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Type of Presentation: Workshop

**Why Is Cognitive-Behavioral Therapy Successful With Some Persons Suffering From Psychosis and Not Others?
Resistances to Using Logic in CBTp**

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Learning Goal:

CBT for psychosis relies on logic to achieve positive therapeutic outcomes. Attendees will become familiar with eleven psychological resistance that therapists may encounter when they are trying to help psychotic persons to use logic to examine maladaptive beliefs and other psychotic symptoms.

Abstract Text:

Persons in psychotherapy often resist knowing painful truths about life and themselves that are difficult to apprehend. Analysis of psychological resistance is a mainstay of psychodynamic treatment, though not so in cognitive-behavioral therapy (CBTp). CBTp relies on the psychotic person using logic to examine evidence for and against maladaptive beliefs, yet many psychotic persons resist the use of logic in CBTp, undermining the efficacy of this logic-based form of treatment. The presentation will list and discuss 11 psychological resistances encountered in the psychotherapy of psychosis which may undermine the use of logic in CBTp. These include the person in therapy claiming to be an exemption to logic, or claiming to be a master logician who monopolizes the logical high ground. The use of logic in CBTp may be dissociated from the emotional implications of logic. The presenter will describe these 3 resistances, 4 other resistances to the use of logic in CBTp, and 4 other resistances best considered from a psychodynamic point of view.

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