventions

Recovery-Oriented Cognitive Therapy
Description of intervention
Review of evidence base
Discussion of key mechanisms/treatment techniques
Case example discussion

Break 1:30 (10 minutes)

The Feeling Safe Program
Description of intervention
Review of evidence base
Discussion of key mechanisms/treatment techniques

Addressing Common Challenges
Clinical (Hallucinations, delusions, negative symptoms, communication challenges)
Legal/ethical (Mandated treatment, safety concerns, maintaining boundaries)
Environmental (Lack of access to activities, physical environment limitations)
Q&A
Ends 3:10 PM EST

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The Presenter

Dr. Trever Dangel earned his PhD from East Tennessee State University in 2019. He completed his predoctoral internship at Broughton Hospital in North Carolina and has spent his career working in forensic psychiatric inpatient settings. He currently works as a licensed staff psychologist for a state psychiatric hospital in the DMV area. He has provided hospital-wide trainings on numerous topics including cognitive-behavioral treatments for psychosis, and is a member of the hospital's APA-accredited internship program. Dr. Dangel also formerly served as the coordinator of the Forensic Services rotation with Broughton Hospital's predoctoral internship, and has published several peer-reviewed studies on topics such as spirituality and positive psychology.

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