

## Background

In the US, about 3.5 out of every 100 adults experience psychosis. Psychosis is when someone sees or hears things that others don't, believes things that others find odd or confusing, or has trouble thinking clearly.

Psychosis can make life hard, affecting how people think, act, and get along with others.

## What will I learn?

**Cognitive Behavior Therapy for Psychosis (CBTp)** has been shown to be "the most well-researched psychotherapeutic intervention for psychotic disorders" (SAMHSA, 2021).

The main components of CBTp are:

- 1) Getting to know each other and creating a problem list.
- 2) Assessing past and ongoing experiences.
- 3) Developing a collaborative understanding of links between life events, beliefs, emotions and behaviors.
- 4) Applying coping skills.
- 5) Ongoing review of new learning.



## Hearing voices and other 'out-of-the-ordinary' experiences

- Are associated with a variety of primary mental health diagnoses (schizophrenia, depression, bipolar disorder, PTSD, OCD, and more).
- Are often experienced as confusing, distressing, or interesting, but can be difficult to bring up even with mental health professionals due to fear of stigma or hospitalization.
- Can occur due to different reasons like genetics, environment (including stress and sleep issues) or neurological issues.
- Talking about all of these issues can help!

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## What to Expect

The treating professional will meet with the client and any relevant caregivers first to assess the current problems. The clinician will then consult with any other members of your care team (e.g., psychiatrists) to obtain background information.

Within the first five visits, you will be given a formulation of the problem from a CBT perspective and a treatment plan will be presented and discussed.

## How long does treatment last?

Sessions are 45 minutes and typically once a week for about 6 months. CBTp can take longer or shorter depending on your needs. Post-therapy benefits are typically long-term. Goals and progress will be re-evaluated as treatment continues in order to measure progress.



For more information about CBT for Psychosis, contact us at (310) 858-3831.

[www.cognitivebehaviorassociates.com](http://www.cognitivebehaviorassociates.com)

## About Cognitive Behavior Associates



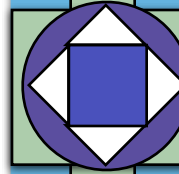
Cognitive Behavior Associates, founded and directed by Joel L. Becker, Ph.D., is one of the largest cognitive behavior therapy practices in southern California. We specialize in **short-term, problem-focused therapy**. Our cognitive behavior therapy (CBT) treatments are individualized for a full range of psychological disorders.

All of our clinicians are licensed to practice in the state of California and provide the most current treatments supported by empirical research. Each clinician specializes in different areas of expertise and these factors are taken into account when matching a child and family with a clinician.

It is our philosophy that a client who is well-informed about their issues will be more successful in therapy. We emphasize a collaborative relationship between the client and the therapist, as well as consultation with other involved health care providers. Having a positive and collaborative relationship allows us to provide the best quality services to each of our clients.

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## CBT for Psychosis

## A Cognitive-Behavioral Treatment Program

