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Type of Presentation: Workshop

Cognitive-Behavioral Therapy for Psychosis (CBTp) in a Psychoanalytic Frame

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Learning Goal:

Attendees will understand the rationale for integrating CBTp and psychodynamic psychotherapy to assist patients in their recovery, with the ultimate goal of restoring interpersonal relationships in personal life and work.

Abstract Text:

CBTp is a superior method for considering the *literal falsity* of delusional beliefs. Psychodynamic psychotherapy is a superior method for examining the *figurative truth* of the same beliefs and other psychotic symptoms. The presenter will describe the integration of CBTp and psychodynamic psychotherapy, where early in treatment, CBTp techniques are used to encourage doubts about a person's delusional beliefs, followed by a psychodynamically-oriented exploration of psychotic symptoms that express the personal meaning of adverse life experiences. The presenter will outline this approach by discussing a man who believed a dog could see through his clothing who was convinced the dog was shaming him with its glance. A number of familiar CBTp techniques will be listed, followed by an in-depth description of their use in the successful treatment of a 40-year-old woman who had suffered from a chronic paranoid psychosis that had for 20 years been unresponsive to neuroleptic treatment-as-usual. Two brief videotape clips will be presented, in which she describes the value of psychotherapy in her treatment.

**ON THE HEALING POWER
OF HUMAN RECONNECTION**