

Strategies for the management of psychoses: practical interventions to better cope with resistant / residual symptoms in clinical practice

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Introduction: in clinical practice we often face the difficulties of patients with psychosis to cope with the disorder and corresponding symptoms. There are strategies and tools that enable a superior and adaptive response with positive repercussions on the recovery process. Even in resistant cases to pharmacological treatments (30%) these interventions may be useful and there are approaches and new developments with scientific evidence of its results.

Based on cognitive-behavioral therapy, an integrative model and clinical experience over several years (with individual and group interventions), the authors organized the present course with a relevant practical component.

Learning Objectives: acquire the knowledge and skills to use in clinic practice and further guide patients with psychosis in their path to recovery. It is intended that participants develop brief approaches in clinical practice in the near future. This is not intended for a structured psychotherapy, that will need further training.

For those who have been trained in psychotherapy this course may be an update and provide additional training in this specific area.

Topics: engaging patients to interventions, dealing with delusions, hallucinations, negative symptoms, insight and understand the psychosis, metacognitive interventions, anxiety and depression, suicidal prevention, promoting therapeutic adherence, relapse prevention and also to use apps and internet for this purpose. Evaluation materials, research and evidence based.

Methodology: based on clinical cases and learning by solving problems we will discussed the formulations of the cases, the intervention plan, treatment strategies and approaches, with the involvement of the trainees. At the end of each topic and case we will present a schematic summary of the conceptualization and interventions trained. To maximize the course outcomes we will advise prior readings listed in the bibliography.

Reading Materials:

- Turkington, D., Kingdon, D., & Turner, T. (2002). Effectiveness of a brief cognitive-behavioural therapy intervention in the treatment of schizophrenia. *The British Journal of Psychiatry: The Journal of Mental Science*, 180, 523–527.
- Morrison, A. P. (2017). A manualised treatment protocol to guide delivery of evidence-based cognitive therapy for people with distressing psychosis: Learning from clinical trials. *Psychosis*. <https://doi.org/10.1080/17522439.2017.1295098>
- Burns, A. M. N., Erickson, D. H., & Brenner, C. A. (2014). Cognitive-behavioral therapy for medication resistant psychosis: A meta-analytic review. *Psychiatric Services* 65(7), 874–880. <https://doi.org/10.1176/appi.ps.201300213>