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Type of Presentation: Poster

At Risk Mental State (ARMS), the application of CBTp, a treatment which works and reconnects people

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Learning Goal:

The learning goals of this presentation are to; give clients, families and carers confidence that psychological approaches to trauma and psychosis are safe and effective.

I plan to share my experience of working with clients, to be able to offer safe, effective psychological treatment (which is evidence-based and works).

Abstract Text:

This presentation will be an account of how therapy was delivered to a young man who was assessed as having ARMS (At risk mental state), his struggles, his recovery journey, his narrative and opportunity to share his experience, giving advice and inspiration to others in a similar predicament.

The presentation will draw on the developing evidence base, discussions with other therapists and healthcare professionals and most importantly, the client's own experience.

**ON THE HEALING POWER
OF HUMAN RECONNECTION**