

Allegany Rehabilitation Associates Personalized Recovery Oriented Services

Title of Service: Thought Disorder

Total Number of Sessions: 12

Source: “Dealing with Psychosis; A toolkit for moving forward with your life.”
(Fraiser Health/British Columbia July 2012)
Resources via internet that will be cited in each session for which it applies

Duration of each session: 45 minutes

PROS Service: **CRS Wellness Self Management**

Target population:

- **Diagnoses:** Mood Disorders, Bipolar Disorder, Schizophrenia, Schizoaffective Disorder, Anxiety Disorders, Substance Abuse Disorders, Personality Disorders
- **Barriers to be overcome:**
 - Establishing a belief that symptoms of psychosis can be managed
 - Establishing the belief that individuals who experience psychosis can move forward and enjoy their life.

Service Goal:

To provide participants with education about what psychosis is, how to manage the symptoms, and manage day to day experiences such as problem solving and goal attainment. This group will educate participants on different diagnosis' and address common feelings of those individual's with that thought disorder diagnosis to include a chance for participants to share specific concerns about their own thought disorder and how to accept it.

Service Objectives:

- To educate participants about what psychosis is and how to manage the symptoms associated with their thought disorder
- To educate participants about how to problem solve and set goals
- To educate individuals how to manage stress and how they can connect with other people
- To educate participants how to take care of themselves including learning about medications used to treat thought disorders
- To educate participants about how to prevent relapse.

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Session 1: What is psychosis

Duration: 45 minutes

Service Objective(s):

- Provide an explanation of psychosis as well as describe some of its common symptoms.

Handouts:

- “Your turn; Writing down symptoms you might have that could indicate psychosis (pg 8-9)
- Six factors information sheet. (pg 10)

Activities:

- Discussion on the background information on psychosis
- Discussion regarding the common symptoms of psychosis
- Discussion the six different factors that may contribute to the onset of psychosis
- Complete as a group “Your turn; Writing down symptoms you might have that could indicate psychosis” (pg 8-9)
- Six factors information sheet. (pg 10)

Homework:

- None

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Session 2: **Diagnosis Specific: What is Schizophrenia**

Duration: 45 minutes

Source: www.mifellowship.org/UnderstandingSchizophrenia

Service Objective(s):

- Participants will learn the definition of schizophrenia
- Participants will learn about the symptoms related to schizophrenia , particularly the positive and negative symptoms and cognitive symptoms associated with the diagnosis
- Participants will gain insight into how others experience the illness of Schizophrenia
- Participants will learn the risk factors, treatment and recovery process of individuals diagnosed with Schizophrenia

Handouts:

- Understanding Schizophrenia
- **Activities:**
- Review previous Session
- Discussion regarding the process that participants with thought disorders increased understanding of what medication has been prescribed and why to include understanding potential or experienced side effects.
- Discussion/Review of “Your turn worksheets”

Homework:

- Participants will become more familiar with medications they take, why they are prescribed and how they can be effectively managed.

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Session 3: What can I do about psychosis II

Duration: 45 minutes

Service Objective(s):

- Emphasis on reasons why people with thought disorders stop taking medications.
- Emphasis on the importance of having supports in place to assist with the recovery process.

Handouts:

- “Your turn; Write down information about the way medications are helping you.” (pg 19.)

Activities:

- Review previous session
- Discussion about the reasons why people stop taking medications and how those reasons apply to group participants.
- Discussion about the importance of establishing a support net work to assist in their recovery.
- Discussion/Review of “Your turn worksheet”

Homework:

- Participants will identify 2-3 supports in their lives that assist them or could assist them in their recovery.

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Session 4: Understanding Cognition I

Duration: 45 minutes

Service Objective(s):

- Emphasis on defining the word “cognition” and how individuals with psychosis “tackle” cognitive problems.
- Emphasis on learning about 2 types of cognition
 - Attention
 - Learning and Memory

Handouts:

- “Your turn; Complete checklist to identify individual learning preferences.” (pg 52)
- “Your turn; Complete checklist that could indicate problems with memory.” (pg 53)

Activities:

- Review previous session
- Review homework
- Discussion of what cognition is defined as and learn, in depth, about two specific types of cognition.
- Discussion/Review of “Your turn worksheet”

Homework:

- None

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Session 5 : **Understanding Cognition II**

Duration: 45 minutes

Service Objective(s):

- Emphasis on defining the word “cognition” and how individuals with psychosis “tackle” cognitive problems.
- Emphasis on learning about 2 types of cognition
 - Critical Thinking
 - Social Cognition

Handouts:

- “Your turn; Complete checklist to indicate problems with critical thinking.” (pg 55)
- “Your turn; Complete checklist that could indicate problems with social cognition.” (pg 57)

Activities:

- Review previous session
- Review homework
- Discussion of what cognition is defined as and learn, in depth, about two specific types of cognition.
- Discussion/Review of “Your turn worksheet”

Homework:

None

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Session 6: Dealing with symptoms I

Duration: 45 minutes

Service Objective(s):

- Emphasis on 2/3 strategies to help deal with symptoms
 - Distract yourself
 - Perform a reality check

Handouts:

- “Your turn; worksheet that will keep track of ways to distract, how the distraction effects symptoms and whether the distraction was effective (pg 77)

Activities:

- Review previous session
- Discussion about 2 strategies (Distract Yourself and perform a reality check) that help deal with symptoms. Participants will be asked to identify what they believe could be most helpful.
- Discussion/Review of “Your turn worksheet”

Homework:

- Participants will pick one strategy and try to use it until next group. Participants will be asked to report on their progress even if the strategy didn’t work and why.

