

Pre-congress WORKSHOPS

En undervisningsdag for behandlere inden for psykiatri og socialpsykiatri

Mandag den 15.06.2009

Bella Centret, kl. 10.30 – 17.00

Pris €125

Tilmelding www.isps2009.ics.dk

WORKSHOP I:

John Read (New Zealand): Trauma and psychosis

Objectives

- To understand the research about the relationship between trauma and psychosis
- 2. To know about the various psychological and biological mechanisms by which trauma increases the risk of psychosis.
- To realise the importance of asking all clients/patients about trauma.
- To know how to ask about, and how to respond to, trauma/abuse histories.

WORKSHOP II:

**Merete Nordentoft, Allan Fohlmann, Tina Iversen og Marianne Melau (Denmark):
OPUS - Core element in early intervention services - a practical approach**

Objectives

Intensive early treatment for first episode psychosis has been shown to be effective. We have assessed the long-term effects of intensive early-intervention programme (OPUS) for first-episode psychotic patients in a single-blinded, randomised, controlled clinical trial of two years of intensive early-intervention programme versus standard treatment. OPUS treatment consisted of ACT, family involvement and social skills training. Follow-up period was two and five years. 547 patients with a first episode of psychosis. 369 patients were participating at two-year follow-up, and 301 at five-year follow-up. 547 patients were followed for five years in the registers. The OPUS treatment improved clinical outcome after two years, but the effects were not sustainable up to five years after. Secondary outcome measures showed a difference on supported housing and use of bed days at the five-year follow-up in favour of the OPUS treatment.

With the workshop we want to present each of the three most important elements in the OPUS treatment:

- Affiliation with a staff member from an assertive, specialised team
- Family psycho-educational groups a.m. McFarlane
- Social skills training

WORKSHOP III:

Michael Robbins (USA): Psychoanalysis and Psychosis

Objectives

The workshop will elucidate elements that uniquely characterize a psychoanalytic understanding of the person and inform an individual therapeutic relationship. A model of the psychotic mind based on primary mental activity will be outlined and related historically and theoretically to other psychoanalytic models. Extensive case material from the treatment of a homicidal psychotic man will be presented. The seminar will consist of a combination of lecture, recorded therapy material, and dialogue among the participants.

WORKSHOP IV

Alison Brabban (UK): Cognitive Behavioural Therapy for Psychosis: Basics and Beyond

Objectives

Cognitive Behavioural Therapy for psychosis has come a long way over the last fifteen years. Although this intervention was only developed in the 1990s, national guidelines in the U.K. now recommend that CBT should be available to everyone with a diagnosis of schizophrenia who requires it. The workshop aims to cover basic psychological theory of psychosis and to demonstrate how this has influenced the development of the CBT approach.

By the end of the workshop, participants will have been introduced to:

- Psychological models of delusions and hallucinations
- The CBT model of delusion and hallucinations
- Case formulations of psychosis
- Cognitive interventions for psychosis.

Workshop V

Torben Heinskou, Torben Schjødt (Denmark): Dynamisk miljøterapi.

Workshoppen afholdes på dansk

Formål

Det terapeutiske miljø i en psykiatrisk afdeling udgør grundlaget for relationerne mellem patienterne og mellem patienter og personale. Miljøet påvirkes både af faktorer og beslutninger i organisationen som helhed og af kulturen og det daglige liv i afsnittet. Formålet med miljøterapi er at skabe vilkår, der gør det muligt for patienterne at etablere "godartede" relationer og derigennem få korrigerende emotionelle erfaringer. En forudsætning for at dette kan lade sig gøre, er at afsnittets personale er i stand til at analysere og forstå de dynamiske processer, der finder sted i miljøet, og derigennem skabe grundlag for en "undersøgende kultur", der på en gang kan fremme personlig udvikling hos patienterne og modvirke de irrationelle og destruktive kræfter, der findes i miljøet.

På workshoppen vil en række organisationspsykologiske faktorer af betydning for etableringen af et virksomt terapeutisk miljø blive gennemgået, og den terapeutiske værdi af at muliggøre korrigerende emotionelle erfaringer for patienter indenfor forskellige diagnosekategorier vil blive forklaret. Endelig vil de væsentligste elementer i det terapeutiske miljø blive identificeret, ligesom der vil blive argumenteret for

nødvendigheden af formel miljøterapeutisk uddannelse af personalet på den psykiatriske afdeling.

Workshoppen vil blive afholdt på dansk/skandinavisk.

Torben Schjødt, ledende psykolog, specialist og supervisor i psykoterapi, og Torben Heinskou, overlæge, speciallæge i psykiatri er begge erfarne klinikere med mange års erfaring fra miljøterapeutisk arbejde og fra miljøterapeutisk efteruddannelse af personale i psykiatrien. Redaktører af bogen "Miljøterapi på dynamisk grundlag" (Hans Reitzels Forlag, København, 2007).

WORKSHOP VI

Tor Kjetil Larsen, Nina Helland, Lill Kjersti Skryten, Inge Joa: Early intervention: How to detect and work with persons in prepsychotic phases

Workshoppen holdes på norsk

Målsetning

Psykose er en tilstand som kan oppdages i sine forstadier. TOPP (tidlig oppdagelse av prepsykose) er en studie som gjennomføres i Stavanger, Norge. Målet er å oppdage prepsykose. I workshoppen vil vi diskutere det teoretiske grunnlaget for tidlig oppdagelse og gi en innføring i bruk av den norske versjonen SIPS (strukturert intervju for prodromalsymptomer). Vi har utviklet en DVD med typiske symptombeskrivelser fra vår erfaring i TOPP-prosjektet. Deltagerne på workshoppen vil få en kopi av denne til videre trening i bruk av intervjuet.