

# Hope for Recovery ~ Recovery of Hope: A Look at the Role of the Brain and Coping Behaviors in Schizophrenia- -Part 1, Part 2, Part 3 and Part 4

## Presenters:

*Shelly Weaverdyck, PhD, Independent Consultant and Former Director of the EMU Alzheimer's Education and Research Program*

*Rebecca Hatton, PsyD, Licensed Psychologist*

## Training Dates and Locations:

Part 1: February 15, 2018 ~ CMHAM, Lansing

Part 2: February 16, 2018 ~ CMHAM, Lansing

Part 3: March 15, 2018 ~ Comfort Inn & Suites Hotel & Conference Center, Mt. Pleasant

Part 4: March 16, 2018 ~ Comfort Inn & Suites Hotel & Conference Center, Mt. Pleasant

***YOU MUST PARTICIPATE IN PART 1 BEFORE PARTICIPATING IN PART 2.***

***TO ATTEND PART 3 YOU MUST HAVE ATTENDED PARTS 1 & 2.***

***TO ATTEND PART 4 YOU MUST HAVE ATTENDED PARTS 1, 2, AND 3.***

**Registration: 8:30am**

**Training: 9:00am - 4:00pm**

**Fee: \$35/person**

**Each training is approved as MDHHS ACT specific and is *one choice* for the annual requirement.**

**Part 1:** Delineates functions of specific parts of the brain and the resulting cognitive, behavioral, and functional changes that occur when these parts are impaired. Strategies for understanding, preventing, and responding to behaviors in ways that address the individual and cognition in specific situations will be introduced. The paradigm shift toward psychological and relational concepts in psychosis work will also be introduced, along with innovative trends in interventions for psychosis.

**Part 2:** Explores intervention strategies related to cognitive functions underlying a behavior, increasing the chances of success in reducing distressing behaviors and improving quality of life regardless of the disorder or severity of the disorder. Three acceptance-and-recovery oriented approaches to helping with psychosis will also be explored in depth: CBT for psychosis, Hearing Voices Network self-help groups, and Finnish Open Dialogue family therapy.

**Part 3:** This seminar will focus on assessment and understanding coping behaviors. Concepts from Parts 1 & 2 will be briefly reviewed (including cognition, brain function, and alternatives to mainstream concepts about "serious mental illness"). Additional information about brain function and structure, resulting behaviors, behavioral expectations and resources for potential adaptations staff/helpers might consider to assist in optimal functioning will be discussed. Skills for building relationships with people who have lived experience of psychosis will be practiced, including the "Maastricht Interviews" for exploring voices and unusual ideas and use of the life story in place of diagnosis.

**Part 4:** This seminar will focus on assisting people toward recovery. Interventions based on assessment of cognition, (eg visuospatial, perception, and comprehension) will be identified and developed. Healing through relationship will be explored. Inviting people who have experienced extreme states into dialogue, understanding the language of 'symptoms', enhancing emotional safety and reducing risk will be discussed.

**Social Work:** The Community Mental Health Association of Michigan (formerly known as Michigan Association of Community Mental Health Boards), provider #1140, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) [www.aswb.org](http://www.aswb.org), through the Approved Continuing Education (ACE) program. CMHAM maintains responsibility for the program. ASWB Approval Period: 10/10/2016 to 10/10/2019. Social workers should contact their regulatory board to determine course approval. Social workers participating in this course will receive **6 Clinical** Continuing Education Clock Hours. Course Delivery Method: **Face-to-Face seminar**

**Substance Abuse:** The Community Mental Health Association of Michigan (CMHAM) is approved by the Michigan Certification Board for Addiction Professionals (MCBAP) to sponsor educational training for professional certification. CMHAM maintains the responsibility for the program and content. Substance abuse professionals participating in this training will receive **6.0 (Related)** contact hours.

**Certificate Awarded:** At the conclusion of this conference, you turn in your Verification of Attendance form to the CMHAM Staff to be initialed. You will turn in the top sheet and retain the bottom sheet which serves as your certificate of participation.

