



When Psychopharmacology Is Not Enough: Using Cognitive Behavioral Therapy Techniques for Persons with Persistent Psychosis

Rebekka Lencer

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Using cognitive behavioral therapy techniques to improve outcomes and medication adherence for patients with schizophrenia or other psychoses – essential reading for psychiatrists and other mental health care providers. An exclusive focus on biological models of schizophrenia and on antipsychotic drugs for the treatment of schizophrenia or other psychoses is increasingly being recognized as a barrier to effective treatment.

Written by an expert team of psychiatrists and psychologists with wide experience of combining drug and psychological treatments, this book provides a practically oriented and clear overview of how to use CBT techniques in mental health services that have traditionally emphasized medication management. At the same time as respecting the important role of drug treatment, it shows clinicians how to achieve better outcomes with schizophrenia and other psychosis patients using CBT techniques.

The book describes key adaptations of standard CBT approaches to improve treatment outcome in schizophrenia, the core techniques that have been found to be most effective, how to integrate the CBT approach into more traditional medication management, and how to use CBT techniques with individuals who feel stigmatized by a diagnosis of mental illness or by taking antipsychotic medications. Includes key symptom and coping assessments and practical pull-out strategy cards for both patient and clinician use, including treatment planning checklist, guided exploratory questions, logical reasoning strategy, hearing voices strategy.

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