

# Andrew Gumley

Workshops in Denmark Copenhagen and 27. September 2010 at 10am-15pm.

## **☒ Cognitive Interpersonal Therapy for emotional recovery and relapse prevention**

**District Psychiatric Center, Nørrebro  
Griffenfeldsgade 46, Copenhagen.☒**

***Andrew Gumley, University of Glasgow***

This workshop on staying well after psychosis presents an individually based psychological intervention targeting emotional recovery and relapse prevention. Our approach considers the cognitive, interpersonal and developmental aspects involved in recovery and vulnerability to the recurrence of psychosis. The workshop will outline an overall psychological framework for developing individually tailored strategies for case formulation, recovery and staying well that primarily focus on emotional and interpersonal adaptation to psychosis. This approach incorporates:

1. A developmental and interpersonal perspective on help seeking and affect regulation,
2. Strategies to support self reorganisation and adaptation after acute psychosis,
3. Understanding and treating traumatic reactions to psychosis,
4. Working with key threats including feelings of humiliation, entrapment, loss and fear of recurrence appraisals during recovery,
5. Developing coping in an interpersonal context.

Key Learning Objectives:

1. To formulate emotional recovery and relapse prevention as reciprocal goals requiring the development of psychological adaptation and affect regulation skills.
2. To incorporate a developmental perspective to guide the process of service engagement, formulation and intervention.
3. To develop individualised formulation based approach to emotional recovery, relapse detection and prevention.
4. To develop a therapeutic frame around the interplay between key fears, safety strategies and their unintended consequences

Workshops in Denmark Risskov and 28. September 2010 at 11am-16pm.

## **Exploring recovery narratives: psychotherapy processes and affect regulation in psychosis**

**Århus Universitetshospital, Risskov  
(Den gamle festsal)**

***Andrew Gumley, University of Glasgow***

This workshop focuses on exploring mechanisms of change in emotional recovery and relapse prevention. The workshop will outline key cognitive, interpersonal and developmental processes

involved in understanding adaptation to psychosis and vulnerability to further recurrence. A key aspect of these processes is the way in which individuals' strategies to regulate painful emotions and memories are reflected in the development of recovery narratives. Previously McGlashan and colleagues (1975) conceptualised these as recovery styles which portray the person's attitude towards their psychotic experiences. According to this account, integrators tend to be curious about their symptoms, regard them as part of their life's pattern, and gain information from them, resulting in a more flexible and variable attitude toward psychosis than patients who seal over. The latter have rather fixed, usually negative, views of their illness, and tend not to strive to understand their psychotic symptoms nor to place their psychotic experiences in perspective with their lives before and after psychosis.

Building upon this account the workshop will utilise accounts of recovery to further explore and expand the Integration / Sealing over construct. This account fails to account for failed attempts towards integration resulting in ruminative preoccupation. We have thus expanded this account to reflect the following recovery styles Sealing Over / Avoidance, Ruminative Preoccupation, and Compassionate Acceptance. The workshop will also show preliminary evidence from a pilot randomised controlled trial of compassion focussed group therapy that these recovery styles are related to therapeutic change. Therefore the key learning objective of this workshop are:

1. To introduce participants to the relevance of recovery style to the development of narratives.
2. To demonstrate how recovery styles can be coded using individuals' narratives in relation to their recovery from psychosis.
3. To utilise a narrative based understanding of recovery to adjust the therapeutic frame.
4. To utilise a narrative based understanding of recovery to devise tailored intervention strategies.

## **Andrew Gumley Biography:**

Andrew Gumley is a clinical psychologist and is currently Professor of Psychological Therapy in the Section of Psychological Medicine, University of Glasgow. Andrew 's main interests are in the application of attachment theory to understanding development and adaptation to psychosis. Psychosis is a complex experience which often involves extreme threat and danger arising from frightening voices, paranoia and mistrust, or aversive and involuntary treatment procedures. Andrew's research programme reflects a commitment towards developing a theoretical understanding of affect regulation in psychosis hand in hand with the development and evaluation of psychotherapeutic procedures to alleviate emotional distress and promote staying well after psychosis.

### **Key References:**

Gumley A, O'Grady, M, McNay, L, Reilly, J, Power, K & Norrie, J (2003). Early intervention for relapse in schizophrenia: results of a 12-month randomized controlled trial of cognitive behavioural therapy. *Psychological Medicine*, 33, 419-431.

Gumley AI & Schwannauer M. (2006) *Staying well after psychosis: a cognitive interpersonal approach to recovery and relapse prevention*. Chichester: John Wiley & Sons Ltd.

Liotti G. & **Gumley A.I.** An attachment perspective on schizophrenia: Disorganized attachment, dissociative processes, and compromised mentalisation. A. Moskowitz, M Dorahy, I Schaefer (Eds) *Dissociation and Psychosis: Converging Perspectives on a Complex Relationship*. John Wiley & sons Ltd (2009)