**Who Should Attend:** This training contains appropriate content for ACT staff, clinicians, jail diversion staff and others who come in contact with ACT consumers (beginning, intermediate and/or advanced practitioners).

**Evaluation:** There will be an opportunity for each participant to complete an evaluation of the course and the instructor. If you have any issues with the way in which this training was conducted or other problems, you may note that on your evaluation of the training or you may contact CMHAM at 517-374-6848 or through our webpage at [www.CMHAM.org](http://www.CMHAM.org) for resolution.

### **Goals and Objectives:**

#### **Part 1:**

1. Identify brain structures associated with functions that may result in behavioral, functional and cognitive activities that are relevant to difficult behaviors.
2. Describe at least two specific strategies and principles for interventions that address the cognitive impairment resulting from brain dysfunction.
3. Describe a minimum of two intervention strategies that reduce difficult behaviors and improve quality of life.
4. Learn about the research base that suggests full recovery from 'schizophrenia' is possible.
5. Utilize two methods that enhance self-exploration and self-esteem among people with 'SMI' diagnosis; 'normalizing' symptoms and Voice Dialogue.
6. Understand that there are non-medical approaches to helping with psychosis, such as Hearing Voices Network and Open Dialogue.

#### **Part 2:**

1. Identify goals for intervention and assessment.
2. Identify four factors to assess when addressing difficult behaviors and cognition.
3. Identify cognitive intervention strategies that modify the environment, interactions with other people, and the task of daily routines.
4. Use a CBT for psychosis workbook with groups.
5. Understand principles of Hearing Voices Network and Emotional CPR, methods created by service users.
6. Understand the roots and concepts of Open Dialogue family therapy, the most effective intervention known for early 'schizophrenia'.

**Part 3:** To address quality of life, distress, and coping behaviors in Schizophrenia, participants will be able to:

1. Identify three cognitive functions to assess.
2. Identify three environmental features to assess.
3. Identify three interpersonal features to assess.
4. Identify three aspects of a task to assess.
5. Understand the principal ideas of 'Maastricht Interviews' for Voices and Paranoia.
6. Practice use of a Maastricht Interview via group role play.
7. Use the "Making Sense of Symptoms" or narrative approach to better understand client issues.

**Part 4:** To address quality of life, distress and coping behaviors in Schizophrenia, participants will be able to:

1. Identify three intervention strategies that address cognition.
2. Identify three environmental interventions.
3. Identify three communication strategies.
4. Identify three structural features of a task that can be modified.
5. Apply basic ideas of three evidence-based approaches to improving quality of life: Compassion-focused, psychodynamic, and Acceptance and Commitment therapies for psychosis.
6. Apply collaborative methods of safety planning and risk reduction.

***The Michigan Dept. of Health and Human Services, through the CMH Association of Michigan, has provided funding for this initiative through a Federal Community Mental Health Block Grant***

## **TRAINING AND LODGING INFORMATION:**

### **February 15 & 16, 2018 ~ CMHAM – 426 S. Walnut Street, Lansing, MI 48933:**

Hope for Recovery: Parts 1 & 2

Overnight accommodations available: Quality Suites - 901 Delta Commerce Dr, Lansing, MI 48917

Room Reservations: \$75 plus tax.

To make your room reservation: call the hotel directly at (517) 886-0600 and ask for the **Hope for Recovery=CMHA group**

–OR– click this link to the hotel website <https://www.choicehotels.com/reservations/groups/KL2TP5>

Deadline to reserve your room at this special rate is: **January 31, 2018**

### **March 15 & 16, 2018 ~ Comfort Inn & Suites Hotel & Conference Center, Mt. Pleasant:**

Hope for Recovery: Parts 3 & 4

Overnight accommodations available: **Fairfield Inn & Suites - 2525 University Park Dr., Mt Pleasant, MI 48858** (This is different than where the meeting takes place, but shares the same parking lot. A shuttle service will be available to transport)

Room Reservations: \$75 plus tax

To make your room reservation: call the hotel directly at (989) 775-5000 and refer to group **Community Mental Health Association of Michigan** to receive special rate.

Deadline to reserve your room at this special rate is: **February 21, 2018.**