Cognitive Therapy for Psychosis
an evidence-based psychological approach for delusions, hallucinations, and paranoia

LEARN TO:
• Conceptualize psychosis as an understandable reaction to life events
• Use proven cognitive methods to reduce psychotic thinking
• Help clients recover by activating their own rational and self-organizing process
• Develop practical strategies to use when trauma and psychosis are intertwined
• Offer an effective alternative to people who receive limited benefit from medications or who prefer less dependence on medications

Why Cognitive Therapy for Psychosis is Unique

Most current treatment approaches frame psychotic experiences as non-understandable, address them only with medication, and then ask clients to resign themselves to living with the symptoms medication does not control. Cognitive therapy for psychosis, developed mostly in the UK and still little known in the US, is an evidence-based method with a different perspective. In these seminars, you will gain insight into the connections between everyday psychological difficulties and the more extreme ones we call psychosis. You will become able to track the story of how psychosis develops and how people became trapped in it. Then, by hearing about basic cognitive therapy principles, watching video demonstrations, and exploring case examples, you will learn how to collaborate with clients in exploring evidence and explanations for experiences, and in testing coping ideas. This process works to restore the client’s role as an active problem solver capable of making decisions that reduce psychotic symptoms, and as an active partner in a journey toward recovery.

Cognitive Therapy of Schizophrenia
Guides to Individualized Evidence-Based Treatment (Paperback)
by David G. Kingdon and Douglas Turkington

Drawing on the authors’ decades of influential work in the field, this highly practical volume presents an evidence-based cognitive therapy approach for clients with schizophrenia. Guidelines are provided for collaborative assessment and case formulation that enable the clinician to build a strong therapeutic relationship, establish reasonable goals, and tailor treatment to each client’s needs. Described in thorough, step-by-step detail are effective techniques for working with delusional beliefs, voices, visions, thought disorders, and negative symptoms; integrating cognitive therapy with other forms of treatment; reducing relapse risks; and enhancing client motivation. Special features include reproducible client handouts and assessment tools. List Price $25; available with this seminar for just $20!

Presenter: Ron Unger LCSW

Ron Unger, LCSW is a therapist specializing in cognitive therapy for psychosis. He has given numerous seminars about cognitive therapy and other psychosocial approaches to psychosis, and on trauma and the relationship between trauma and psychosis. His presentations emphasize simple, practical, and humanistic ways of understanding and relating to human difficulties that can too easily be perceived as being “beyond understanding.”

Include this book with your seminar registration and save!
Guarantee: If the quality of these seminars does not meet your expectations, simply explain the reasons for your dissatisfaction, by mail or email, and you will receive a full refund.

May 14 Cognitive Therapy for Psychosis

This seminar provides an overview of the methods used in cognitive therapy for psychosis, including techniques helpful for delusions, voices, paranoia, negative symptoms, and thought disorder. Learn how to work collaboratively with clients with psychosis, “explore the evidence,” rather than impose beliefs, and use strategies that are often surprisingly similar to cognitive methods for reducing depression and anxiety.

Discover how to collaborate with your clients in developing a multifactorial model of what led to and then perpetuated the psychosis, so that it becomes possible to envision a way out of the psychosis and back to a rewarding life. This cognitive approach can also benefit clients with a variety of diagnoses, including, for example, people with PTSD who additionally show some level of psychotic thinking.

Objectives

- Refute misconceptions that have often discouraged professionals from attempting psychotherapy for schizophrenia or other psychotic disorders
- Learn about research showing that medical model explanations actually increase stigma, and identify a better approach
- Understand psychotic symptoms as existing on a continuum with other human reactions to distressing circumstances
- Utilize the style and the essential steps of cognitive therapy for psychosis
- Explore a variety of case examples that illustrate effective strategies
- Identify 3 ways to integrate this psychological approach with existing treatment methods

May 15 When Trauma and Psychosis Mix: A Cognitive Therapy Approach to Understanding and Recovery

This second seminar focuses on recent research indicating that trauma often plays a pivotal role in the development of “schizophrenia” and other psychotic disorders. Learn how to provide effective therapy to trauma survivors who also have psychotic symptoms, by integrating cognitive therapy for psychosis with other trauma therapies. By understanding the multiple pathways between trauma and psychosis, you will become able to assist your clients in developing alternative, non-psychotic explanations for difficult-to-integrate experiences. Then, by collaborating in developing life stories and perspectives which are coherent and compassionate, the stage is set for real recovery.

