

Series # 1.2 (Day 1 section 2)**Take home work**

Review of Take-home work – What did you find most interesting or surprising as you reviewed the different websites provided in our series schedule? And what about it was interesting to you?

Strategies informed by CBT-p

Define engagement:

Define normalization as it relates to psychosis:

What is the “Adaptive Mode”:

How do you find common ground with the clients you work with?

A Plan for Goals

All of the choices below are a pathway to creating a goal, but what is the most effective pathway to finding a goal for you and your client to work on?

- a. Brainstorming, Values, strengths, obstacles, choosing the most important goal for this time in client’s life, stepping stones, review, revise
- b. Choosing the most important goal for this time in client’s life, brainstorming, values, obstacles, stepping stones, review, revise
- c. Goals, obstacles, values, review, stepping stones, brainstorming, revise

What activity might you do if your client is having a difficult time identifying their values?

Acceptance and Empathy – tough but important question

When we talk about “acceptance,” are we saying that the client really has to accept his/her diagnosis? Are we saying that they have to agree with their diagnosis? If we are not saying that, then what is it we want our clients to accept?

How might you search for empathy from yourself when you can't fully relate to what the client is going through?

Is it ok to take a break from the session and come back 5 minutes later, or to walk around the agency with your client to help soothe the client's distress? What other techniques might you use to help your client feel safer in the office or in your car (or wherever).

Normalization and Education

You've told your client that what they are experiencing is a continuum of what is "normal" across our US population. What evidence can you use to support your position with the client?

Stress and Schizophrenia

What are some stressors that might result in psychosis experiences?

How can the "Stress Bucket" help explain to your client how they might change how they manage their stress?

Name two ways the Stress Bucket can be used to provide the client with tools to navigate stress in their life?

TAKE-HOME WORK: Complete a stress bucket on your own on yourself. What did you discover! Be prepared to share in the next session how it was for you to do this, what issues might pop up while working with a client on this? What are some helpful aspect of this activity



Best Practices in Schizophrenia Treatment
(BeST) Center
Promoting Innovation. Restoring Lives.