

An Integrated Psychological Treatment Program for Schizophrenia

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Introduction by the column editors: A solid body of evidence indicates that therapy programs that combine neuroleptic medication with behavioral intervention are more effective in reducing relapse and improving psychosocial functioning than those that use medication alone to treat schizophrenia (1,2). Although researchers have moved away from a biologically simplistic to a multifactorial approach to treating schizophrenia, current practice guidelines are rarely implemented at the clinical level. One limiting factor in the dispersion of combined medication and psychosocial programs has been the lack of replicable and manualized psychosocial treatments that can be readily implemented by line-level clinicians.

One example of a manualized cognitive-behavioral treatment program for schizophrenia is integrated psychological therapy (IPT) (3). Operating on the assumption that patients with schizophrenia have cognitive dysfunctions—for

example, in social perception—as well as deficits in social and problem-solving skills, IPT offers remediation of all of these deficits in group or individual settings. In this report on the impact of IPT in Spain, its combined value with behavioral family therapy is highlighted in a country other than where the intervention was initially designed and tested.

IPT comprises subprograms for mediating deficits in five areas: cognitive differentiation, social perception, verbal communication, social competence, and interpersonal problem solving. The first two concentrate on the basic cognitive functions; the others proceed to the more complex tasks of helping participants acquire social and problem-solving skills once they have succeeded in improving their basic cognitive functions.

Each subprogram uses gradual increases in learning demands over the course of therapy. In addition, the program's initial structure and task orientation gradually give way to greater emphasis on spontaneous group interaction. With the aim of developing the participants' ability to deal adequately with emotions and affects, the initial exercises in each subprogram contain neutral material that is assumed not to be stressful. As therapy progresses, emotionally loaded material is gradually introduced.

IPT has been used for persons with schizophrenia in many countries, including Switzerland, Germany, Aus-

tria, Chile, Japan, the United States, and others. In this article, we present our experience with group training with four of the five subprograms—cognitive differentiation was not included—combined with a family psychoeducation approach targeting both patients and family members, in the Spanish province of Cantabria.

Description

Subprograms of the integrated therapy package were implemented in separate groups of four to seven persons with schizophrenia or of their families for 12 months; follow-up assessments were made nine months later. The intervention program and the follow-up sessions took place in 1997 and 1998. The groups were held in the psychiatric outpatient department of a general hospital sponsored by the National Health System.

Patients' relatives attended, on average, 31 sessions in the first year, in four stages. For the first ten weeks, relatives attended weekly, hour-long psychoeducation sessions. (A list of the topics of these sessions and examples of concerns expressed by family members is available from the authors.) The sessions were organized to facilitate interactions between trainers and family members and among family members. This approach allowed a variety of experiences and viewpoints to be presented, which promoted group discussion. Family members also were provided a written guide, available in Spanish from the authors, that included basic information about schizophrenia.

All of the authors are at the Sierrallana Hospital in Torrelavega (Cantabria), Spain, except Dr. Rodier, who is with the department of psychiatry at the University of Bern, Switzerland. Send correspondence to Dr. Lemos, Universidad de Oviedo, Facultad de Psicología, Plaza Feijóo, s/n, 33003 Oviedo, Spain (e-mail, slemos@correo.uniovi.es). Alex Kopelowicz, M.D., and Robert Liberman, M.D., are editors of this column.

Schizophrenia An Integrated Approach To Research And Treatment

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Rugle, PhD**



Schizophrenia An Integrated Approach To Research And Treatment:

Schizophrenia M. J. Birchwood, S. E. Hallett, M. C. Preston, 1988 **Schizophrenia** Alexander R K. Mitchell, 1972

First Responder's Guide to Abnormal Psychology William I. Dorfman, Lenore E. Walker, 2007-12-27 This book gives readers critical insights into the human impact of extreme trauma and the various levels of mental impairment suffered by both victims and survivors. Renowned trauma experts William Dorfman and Lenore Walker give this book immediate relevance through the use of real life examples from a wide range of crisis situations. They have also deliberately minimized research citations within the text for greater readability. *Families of Schizophrenic Patients* Christine

Barrowclough, Nicholas Tarrier, 1997 Using a cognitive behavioural framework this study describes methods of assessing and intervening with the families of schizophrenics. The interventions detailed are those used in the Salford Family Intervention Study which resulted in decreased relapse rates and better social functioning of patients. The methods include educating the family about the illness, reducing stress in family members and helping families to promote the well being of the patient.