Objectives

- Identify possible interrelationships between trauma and psychosis, including ways that psychosis itself, and reactions to psychosis by others, can be traumatizing
- Discern a variety of possible routes from trauma to psychotic experiences
- Use proven cognitive strategies to address command and persecutory voices, and other common but distressing experiences found in trauma-associated psychosis
- Integrate cognitive therapy for psychosis with other trauma therapies to effectively treat clients who have experienced both trauma and psychosis
- Help clients develop coherent and compassionate stories of trauma and recovery as an alternative to both fragmented “psychotic” stories, and to helplessness-inducing “mental illness” stories.

Location

San Francisco State Downtown Campus
in the Westfield San Francisco Centre
835 Market St,
Sixth Floor, Room 609
San Francisco, California
www.sfsu.edu/~downtown/rental/parking.htm

Call us early with your ADA needs!

Register by

phone: 866-808-5418
fax: 541-686-2440
mail: Ron Unger LCSW
1257 High St. Suite 7
Eugene, OR 97401

Questions? Call 541-513-1811, or email ronunger@efn.org

Register for Cognitive Therapy for Psychosis

Please complete entire form (to notify you of any seminar changes):

Name __________________________
Profession ______________________
Employer Name __________________
Address _________________________
Dep/Floor/Suite __________ City __________ State ______ Zip ______

Phone ( ___ ) __________ Email address _______________________

To register together with another person: send both registrations in at the same time, and write in the name of the other person(s) here: ____________________________

Please note: Confirmation/receipts are sent only via email.

May 14 CBT for Psychosis

Check which day or days you would like to attend on the line that applies to you:

<table>
<thead>
<tr>
<th>Day</th>
<th>Early Registration (3 weeks prior to seminar date)</th>
<th>Late Registration (3 weeks prior to seminar date)</th>
<th>Standard Registration</th>
<th>Scholarship</th>
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<tbody>
<tr>
<td>May 14</td>
<td>$179 single day, or $328 both days</td>
<td>$189 single day, or $348 both days</td>
<td>$169 per person single day, or $308 per person both days</td>
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Indicate method of payment (All registrations must be prepaid)

- Check enclosed payable to Ron Unger LCSW
- MC (16 digits) AE (15 digits)
- VISA (13-16 digits) Discover Novus (16 digits)

Card # _______________________ Card Exp. _______________

Signature: _____________________ V-Code: __________

(V-Code on MC/VISA/Discover: last 3 digit # on signature panel back of card. American Express: 4-digit # on face of card.)

Cancellation Policy

If you contact us before the seminar date, you can receive a tuition refund, less a $30 cancellation fee.

Credit Information

Ron Unger LCSW is an approved provider with the State of California, Board of Behavioral Sciences. Provider approval #4451. Full attendance at this course meets the qualifications for 6.25 hours of continuing education credit for MFCCs and/or LCSWs as required by the California Board of Behavioral Sciences. Please bring your license number to the seminar, certificates of successful completion will not be issued without it.

May 15 Psychosis & Trauma

Standard Registration for a single person: $189 single day, or $348 both days

Scholarship (a limited number of free slots are available for consumer/survivors and family members who want to learn more about this approach. If accepted you will be notified.)

$20 to purchase the book Cognitive Therapy for Schizophrenia (distributed at the seminar - saves you $5 plus shipping costs!)

Questions?  Call 541-513-1811, or email ronunger@efn.org

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