

# Understanding Psychosis

*A one day course*

Health and Social Care practitioners working in the field of mental health and those who may have dealings with individuals who have mental illness need to have a comprehensive understanding of the nature of Psychosis. Does this mean that people are simply 'Mad, Bad and Dangerous' or are there other possibilities?

This course provides practitioners with an understanding of Psychosis and the various manifestations of it as well as some practical hints and tips concerning treatment and management interventions

**Who is it for?** This course can be tailored to the needs of the particular professional group and is generally delivered in the care environment with particular emphasis on front-line workers.

**Timetable** (may be subject to amendment)

**Session 1** Psychosis – an introduction and overview  
Problems, definitions and stereotypes  
Brief history of Psychosis

**Session 2** Causes of Psychosis  
Stress, Vulnerability and Trauma – practical common sense approach  
Behaviours and Coping strategies  
The Umbrella of Psychosis

**Session 3** Hallucinations, Delusions and Thought Disorder  
Importance of the Environment – Expressed emotion

**Session 4** Positive and Negative Symptoms  
Schizophrenia and Bi-Polar Affective Disorder  
Recovery in Psychosis  
Practical Interventions and treatments

## Learning Outcomes

On completion of this course, participants will be able to:

- Understand the nature of Psychosis
- Understand the principle symptom groups of Psychosis
- Understand the various manifestations of Psychosis
- Understand the principle helping strategies and treatments for Psychosis