An Integrated Approach to Family Work for Psychosis Gina Smith, Annie Higgs, Karl Gregory, 2007-03-15 The book looks at using a cognitive behavioural approach to working with families of people with severe mental illness but also at reframing challenges and overcoming common personal and external barriers to effective family work. It aims to increase the confidence of new family workers and broaden the knowledge of those already working in the area. *Schizophrenia*

Bulletin, 2002 **Dual Disorders** David F O'Connell, 2014-01-21 *Dual Disorders: Essentials for Assessment and Treatment* is a practical handbook for the assessment and clinical management of patients with addiction and psychiatric disorders. Addictions counselors, prevention specialists and chemical dependency nurses will use this book to understand the nature of psychiatric disorders and uncover valuable guidelines on their treatment and management in the context of primary addictions treatment. It includes an introduction to the rationale and clinical approaches of cognitive therapy, a special section on psychiatric medications and coverage of mood, anxiety, psychotic, cognitive, eating and personality disorders. *Dual Disorders: Essentials for Assessment and Treatment* contains information that is vital and fundamental to effective treatment. It fills a void in the training and education of addictions counselors, helping you become a better diagnostician, develop better treatment plans and communicate more meaningfully with psychiatrists and other mental health professionals. It will also increase your understanding of psychopathology and psychotherapy and decrease the frustration that can arise from a lack of understanding and planning. Specifics that you need to know to do this are thoroughly covered, including elements of a comprehensive assessment of dual disorders, clinical considerations in the treatment of the depressed addict, pitfalls of treating patients with personality disorders, the borderline patient, what to do and what not to do, the psychopathic patient, anticipating and effectively addressing manipulation, practical approaches in treating patients with eating disorders, effective treatment of sexual trauma, cognitive therapy approaches to treating dual disorders, what to expect when your patient is

referred to a psychiatrist for psychotropic medication Unlike other books on this topic *Dual Disorders Essentials for Assessment and Treatment* is not a summary of research on dual diagnosis nor an overview of general programmatic considerations in treatment delivery Rather it is directed specifically to addictions counselors involved in the day to day treatment of dually diagnosed patients providing detailed descriptions of the major psychiatric disorders as well as useful guidelines and treatment approaches

Family Involvement in Treating Schizophrenia James A. Marley, 2014-02-25 Discover the importance of family in the treatment of schizophrenia *Family Involvement in Treating Schizophrenia Models Essential Skills and Process* is a vital resource for developing clinical skills and programs designed to increase family involvement in the treatment of schizophrenia The book is a hands on learning tool to be used as a broad overview of many intervention models and or for a more focused look at a particular model with details of its use implementation and effectiveness Dr James A Marley presents case studies and vignettes of each intervention model in action highlighting specific techniques and skills He also examines self help and family advocacy programs and addresses professional issues that have a direct impact on the provision of family services *Family Involvement in Treating Schizophrenia Models Essential Skills and Process* examines the practical application of family therapy when working with families coping with schizophrenia The book addresses the importance of family involvement the different types of intervention models that best serve the family the founding principles behind the major intervention models how to design and implement the right model and how family issues impact service delivery It includes recommendations for additional reading and listings of related Internet resources Among the therapies examined include psychodynamic Bowenian experiential structural strategic systemic Milan cognitive behavioral narrative solution focused multiple families psychoeducational *Family Involvement in Treating Schizophrenia Models Essential Skills and Process* is a primary source of information for clinicians and students that is equally effective as a professional resource and as a textbook The book is invaluable as an aid to developing sensitivity to the special needs of families coping with this debilitating disorder

Cognitive Psychotherapy Toward a New Millennium Tullio Scrimali, Liria Grimaldi, 2012-02-02 In the roughly two decades since Aaron T Beck published the now classic *Cognitive Therapy of Depression* and Michael J Mahoney declared the Cognitive Revolution much has happened What was proposed as the cognitive revolution has now become the zeitgeist and Cognitive Therapy CT has grown exponentially with each passing year A treatment model that was once seen as different strange or even alien is now commonplace In fact many people have allied themselves with CT claiming that they have always done CT Even my psychoanalytic colleagues have claimed that they often use CT After all they say Psychoanalysis is a cognitive therapy Cognitive Therapy or Cognitive Psychotherapy has become a kaleidoscope model of treatment with influences coming from many sources Some of these contributory streams have been information processing behavior therapy Constructivist psychology and dynamic psychotherapy Each of these sources have added color shading and depth to the CT model What was originally uni dimensional in terms of the CT focus on

depression has become multidimensional as the CT model has been applied to virtually every patient population treatment setting and therapy context CT must now be seen as a general model of psychotherapy that with modifications can be applied to the broad range of clinical problems and syndromes What has tied these various applications of CT together is the emphasis on a strong grounding in cognitive theory a commitment to empirical support and a dedication to broadening the model

