

CBT of Psychosis: new findings for a structured approach

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The course will provide the theoretical and practical bases of the main techniques for delusions and hallucinations management, the effectiveness of which is demonstrated by several standardized clinical studies. The course will provide explanations on the ways to provide the client and his/her family with psycho-educational tools in order to learn how to prevent relapses and promptly identify the signs of a crisis.

In any case, though the aim is achieving symptoms remission, participants will be taught how and why an overall improvement of the client's quality of life can be achieved, together with an increase in the subjective perception of well-being, regardless of any eventual psychotic symptoms.