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Session 7: Dealing with symptoms II

Duration: 45 minutes

Service Objective(s):

- Emphasis on one strategy to help deal with symptoms
 - Challenge unrealistic thinking

Handouts:

- Special Thought-Challenging Worksheets
“Your turn; worksheet that will assist the participant in coming up with more realistic ways to think about things. ((pg 82)

Activities:

- Review previous session
- Discussion about one strategy (Challenge unrealistic thinking) that can help more realistic ways to think about things. Participants will be asked to identify a situation and process thoughts around that situation.
- Discussion/Review of “Your turn worksheet”

Homework:

- Participants will report one situation where they were able to challenge unrealistic thinking before the next group.

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Session 8: **Managing Stress and Taking Care of Your Health**

Duration: 45 minutes

Service Objective(s):

- Emphasis on four points about stress to keep in mind.
- Emphasis on two main points of managing stress
 - Relaxation
 - Preparation
- Emphasis on three factors to taking care of your health

Handouts:

- “Your turn; Three things you can do to relax” (pg 29)
- “Your turn; Think of what is happening the next couple of months” (pg 30)

Activities:

- Review previous session
- Introduction/process of the four points about stress
- Introduction/process on the two points of managing stress
- Introduction/process of the three factors to taking care of your health.
- Discussion/Review of “Your turn” worksheets
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Homework:

- Participants will pick one relaxation technique they can use, practice it and report back to the group how it worked

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Session 9: **Connecting with other people**

Duration: 45 minutes

Service Objective(s):

- Emphasis on understanding three elements of connecting with other people
 - Social circle
 - Social Skills
 - Opportunities for connecting with other people

Handouts:

- “Your turn; think about the people you already have in your life exercise” (pg 60)
- “Your turn; think about two social skills exercise” (pg 62)
- “Your turn; think about opportunities to connect with other people” (pg 64)

Activities:

- Review previous session
- Review homework
- Discussion/Process of how the three elements of connecting with others is a strength or barrier to the management of their thought disorder
- Discussion/Review of “Your turn worksheet”
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Homework:

- None

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Session 10 : Solving Problems and Setting Goals

Duration: 45 minutes

Service Objective(s):

- Emphasis on the six steps identified to reduce or eliminate problems

Handouts:

- “Your turn; exercises for each step to eliminate problems
 - Describe the problem (pg 34)
 - Questions about the problem (pg 35)
 - Four things that could be done to solve the problem (pg 36)
 - Identifying good and bad things for each of your solutions (pg 38)
 - Pick the best solution (pg 39)

Activities:

- Review previous session
- Introduce/Discuss/Process the six steps to identifying a problem
- Discussion/Review of “Your turn worksheets”
- Review Homework

Homework:

- Participants

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Session 11 : Problem Solving and Setting Goals

Duration: 45 minutes

Service Objective(s):

- Emphasis on four steps needed to set goals and move forward.

Handouts:

- Pick a goal you want to start working on (pg 44)
- Goal setting worksheet

Activities:

- Introduce and discuss the four steps needed to set goals and move forward
- Create a workable plan based on “*Setting goals and moving forward (pg 41)*” work table using information from Solving Problems chapter.

Homework:

- None

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Session 12: Preventing Relapse I

Duration: 45 minutes

Service Objective(s):

- Emphasis on three “lower-level” relapse prevention efforts to include description of what a “higher level” relapse plan would include.

Handouts:

- “Your turn; worksheets dedicated to the formation of a relapse prevention plan.
 - Triggers currently increasing your risk of psychosis (pg 68)
 - Early warning signs prior to experiencing symptoms of psychosis (pg70)

Activities:

- Discussion/Review of “Your turn worksheet”

Homework:

- Participants will

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Session 13: Preventing Relapse II

Duration: 45 minutes

Service Objective(s): Participants will compare pathway of recovery from today to beginning of curriculum.

Handouts:

- Relapse prevention plan worksheet (pg 111)

Activities:

- Review previous session
- Formulate relapse prevention plan using worksheets from the previous session.
- Discussion/Review of “Your turn worksheet”
- Review Homework

Homework:

- Participants are encouraged to reviewing their plan for final changes if they are needed to be made.

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**EXTRA RESOURCES
AND
GENERAL OVERVIEW OF EACH CHAPTER**