

FOR FRONT LINE PROVIDERS

# Cognitive Behavioral Therapy for Psychosis (CBTp)

*A highly effective evidence-based practice which helps people understand and successfully manage troublesome and distressing symptoms*

## What is CBTp FLP?

CBTp for Front Line Providers (CBTp FLP) is an evidence-informed practice with proven effectiveness in reducing distress and functional deficits associated with psychotic symptoms. CBTp FLP targets symptoms and resulting impairments across the spectrum of psychosis. This model is for individuals 'at-risk' of developing psychosis (prodromal) to early onset (including first episode/first break), including people who have experienced chronic psychotic symptoms over many years.

CBTp FLP focuses on CBTp techniques appropriate for a wide range of providers including clinicians, case managers, and peer providers. These behavioral approaches support better effectiveness in engagement, client centered care planning, and implementation of services.

With CBTp,FLP clients experience improved outcomes, increased engagement in treatment, and a better understanding of their own experience. Providers experience an increase in meaningful interactions and a sense of being more effective. CBTp FLP allows all members of the treatment team to access a toolbox of techniques that can help people lower their perceived distress and increase functioning.



- Licensed & non-licensed frontline providers, including clinicians, case managers, and peer professionals serving adults or TAY
- 3 days of training for providers and supervisors
- Post training coaching and consultation
- Fidelity checklist protocol for supervisors
- Evidence-based Clinical Supervision Model developed by Derek Milne
- Data driven decision making

Felton Institute is implementing CBTp across California with multidisciplinary teams of clinicians, case managers, and other frontline providers.

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*CBTp for Front Line Providers is designed for teams and requires the team's respective supervisor to attend the entire training - two days with their staff and one additional day to learn how to hold the new practice habits in place after the training. In addition, ongoing administrative involvement and support is a key component to successful implementation.*

### ONGOING SUPERVISORY PRACTICE IMPROVEMENT

We use the Evidence-based Clinical Supervision Model developed by Derek Milne.

### For more information please contact:

Nicole Milan, Felton Institute Training Program Manager at [nmilan@felton.org](mailto:nmilan@felton.org) or by calling 415.269.0474

### TRAINING AND IMPLEMENTATION ACTIVITIES

#### Prior to Training: Mandatory Pre-Training Participant Survey

To be completed electronically by all front line providers and supervisors in your organization.

#### One Month Prior to Training: Pre-Implementation Planning Meeting

Will be completed via webinar or conference call.

#### Month 1: Training

- Three day, in person training in CBTp FLP techniques. Participants will have the opportunity to both observe and then practice CBTp FLP techniques in a safe environment and will gain feedback from both peers and trainers. **Front Line Providers and Supervisors are required to attend.**
- Supervisors will learn how to supervise to fidelity using a fidelity checklist and the Evidence-based Clinical Supervision Model developed by Derek Milne.

#### Post Training: Coaching

Supervisors and staff will join calls to support adoption of CBTp FLP and to problem solve issues that arise during clinical implementation. Participation in coaching is required.

#### Implementation Support

Agency administrators join monthly calls to address logistical, technical, and other organizational or systemic challenges.

#### Evaluation Protocol

Evaluation is deployed to monitor effectiveness of practice.

#### Data Driven Decision Making

**Collection of evaluation data is required by all participants. Providers are trained to use outcome data to drive practice.**

Felton Institute is approved by the American Psychological Association to sponsor continuing education for psychologists. Felton Institute maintains responsibility for this program and its content.

For more information regarding Felton Institute's continuing education program please visit [www.felton.org](http://www.felton.org) or call 415.474.7310 and ask for the Research and Training Division Program Manager listed below.

We will accommodate the needs of your organization in every way we can while maintaining fidelity. Please contact us with questions.

Contact Nicole Milan, Felton Institute Training Program Manager  
415-474-7310 x 640 or [nmilan@felton.org](mailto:nmilan@felton.org)