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?

CBTp is an evidence-based practice proven to be effective in reducing distress and functional deficits associated with psychotic symptoms. CBTp targets symptoms across the spectrum of psychosis, from individuals identified as being ‘at-risk’ of developing psychosis (prodromal) to early onset (including first episode/first break), to people experiencing chronic psychosis symptoms over many years.

CBTp for Case Managers focuses on high yield CBTp techniques for all levels of providers including therapists, case managers, and peer providers. These key behavioral approaches support better effectiveness in engagement, client centered care planning, and implementation of services.

With CBTp, clients experience greater outcomes, increased engagement in treatment, and a better understanding of their own experience. Case managers experience increase in meaningful interactions that sit within a structured framework. CBTp for Case Managers allows all members of the treatment team to dip into a toolbox of high yield techniques that can help people lower their perceived distress and increase functioning.

CIBHS and Felton are providing both CBTp for Case Managers training for front-line providers at all levels of practice, and also a similar CBTp training for Behavioral Health Clinicians that includes rigorous fidelity coaching for licensed and license-eligible therapists.

Felton Institute and the California Institute for Behavioral Health Solutions are implementing the UK’s Insight CBTp Partnership Model of CBTp across California with multidisciplinary teams of clinicians, case managers, and other frontline providers.

CLINICIANS
- Licensed and license-eligible clinicians
- Serving adults or TAY
- 3 days of training
- 9 months of fidelity coaching
- 6-8 tapes evaluated for fidelity
- Booster training at month 9

CASE MANAGERS
- Licensed & non-licensed, frontline providers, including case managers and peer professionals, serving adults or TAY
- 3 days of training
- Supervisors must also attend
- 6 months of fidelity coaching with supervisors
- Fidelity checklist protocol for supervisors

WEBINAR 2/25
CIBHS.org | felton.org
CBTp for Case Managers 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.

TRAINING AND IMPLEMENTATION PROTOCOL

Implementation of the model is done in the context of CIBHS’ Community Development Team (CDT) model of implementing evidence based practices in behavioral health.

TRAINING AND FIDELITY COACHING COSTS

CBTp for Case Managers is implemented for teams, with supervisors required to attend the two day training and also a third supervisors only day. The cost is $1,500 per frontline practitioner and $2,500 per supervisor and includes all clinical and systemic implementation supports listed here.

TRAINING AND IMPLEMENTATION ACTIVITIES

Month 1: Pre-Implementation Planning Meeting
- In-person, or via webinar or conference call.

Month 2: Training
- Two day, interactive clinical training in high yield CBTp techniques, led by Jeremy Pelton.
  Participants will have the opportunity to both observe and then practice techniques in a safe environment and will gain feedback from both peers and trainers.
- Third day for supervisors only to learn how to supervise to fidelity using a fidelity checklist.

Month 3 to 8: Supervisor Coaching
- Supervisors will join monthly calls to support adoption of CBTp across the team and to problem solve issues that arise during clinical implementation.

Implementation Support
- Your agency administrators will join monthly calls for support in addressing logistical, technical, and other organizational or systemic challenges to successful implementation.

Evaluation Protocol
- Evaluation Strategy to monitor effectiveness of practice to facilitate desired changes in target population.

Data Collection
- Evaluation data collected from all participating agencies can be translated to enhance practice improvement and innovations.

Bi-Annual Program Performance Dashboard Report
- A report will be provided bi-annually.

The training will be provided by Jeremy Pelton of the Insight CBT Partnership in the UK. Jeremy developed this practice with CBTp pioneers Douglas Turkington and David Kingdon.

TWO COHORTS AVAILABLE

1. Staff accompanied by a Supervisor: April 20 & 21, 2015, plus April 22, 2015 mandatory supervisor day
2. Staff accompanied by a Supervisor: April 23 & 24, 2015, plus April 22, 2015 mandatory supervisor day

CALIFORNIA INSTITUTE FOR BEHAVIORAL HEALTH SOLUTIONS, 2125 19TH STREET, 2ND FLOOR SACRAMENTO, CA 95818

Did you know? CBTp focuses on reducing the distress associated with psychotic symptoms, not on reducing the presence or frequency of psychotic symptoms. This helps individuals appraise their experiences in new, and more helpful ways.

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

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