Adapting CBT for psychosis: creative ways with cognitive impairments

Introduction
We aim to show:
• Why working with cognitive impairments matters
• Three case illustrations of practical adaptations for people with cognitive impairments and psychosis drawing on published "practice-based evidence".

Working with cognitive impairment – why does it matter to me?
Cognitive impairments are associated with psychosis:
- Reasoning biases (e.g. jump to conclusions)
- Attention and working memory problems
- Executive dysfunction
- Language impairments
- Reduced executive functioning
- Impaired emotional and motor responses

There are many types of cognitive impairment:
- Processing speed
- Verbal memory
- Visual memory
- Attention
- Working memory
- Executive functioning
- Emotion recognition
- Language

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Case examples illustrating practical adaptations for people with cognitive impairments and psychosis:
(Based on clinical work with changes to ensure anonymity)

David (66)
AIM
CBT strategies to help manage the voices he currently hears

STAGES OF THERAPY
TALKING ABOUT VOICES
Dealing with automatic thoughts
Dealing with mood, anxiety and body sensations

OUTCOMES
• Less anxious, having less intrusive/distressing experiences
• More control over the voices – "bringing on the voices"
• Normalisation of physical, emotional, behavioural explanations and coping thoughts

Jenny’s Intervention
Stages:
• Psychoeducation around emotions, thoughts, belief generating hallucinations, beliefs (thoughts)
• Link to/ listen to/believe story of childhood – "trauma" memories
• CBT strategies to help manage anxiety and distressing "dreams", visual and auditory hallucinations

Outcomes for Jenny
• Joint assessments with Early Intervention in Psychosis (EIP) service and 36 months on CBT
• Normalisation of physical, emotional, behavioural explanations and coping thoughts
• Psychoeducation around emotions, thoughts, belief generating hallucinations, beliefs (thoughts)

Sam (16)
AIM
CBT strategies to help manage anxiety and olfactory "dreams"/ visual and auditory hallucinations

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Outcomes for Sam
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