Staying Well After Psychosis: A Cognitive Interpersonal Approach to Recovery and Relapse Prevention

Staying Well After Psychosis presents an individually based psychological intervention targeting emotional recovery and relapse prevention. This approach considers the cognitive, interpersonal and developmental aspects involved in recovery and vulnerability to the recurrence of psychosis.

Andrew Gumley and Matthias Schwannauer provide a framework for recovery and staying well that focuses on emotional and interpersonal adaptation to psychosis. This practical manual covers, in detail, all aspects of the therapeutic process of Cognitive Interpersonal Therapy, including:

* Taking a developmental perspective on help seeking and affect regulation.
* Supporting self-reorganisation and adaptation after acute psychosis.
* Understanding and treating traumatic reactions to psychosis.
* Working with humiliation, entrapment, loss and fear of recurrence appraisals during recovery.
* Working with cognitive interpersonal schemata.
* Developing coping in an interpersonal context.

Clinical psychologists, psychiatrists and mental health professionals will find this innovative treatment manual to be a valuable resource in their work with adults and adolescents. This book will also be of interest to lecturers and students of clinical psychology and mental health.