

## Training in CBT & Other Therapy for Psychosis:

### Training in Cognitive Behavioral Therapy for psychosis:

In the United States and Canada:

[Stanford Medicine: Department of Psychiatry and Behavioral Sciences](#)

[The University of Washington SPIRIT Lab](#) – also has options for helping families learn from CBTp.

[The Institute of Cognitive Therapy for Psychosis \(ICTP\)](#)

[The Beck Institute offers training in Recovery Oriented Cognitive Therapy](#), an approach especially useful for people who are seen as having lots of “negative symptoms.”

### [NYC CBTp](#)

Michael Garrett is an expert in combining CBT for psychosis with a psychodynamic approach. He offers online training at <https://www.pany.org/psychosis-course>

Ron Unger LCSW offers live training options as well as a few online courses that can be viewed anytime. You can [review currently available options at this link](#), or use [this signup form](#) to be notified of when new learning opportunities are available. Also, he will be teaching a live Zoom seminar titled [“Addressing Spiritual and Cultural Issues within Treatment for Psychosis”](#) on 8/27/21.

Options for getting training in Cognitive Behavioral Therapy for psychosis (CBTp) are often advertised on the website for [The North American Cognitive Behavioral Therapy for Psychosis Network \(NACBTpN\)](#).

There is a [new guide published in May 2021 by the Substance Abuse and Mental Health Services Administration \(SAMHSA\) on the need for the routine administration of CBTp in the U.S.](#) and a second, more extensive document - [The Position Statement on the Routine Administration of Cognitive Behavioral Therapy for Psychosis as the Standard of Care for Individuals Seeking Treatment for Psychosis](#). Together these documents provide a rationale for sustainable CBTp implementation and deliver key recommendations to support broad intra- and inter-organizational adoption for individuals who have or are at risk of developing a psychotic disorder.

[The CBT for Psychosis Training Institute](#) located in Ottawa and Toronto, Canada. Integrates CBT with Acceptance and Commitment Therapy and Compassion Focused Therapy approaches.

The Feeling Safe Programme is a new CBT approach. Developed with over a decade’s research, it appears to be the most effective psychological treatment for persecutory delusions developed so far. A training course in this method is being offered 10<sup>th</sup> September 2021 – 8<sup>th</sup> October 2021, [see this link for details](#). (Unfortunately, that is on UK time, not convenient for those in the US! But Stanford Medicine (see the link above) is currently attempting to persuade them to arrange to teach the course on US time.)

Some training in the meta-cognitive approach for psychosis is [available at this link](#).

In the UK:

Advanced training is available in the UK at various locations including [King's College](#), the [University of Manchester](#) or the [University of Exeter](#).

An e-learning program is available [through this link](#).

### **Training in Acceptance and Commitment Therapy (ACT), and mindfulness for psychosis:**

The [Association for Contextual Behavioral Science website](#) lists training opportunities, some may relate to psychosis.

A recorded webinar with Eric Morris, a leader in the field, on the topic of ACT for psychosis, is available [at this link](#). Or you can contact Eric directly about possible training opportunities at <https://dricmorris.com/contact/>

### **Dialectical Behavioral Therapy (DBT):**

Maggie Mullen does some training in this area, you can contact her through her website ([maggiemullen.com](http://maggiemullen.com)) to find out more. Also, a recording of a two hour training she presented on DBT for psychosis is [available at this link](#).

### **Psychodynamic therapy:**

Michael Garrett is an expert in combining CBT for psychosis with a psychodynamic approach. He offers online training at <https://www.pany.org/psychosis-course>

A few graduate programs include at least some training in psychodynamic approaches for psychosis. Examples are [Long Island University](#) (Danielle Knafo teaches there), [Adelphi University](#) (Michael O'Laughlin teaches there), and [NYU School of Social Work](#) (Brian K Koehler teaches there.)

### **Family and dialogical approaches:**

“Open Dialogue” is an approach that requires a team, but a single practitioner can practice many of its components. Training in dialogical approaches is available through the [Institute for Dialogic Practice](#)

### **Approaches developed within the hearing voices network:**

Usually, training is offered only in how to facilitate hearing voices groups, but not in the specific ideas for coping, transformation, and recovery that are often explored withing such groups!

Training in the UK is available through <https://www.hearing-voices.org/training/>

Training in the US is available through <http://www.hearingvoicesusa.org/>

Lots of ideas will be shared through the [12<sup>th</sup> World Hearing Voices Congress](#), September 1-3, 2021.

[Working to Recovery](#) offers innovative approaches that also address trauma and spiritual aspects. Live courses in the UK, also some online options, Karen Taylor is the primary organizer.

Peter Bulimore offers [an online course on how to help with hearing voices and paranoia](#).

### **Compassion focused therapy, and Internal Family Systems (IFS) therapy:**

Charlie Heriot-Maitland offers training in Compassion Focused Therapy for psychosis, contact information is [on this website](#) and upcoming trainings are [listed here](#). He also offers one self-paced online course [Compassion Focused Therapy for Distressing Experiences In Psychosis](#).

A series of 15 free videos on compassionately engaging with voices is [available here](#).

Stephanie Mitchell offers training in Internal Family Systems and related approaches for psychosis, you can contact her at [stephanie@ifsconnections.com.au](mailto:stephanie@ifsconnections.com.au)

### **Other opportunities:**

There will be an online conference titled "[Psychotherapy for Psychosis: Expert Clinicians Describe Their Approach](#)" October 15-16, 2021. It costs only \$35, and 10 CE are offered.

[Voices, Visions, and Beliefs: An Alternative View of Emotional States](#) is a free live online course taking place October 12, 2021-November 16, 2021, Tuesdays 6:30 PM-8:30 PM EDT. 12 CE offered, provides a non-medical understanding of these experiences along with insight into how peer approaches can help.

It has been said that the most difficult part of learning to do therapy for psychosis is learning to think differently about the meaning of the experiences that get called psychosis. There will be opportunities to do that in a big way at a conference called [Too mad to be true: International Conference on the Philosophy of Madness and the Madness of Philosophy](#). That will take place September 23-24, 2021: there is an option to attend online.

A list of some additional online courses available that relate to psychosis [is available here](#).

[Mad in America Continuing Education](#) offers diverse webinars, many of which may relate to therapy for psychosis.

The [International Society for Psychological and Social Approaches to Psychosis \(ISPS\)](#) brings together clinicians, people with lived experience of psychosis, and family members. There is a [US Chapter \(ISPS-US\)](#) and a [UK Chapter \(ISPS-UK\)](#). ISPS and its chapters hold conferences and provide [webinars](#) relevant to diverse forms of therapy for psychosis. The online conference titled "[Moving Toward Shared Understandings in Psychosis and Extreme States: Professional, Individual, and Family Perspectives](#)" will take place November 5-7, 2021. CE credit will be offered. You can sign up to [be notified about all ISPS-US events here](#).