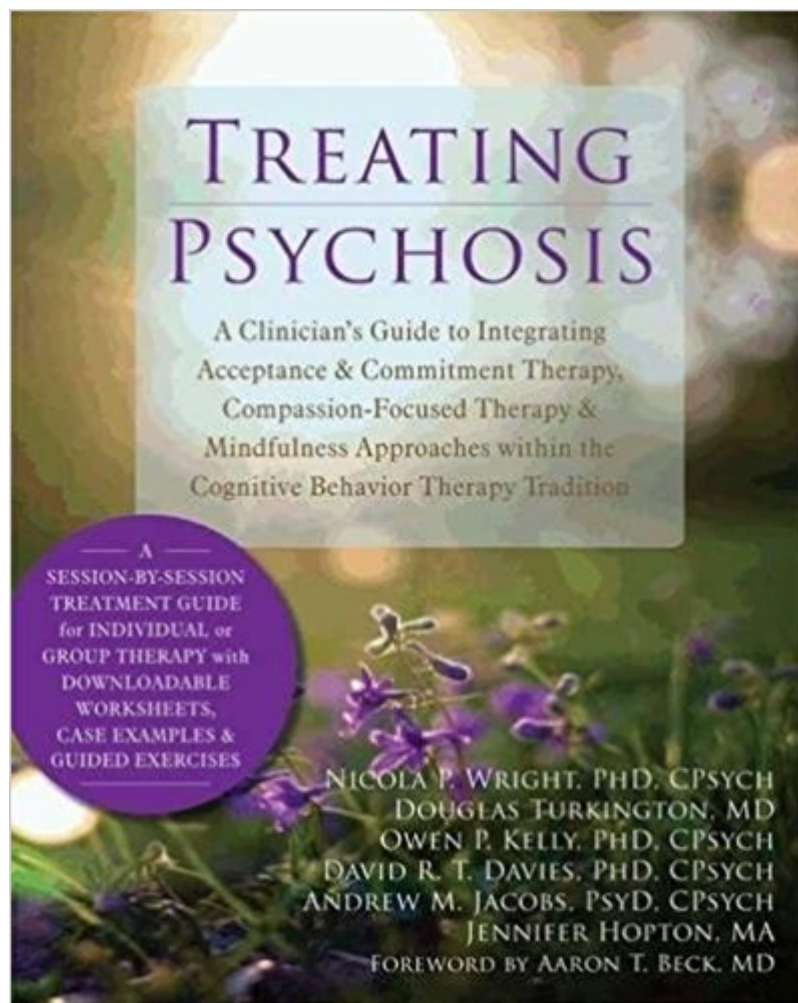




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# Treating Psychosis: A Clinician's Guide To Integrating Acceptance And Commitment Therapy, Compassion-Focused Therapy, And Mindfulness Approaches Within The Cognitive Behavioral Therapy Tradition





## Synopsis

Psychosis can be associated with a variety of mental health problems, including schizophrenia, severe depression, bipolar disorder, anxiety, and post-traumatic stress disorders. While traditional treatments for psychosis have emphasized medication-based strategies, evidence now suggests that individuals affected by psychosis can greatly benefit from psychotherapy. *Treating Psychosis* is an evidence-based treatment guide for mental health professionals working with individuals affected by psychosis. Using a cognitive behavioral therapy (CBT) approach that incorporates acceptance and commitment therapy (ACT), compassion-focused therapy (CFT) and mindfulness approaches, this book is invaluable in helping clinicians develop effective treatment for clients affected by psychosis. The guide provides session-by-session clinical interventions for use in individual or group treatment on an inpatient, outpatient, or community basis. The book features 40 reproducible clinical practice forms and a companion website with additional downloadable clinical forms and tools, guided exercises, case examples, and resources. The therapeutic approaches presented are rooted in theory and research, and informed by extensive clinical experience working with client populations affected by psychosis. The approaches outlined in this book offer clinicians and clients the opportunity to partner in developing therapeutic strategies for problematic symptoms to enable those affected by psychosis to work toward valued goals and ultimately live more meaningful lives. This guide emphasizes a compassionate, de-stigmatizing approach that integrates empowering and strengths-oriented methods that place the client's values and goals at the center of any therapeutic intervention.

## Book Information

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## Customer Reviews

“In *Treating Psychosis*, Wright and her coauthors provide the reader with a treasure trove of cutting-edge cognitive behavioral therapy (CBT) techniques for treating psychosis—all in one succinct volume. Reflecting the evolution of CBT for psychosis over recent years, the authors outline a comprehensive treatment plan that will aid clinicians in making the best use of the myriad psychological strategies that have proven immensely helpful for individuals living with psychosis. The integrative model described in the book expertly links core CBT principles with the latest in mindfulness, acceptance, and compassion-focused strategies, producing an innovative new approach.” —Brandon A. Gaudiano, PhD, assistant professor at the Warren Alpert Medical School of Brown University and research psychologist at Butler Hospital in Providence, RI

