



# Cognitive Behavioural Therapy for Psychosis

COMM-CBTS-P

## Course Details

---

**Course Format:** Online (blend of synchronous and asynchronous learning)

**Hours:** 24 hours (3 weeks; 2 days online synchronous + 12 hours online asynchronous)

### Who should attend?

This course is intended for professionals who work, or want to work, with clients experiencing psychosis. Learners will be psychotherapists, case managers, and other mental health professionals who want to expand their comfort and competence in helping to treat psychosis and related issues.

Throughout the course, learners will conceptualize and treat clients' distressing psychotic symptoms and related concerns (e.g., social anxiety, depression). This course will prepare learners to incorporate Cognitive-Behavioural Therapy for psychosis (CBTp) skills into their clinical practices, whether in hospital, agency, or private practice settings.

### Prerequisites:

This course will be open to professionals who:

1. Have completed the Cognitive Behavioural Therapy (CBT) Fundamentals Skills at OISE or an equivalent elsewhere.
2. Have not completed a formal course in CBT Fundamentals but who have on-the-job training or related coursework that is sufficiently similar. Please contact OISE with a description of your experience to determine whether you meet this requirement.

## Course Outline

---

### Description:

This course will build on your fundamental understanding of CBT skills by expanding your abilities into applications of CBTp. You will learn the most recent theories about the causes and maintaining factors of psychosis and comorbid conditions. In this course, you will gain confidence in formulating clients' psychotic symptoms and co-occurring psychological concerns. By the end of this course, you have the opportunity to practice with numerous CBTp skills that will help them reduce client distress and improve quality of life.

### Course Objectives:

- Review current research and theories of psychosis from a CBT perspective
- Formulate common concerns with which clients with psychosis present

- Develop positive therapeutic relationships with clients with psychosis
- Examine a range of CBTp interventions and when to consider using those interventions with your clients
- Identify and apply CBTp skills in challenging situations, including navigating client issues like low motivation and disengagement, cognitive deficits, and emotion dysregulation.

### **Course Requirements:**

The course requires a computer and online access to the OISE course environment, as well as the ability to connect online to other websites and resources as required.

**Learning Outcomes:** *Learners who successfully complete the course will have demonstrated the ability to:*

- Identify the main theories about the development of psychosis
- Develop a CBT-consistent formulation and treatment plan for clients experiencing psychosis
- Applying relevant CBTp skills to help address client difficulties with increased confidence
- Incorporate CBTp skills into therapy practices, case management roles, and group facilitation opportunities.

### **Learning Evaluation Plan:**

*Methods of evaluation in this course are as follows:*

- 30% Online Discussion and Assignments (Asynchronous)
- 30% Role Plays and Discussion (Synchronous)
- 20% Filmed/Transcript Assignment (Filmed or Transcribed Delivery of CBTp Skills)
- 20% Final Case Conceptualization and Treatment Plan

Total: 100%

### **Topical Overview:**

#### **Module 1: Introduction to CBTp and Case Conceptualization**

- Introduction to psychosis, comorbidities, and CBTp
- Therapeutic relationship and engagement
- CBTp case conceptualization, including symptom monitoring and functional analysis

#### **Module 2: CBTp Skills and Navigating Engagement Issues**

- Behavioural skills, including stress reduction and activity scheduling
- Cognitive theory and thinking traps (cognitive errors)
- Behavioural experiments
- Thought records and generating alternative explanations for distressing beliefs
- Modifying core beliefs and positive data logs
- Navigating client engagement challenges, including impulsivity, non-adherence, emotion dysregulation and anger, cognitive deficits and pronounced negative symptoms, etc.

### **Module 3: Mindfulness and Relapse Prevention**

- Mindfulness strategies
- Relapse prevention planning
- Advanced assessment, conceptualization, and treatment planning

#### **Materials / Recommended Readings:**

All articles and reading material will be provided by the facilitator and will be made available online through the course learning environment.

*Morrison, A. (2017). A manualized treatment protocol to guide delivery of evidence-based cognitive therapy for people with distressing psychosis: Learning from clinical trials. Psychosis. <https://www.psychosisresearch.com/wp-content/uploads/2017/03/cbt-protocol-paper.pdf>*

The principle of academic integrity requires that all work submitted for evaluation and course credit be the original, unassisted work of the student. Cheating or plagiarism including borrowing, copying, purchasing or collaborating on work, except for group projects arranged and approved by the facilitator, or otherwise submitting work that is not the student's own violates this principle and will not be tolerated. Students who have any questions regarding whether or not specific circumstances involve a breach of academic integrity are advised to review the Academic Integrity Policy and procedure and/or discuss them with the facilitator.

OISE University of Toronto and OISE Continuing and Professional Learning are committed to provide a learning environment that supports academic achievement by respecting the dignity, self-esteem and fair treatment of every person engaged in the learning process. Behaviour which is inconsistent with this principle will not be tolerated. Details of University of Toronto's policy on Harassment and Discrimination, Academic Integrity, and other academic policies are available on the [University of Toronto Rights & Responsibilities webpage](#).

This program and course outline information is intended to assist readers to understand the academic and administrative structure and policies and procedures of the University of Toronto, OISE and OISE Continuing and Professional Learning and to describe the professional learning programs. By the act of registration each student becomes bound by the policies and regulations of the University of Toronto, including OISE and OISE Continuing and Professional Learning. Students are responsible for familiarizing themselves with the general information, rules and regulations of the University, Faculty and Departments in which they are registered or enrolled or seek registration or enrolment, as well as the specific requirements of each program and course sought.

The information contained in program and course collateral, including but not limited to, faculty and program information webpages, are subject to change without notice. Students are responsible for verifying admission, completion, course, program, and fee requirements, as well as, requirements of outside institutions, industry associations, independent governing bodies, accreditation bodies or any other bodies that may award designations concurrently with, after completion of, or as a result of a University of Toronto OISE program and/or course. OISE Continuing and Professional Learning makes no representation, offer and/or warranty about career opportunities and suggests only possible opportunities that may be available after a program and/or course. OISE Continuing and Professional Learning reserves the right to make changes in the information contained in the program and/or course information without prior notice. Not every course listed in the program and course information will necessarily be offered in any academic year. OISE Continuing and Professional Learning reserves the right to limit the number of students who enroll in any program or course. While reasonable efforts will be made to offer courses as required within programs, admission to a program does not guarantee admission to any given course.

OISE University of Toronto disclaims all responsibility and liability for loss or damages incurred by any student or other individual, person or group as a result of delays in or termination of its services, courses or classes by reason of force majeure, public health emergencies, pandemic, fire, flood, riots, war, strikes, lockouts, damage to University of Toronto and/or OISE property, financial exigency or other events beyond the reasonable control of OISE University of Toronto and OISE Continuing and Professional Learning. OISE University of Toronto disclaims any and all liability to any student or any other individual, person or group for damages arising as a result of errors, interruptions or disruptions to operations or connected with its operations or its campuses, arising out of computer failure or non-compliance of its computing systems.