

ARE YOU A FAMILY/CAREGIVER TRYING TO MAKE SENSE OF PSYCHOSIS?

CBT Informed Caring for Family Members with a Loved One with Psychosis

SCHIZOPHRENIA AND PSYCHOSIS: HOW CAN FAMILIES HELP WITH THE JOURNEY TO RECOVERY?

Saturday 2nd and Sunday 3rd October 2021

9:00 to 12:00 EST / 14:00 to 17:00 GMT

Sat. \$30.00 CDN Sat. & Sun. \$50.00 CDN
(taxes/fees not included)

Dr Douglas Turkington, MD, FRC, Psych - World Renowned Psychiatrist



World-Renowned Psychiatrist, Consultant and Professor at Newcastle University, UK. He is a Founding Fellow of the Academy of Cognitive Therapy of Philadelphia and a Fellow of the Royal Collage of Psychiatrists. He is a pioneer of the use of CBT with people experiencing severe mental health challenges including psychosis and has provided training internationally for over 30 years.

Helen Spencer BA (Hons) Psychology, Senior Research Assistant



Helen Spencer is a Higher Research Assistant at Cumbria, Northumberland Tyne & Wear NHS Foundation Trust in the UK. Helen has worked alongside Dr. Turkington for over 10 years and together they have published over 20 papers, including a book for service users and carers. Helen is in the final year of her Ph.D. and an expert in teaching CBT for psychosis techniques to mental health professionals and family members.

In this two-part webinar Dr. Turkington and Helen Spencer will walk you through and demonstrate the following ideas and techniques:

- Learn about the recovery journey.
- Identify the different types of schizophrenia/psychosis and the different recovery stages for each type.
- Learn basic mental health strategies for you and your loved one to cope with lockdown.
- Understand the role of family in relation to talking therapy such as Cognitive Behavioural Therapy (CBT) and medicine.
- Identify the emotional tone and typical communication styles within the family and cultural background.
- Learn how to change the emotional tone and communication style to make steps towards the first stages of recovery.
- Know how to help a loved one with no or reduced insight and how to start to understand (and make sense of) their symptoms and problems.
- Demonstrate how a family member can model different ways of coping (for example with voices, or suspicious beliefs) and how to help their loved one cope more effectively.

For event/ticket details, visit zlepnicbt.ca or email info@zlepnicbt.ca

