

THE INSTITUTE FOR BETTER HEALTH  
IN JOINT-SPONSORSHIP WITH THE BECK INSTITUTE

CT-R FOR SCHIZOPHRENIA AND SERIOUS MENTAL HEALTH CONDITIONS  
JANUARY 8, JANUARY 15, JANUARY 22, 2021 ☒ Live Webinar/Virtual Workshop ☒ 18 CE/CME

Overall Objectives:

*At the end of the course, participants will better:*

1. Identify the five basic principles of CT-R.
2. Explain how an evidence-based approach operationalizes recovery and resiliency.
3. Explain how an understanding of beliefs underlying complex real-world challenges guide efficacious and empowering interventions.
4. Discuss possible strengths of individuals with serious mental health conditions from the point of view of a cognitive therapist.
5. Explain the concept of the adaptive mode.
6. Explain how the meaning of aspirations is empowering.
7. Describe the difference between a step and an aspiration.
8. Identify at least one refocusing intervention for hallucinations.
9. Describe how to identify the underlying meaning of delusions.
10. Identify the key difference between the formulation of anger and self-injury.
11. Identify elements of successful programming that achieve treatment plan objectives for the greatest number of individuals.

**References:**

- Beck, A. T. & Grant, P. (2016). Transformation: Recovery Oriented Cognitive Therapy For Schizophrenia. National Alliance on Mental Illness (NAMI).
- Beck, A. T., Himelstein, R., Bredemeier, K., Silverstein, S. M., & Grant, P. (2018). What accounts for poor functioning in people with schizophrenia: a re-evaluation of the contributions of neurocognitive v. attitudinal and motivational factors. *Psychological Medicine*, 1-10. doi:10.1017/S0033291718000442
- Beck, A. T., Himelstein, R., & Grant, P. M. (2017). In and out of schizophrenia: Activation and deactivation of the negative and positive schemas. *Schizophrenia Research*. doi:10.1016/j.schres.2017.10.046
- Grant, P. M., Bredemeier, K., & Beck, A. T. (2017). Six-Month Follow-Up of Recovery-Oriented Cognitive Therapy for Low-Functioning Individuals With Schizophrenia. *Psychiatric Services*, 68(10), [997-1002](#). doi:10.1176/appi.ps.201600413
- Grant, P. M., Perivoliotis, D., Luther, L., Bredemeier, K., & Beck, A. T. (2018). Rapid improvement in beliefs, mood, and performance following an experimental success experience in an analogue test of recovery-oriented cognitive therapy. *Psychological Medicine*, 48(2), 261-268. doi:10.1017/S003329171700160X
- Inverso, E. & Grant, P. M. (2017). Outreach and Engagement for Early Psychosis. National Alliance on Mental Illness (NAMI).
- Thomas, E. C., Murakami-Brundage, J., Bertolami, N., Beck, A. T., & Grant, P. M. (2018). Beck Self-Esteem Scale-Short Form: Development and psychometric evaluation of a scale for the assessment of self-concept in schizophrenia. *Psychiatry research*, 263, 173-180.

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