

Working with Psychosis

A one day course

Working with people who are or have experienced a psychotic illness or episode may be challenging or problematic. However, many people may have unusual experiences which can be explored, treated and potentially understood. This course explores the phenomena of psychosis, its nature, prevalence and causes. The course will examine how to work with people who hear voices and they may be managed.

The course will also outline various interventions which may be useful in practice. These will include early onset interventions, working with the stress-vulnerability model relapse prevention and concordance therapy.

A set day for focusing on *Psychosis and Delirium in the Elderly* is also available.

Who is it for? The course is designed for anyone who works directly with people in the caring professions whether qualified or unqualified or working in the voluntary or statutory sectors. This may include mental health staff such as support workers, ward staff, nurses, occupational therapists or social workers or staff who provide daily support, care and supervision on a regular basis.

Timetable (may be subject to amendment)

- Session 1** Psychosis – introduction & overview
What constitutes an ‘unusual experience’
Overview of Nice Guidelines, nature, causes and prevalence
Exercise – Stigma
- Session 2** Making a diagnosis: early onset interventions
Exploration of the stress vulnerability model
Relapse Prevention and risk
Exercise – Stress/vulnerability
- Session 3** Working with Voices
Strategies and an overview of therapies which may be effective in this area of work
Concordance Therapy
Exercise – Case Study and/or DVD exercise
- Session 4** Exploration of common problems for practitioners, teams and services
Identification of possible changes to practice
Exercise – Next Steps

Learning Outcomes

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

- Recognise the possible causes, categories and diagnostic difficulties in psychosis
- Understand the issues and challenges often facing people experiencing psychosis
- Understand the importance understanding and working with people who may hear voices
- Use specific interventions and strategies designed to promote wellbeing and self-determination including relapse prevention and concordance
- Identify possible changes in individual, team or service provision

Training Techniques

Taught, group exercises/case studies, Q&A, DVD