Person-Based Cognitive Therapy for Distressing Psychosis

This book provides a practical framework for using a person based cognitive therapy approach for addressing the range of problems experienced by people with psychosis.

In this innovative text, Paul Chadwick explores a person-based cognitive therapy approach for distressing psychosis. The book describes in detail a cognitive therapy that addresses distress associated not only with the meaning given to 'symptoms', but also schemata, the self, and how people relate to voices, paranoia, etc.

Chapters 1-4 provide a context for the approach and chapters 5-12 cover the clinical application of the approach. Key features include; the integration of the author’s work on Mindfulness (simple meditation technique that is similarly creating a lot of interest at present) for people with psychosis; inclusion of the two-chair method; plus a chapter on group therapy.

A clear, practical and client-centred framework is provided for clinicians, which includes:
- the use of Mindfulness for people with psychosis
- ‘two chair methods’, developed by the author for working with psychosis
- a detailed look at the ABC model applied to psychosis
- guidelines for working with symptomatic beliefs
- a new perspective on the therapeutic relationship and collaboration
- a new approach to case formulation based in Vygotsky’s concept of the Zone of Proximal Development
- guidelines on the use of group therapy for psychosis.

Person-Based Cognitive Therapy for Distressing Psychosis is a practical and important resource for all academics and clinicians who work with people with psychosis, or have an interest in 'Third Wave' cognitive therapies.