

**Course Title/Code: Psychosocial Interventions for Psychosis (MMPH6203)**

**Department:** Psychiatry

**Objective:**

Patients with psychosis are confronted with complex issues at various stages of their illness. Specialized psychosocial intervention that closely integrates with biomedical treatment is required, both in early intervention and in other illness phases. In this module, participants will be expected to be familiarized with specific intervention skills including cognitive-behavioural approach, life-coaching, psychoeducation, family and supportive psychotherapy. These interventions take place in a coherent framework of specialized psychosocial intervention that maps onto the psychosis illness trajectory. Potential indications and evaluation of these intervention approaches will also be discussed.

**Content:**

- Cognitive model of delusions & hallucinations
- Cognitive therapy for delusions & hallucinations
- Cognitive model and therapy for mood symptoms
- Insight and illness model in psychosis
- Current evidence for psychological interventions for psychosis
- Coaching Recovery in Life Functioning
- Lifestyle Redesign in recovery coaching
- Motivation and hope in Life Functioning Recovery

**Learning Outcomes:**

**Knowledge**

- Understanding the basis and evidence of the psychosocial interventions in psychosis including CBT, life functioning improvement and family intervention.
  - Appreciate basic principles of CBT
  - Appreciate principles of CBT for psychosis
  - Describe common techniques in CBT for psychosis
  - Difficulties in CBT for psychosis
  - Appreciate general principles in life coaching
  - Appreciate life coaching applied to facilitate functioning for patients with psychosis
- Aware of the role of carers and family during different stages of the illness.
  - Appreciate the common difficulties experienced by carers of (1) early psychosis patients and (2) chronic patients.
  - Appreciate which of the difficulties are the most difficult to handle.
  - Aware of common responses of carers to these difficulties

**Skills**

- Able to skillfully integrate different psychosocial approaches in order to optimize clinical outcomes
- Skills of engaging carers to facilitate work of the treatment team
- Develop basic skills in CBT management of psychotic symptoms.
- Establish basic skills of life coaching approach of case management.
- Common techniques of life coaching for psychosis

**Prerequisite:** None

**Duration:** 1 semester; 2.5 hours/week; 24 contact hours

**Continuous assessment/examination ratio:** Continuous assessments 40%  
Written examinations 60%

**Examination method and duration:** Written examination / 1.5 hours