Cognitive Behaviour Therapy for Psychosis David Fowler, Phillippa Garety, Elizabeth Kuipers, 1995-08-29 The main principle behind cognitive behaviour therapy is that a client's emotional and behavioural disturbances are not determined by events but by the way he or she views them This book describes the clinical guidelines and detailed therapy procedures used in the practice of cognitive behaviour therapy for patients with schizophrenic disorders *National Library of Medicine Current Catalog* National Library of Medicine (U.S.), 1988 *The Pathological Family* Deborah

Weinstein, 2013-02-15 While iconic popular images celebrated family life during the 1950s and 1960s American families were simultaneously regarded as potentially menacing sources of social disruption The history of family therapy makes the complicated power of the family at midcentury vividly apparent Clinicians developed a new approach to psychotherapy that claimed to locate the cause and treatment of mental illness in observable patterns of family interaction and communication rather than in individual psyches Drawing on cybernetics systems theory and the social and behavioral sciences they ambitiously aimed to cure schizophrenia and stop juvenile delinquency With particular sensitivity to the importance of scientific observation and visual technologies such as one way mirrors and training films in shaping the young field *The Pathological Family* examines how family therapy developed against the intellectual and cultural landscape of postwar America As Deborah Weinstein shows the midcentury expansion of America's therapeutic culture and the postwar fixation on family life profoundly affected one another Family therapists and other postwar commentators alike framed the promotion of democracy in the language of personality formation and psychological health forged in the crucible of the family As therapists in this era shifted their clinical gaze to whole families they nevertheless grappled in particular with the role played by mothers in the onset of their children's aberrant behavior Although attitudes toward family therapy have shifted during intervening generations the relations between family and therapeutic culture remain salient today *Schizophrenia Bulletin*

, 1998 *The British Journal of Psychiatry*, 1989 *American Journal of Psychotherapy*, 1947 **INT-Integrated Neurocognitive Therapy for Schizophrenia Patients** Volker Roder, Daniel R. Müller, 2015-06-02 This book contains concrete and step by step information with many practical examples It is in line with the most actual international empirical findings about schizophrenia and contains the most updated therapy approach being available currently The techniques and exercises partly computer based are described in detail Case examples point out specific therapeutic situations and teach the therapist how to cope with complicated group and individual demands Assessment for patient selection differential indication and therapy control within a multi dimensional treatment and rehabilitation system are discussed INT was evaluated

successfully in an international randomised multi centre study In the meantime it is implemented in many clinical settings in German speaking countries Integrated Neurocognitive Therapy INT is a cognitive remediation therapy approach INT is the first treatment manual comprising all MATRICS areas Measurement and Treatment Research to Improve Cognition in Schizophrenia The NIMH National Institute of Mental Health USA initiated this MATRICS initiative MATRICS defines 11 neurocognitive and social cognitive areas of functioning being relevant for patients with schizophrenia The improvement of these areas in a group therapy is the main goal of INT INT is based on IPT Integrated Psychological Therapy Roder et al 2010 It is a resource and a recovery oriented intervention to enhance also therapy motivation and self esteem and to reduce negative symptoms Therapy focuses especially on group processes and the exercises augment transfer and generalisation to daily life As a meta goal INT intends to amend life quality and the reintegration of the patients in the community The presented manual offers the clinicians a practically orientated guide for carrying out INT **Dilemmas in Community**

Mental Health Practice Rachel Perkins, Julie Repper, 1998 In a unique approach this book links policy theory and research with the expertise of service providers and users to explore the major debates concerning the provision of mental health services Many of these dilemmas revolve around questions of who makes the choices and who has control The book examines the power and demands of the disparate groups involved in the provision and use of services before considering the different practice options and their implicit values and goals This book will inform critical debate among all those involved in the mental health enterprise and challenge health professionals to consider their own practice It is timely and relevant reading for practitioners and managers at every level in all disciplines and from all agencies as well as service users and carers

Current Catalog National Library of Medicine (U.S.), First multi year cumulation covers six years 1965 70

Psychopharmacology Bulletin, 1987 **Comparative Treatments of Substance Abuse** E. Thomas Dowd, PhD, ABPP, Loreen Rugle, PhD, 1999-07-16 This volume in Springer's well conceived Comparative Treatments for Psychological Disorders Series was designed to examine psychotherapy approaches to chemical dependence treatment it provides important theoretical and clinical information that will be of great use to psychotherapy students particularly those at the graduate level It will make an excellent companion resource to many specific chemical dependence treatment texts because it provides a variety of theories that are clearly linked to practical intervention strategies International Association for Cognitive Psychotherapy August 2000 This volume addresses a clinical problem seen by most mental health professionals the abuse of drugs and alcohol Drs Dowd and Rugle have assembled top professionals in the field to address the same case to illuminate the strengths and weaknesses of different therapeutic approaches to substance abuse Treatment modalities include psychodynamic behavioral cognitive REBT family therapy and more The volume also presents current outcome research for evidence based interventions

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