“Building on both established cognitive behavioral research, practice, and treatment for psychosis and emerging work on acceptance-based and related approaches, the authors have put together a clear and highly practical therapist guide for the integrated treatment of psychosis. In addition to a comprehensive discussion of treatment processes and techniques, *Treating Psychosis* includes more than seventy pages of reproducible forms and handouts. This book is strongly recommended to anyone who treats psychotic disorders, either in groups or individually.” —Martin M. Antony, PhD, ABPP, professor of psychology at Ryerson University and author of *The Shyness and Social Anxiety Workbook*

“*Treating Psychosis* heralds a new phase in the development of cognitive behavioural therapy (CBT) for psychosis. It describes an integrated approach to the application of third-wave therapies—mindfulness; acceptance and commitment therapy; and compassion-focused approaches. Evidence is gradually emerging supporting their implementation, and this manual describes very practical approaches to using them.” —David Kingdon, professor of mental health care delivery at University of Southampton

Nicola P. Wright, PhD, CPsych, is a clinical psychologist in the schizophrenia program of the Royal Ottawa Health Care Group (The Royal). She also held the roles of chief of psychology and director of training for the Royal's Psychology Residency Program and served as president of the Canadian Council of Professional Psychology Programs. Wright provides individual and group therapy, as well as professional training workshops, integrating acceptance and commitment; mindfulness; and compassion-focused approaches in cognitive behavioral therapy (CBT) for people who experience psychosis. Wright is an active researcher and clinical professor in the School of

Psychology at the University of Ottawa and a lecturer with the department of psychiatry, University of Ottawa. In addition, she is a founding member of the Canadian Association of CBT and a staff supervisor with the Beck Institute of CBT. Wright lives in Ottawa, Canada.

• Douglas Turkington, MD, is a major research figure within the history of the development of cognitive behavioral therapy (CBT) for schizophrenia. He is a fellow of the Royal College of Psychiatrists and founding fellow of the Faculty of Cognitive Therapy in Philadelphia. He has written more than one hundred articles and more than half a dozen books on the subject of CBT for psychosis. Turkington lives in Newcastle, England.

• Owen Kelly, PhD, CPsych, graduated from Carleton University with a specialization in behavioral neuroscience and completed a postdoctoral respecialization in clinical psychology at Fielding Graduate University. He is a clinical psychologist in private practice at the Ottawa Institute of Cognitive Behavioral Therapy. He is currently an adjunct research professor in the department of neuroscience, and lecturer in the department of psychology at Carleton University. Kelly resides in Ottawa, Canada.

• Dave Davies, PhD, CPsych, received his doctorate in psychology from Queen's University in Kingston, Canada. He is a clinical psychologist and director of training at the Ottawa Institute of Cognitive Behavioral Therapy, and serves as clinical professor in the School of Psychology at the University of Ottawa, and lecturer in the department of psychiatry at the University of Ottawa. He is a founding member of the Canadian Association of Cognitive Behavioral Therapy. Davies lives in Ottawa, Canada.

• Andrew M. Jacobs, PsyD, CPsych, received his PsyD in clinical psychology from the Virginia Consortium Program in Clinical Psychology: College of William and Mary, Eastern Virginia Medical School, Norfolk State University, and Old Dominion University, and completed a postdoctoral fellowship in anxiety disorders at McMaster University/St. Joseph's Healthcare, Hamilton, Canada.

• He is clinical psychologist at the Royal Ottawa Health Care Group Anxiety Disorders Program, clinical professor in the School of Psychology at the University of Ottawa, and lecturer in the department of psychiatry at the University of Ottawa.

• Jacobs lives in Ottawa, Canada.

• Jennifer Hopton, MA, is completing her PhD in clinical psychology at the University of Ottawa. Her research and clinical interests are in the areas of trauma, psychosis, substance use, community psychology, program evaluation, and mindfulness. She resides in southern Ontario, Canada.

• Foreword author Aaron T. Beck, MD, is the president of the Beck Institute for Cognitive Behavior Therapy, and University Professor Emeritus of Psychiatry at the University of Pennsylvania. Dr. Beck developed cognitive therapy in the early 1960s as a psychiatrist at the University of Pennsylvania. He has published over 500 articles and 19 books and has lectured throughout the world. Dr. Beck is the recipient of many honors from professional and scientific organizations, including America's Nobel, the

Lasker Clinical Medical Research Award.

My client went nuts for this book. Granted, he was highly insightful and unbelievably motivated, but he devoured everything I brought to the table from this book and the concreteness of having worksheets and lists he could take home (and not have to struggle through my awful handwriting) worked so well for him. As a somewhat new therapist, especially with psychosis, this book brought my anxiety WAY down. I really felt like I had concrete material to work with, especially with clients who have complex issues yet struggle to juggle all the different techniques and strategies.

I practice therapy in a CBT partial hospital program where I use this book as an overview of our Evolution of CBT for psychosis program. More like this is needed in our literature today. This is a great book that I cannot recommend enough having worked with severe and persistent psychosis.

Amazing resource for helping people living with symptoms of psychosis. Lots of real world interventions and respectful treatment options. Great lists of "dos and don'ts".

Great information!

Very insightful exactly what I was looking for

Not that great. Just get the original ACT book.

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Cognitive Behavioral Therapy (CBT): A Complete Guide To Cognitive Behavioral Therapy - A Practical Guide To CBT For Overcoming Anxiety, Depression, Addictions ... Phobias, Alcoholism, Eating disorder)  
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