

## **Cognitive Behavioral Therapy for the Prevention and Treatment of Psychosis**

Program Director: Yulia Landa, PsyD, MS  
Program Coordinator: Rachel Jespersen, LMSW

Cognitive Behavioral Therapy for the Prevention and Treatment of Psychosis (CBTp) is an evidence-based treatment for schizophrenia and related disorders which complements pharmacological and other psychological treatments. Its goal is to create a collaborative treatment alliance in which patient and therapist can explore distressing psychotic experiences and the beliefs the patient has formed about these experiences, in an effort to reduce suffering and improve functional capacity in the recovery process. The CBTp clinic at Mount Sinai offers time-limited and symptom focused treatment, including weekly individual, family or group therapy sessions, or a combination of those modalities. Descriptions and pricing information for services are listed below.

**One-time consultation for patients and/or families:** Patients and/or family members can meet with Dr. Landa to discuss concerns about symptoms and functioning and explore possible treatment options. If patient attends consultation, a full assessment including structured clinical interviews and self-report questionnaires will be conducted to provide more specific clinical information.

**Individual CBT:** In individual CBT, participants meet individually with the therapist and learn to apply CBT to their own lives. Throughout the course of individual CBT, participants are invited to bring their family members into sessions whenever they feel it might be helpful.

**CBTp for Families:** Family members or carers are invited to join a Supportive Family CBT group where they can learn the same skills that are taught in Group CBT in order to take on the role of therapist in their own home and encourage the use of CBT skills during and after treatment. Family members/carers also learn more about early psychosis and learn helpful, supportive ways to communicate with their loved ones. Group members have an opportunity to practice skills with a trained actor. A group setting allows family members/carers to interact with and gain support from others who may be having similar experiences with their loved ones.

### **Group CBT:**

**ABC of CBT Introductory Group:** This one-time group teaches the basics of Cognitive Behavioral Therapy and the ABC Model. The group is run once weekly and participants are invited to attend as many times as they wish. The ABC of CBT Introductory group allows participants to learn about CBTp and experience a CBTp group. It can serve as an entrée into ongoing groups for patients or for family members/carers.

### **Ongoing groups (e.g. CBT for Paranoia, CBT for voices)**

Groups are symptom-focused and are formed taking developmental level and experiences into consideration. Specific treatment programs are also available for early psychosis (first break), which combine group, individual, and family modalities.



## **Fees and Insurance**

### **Initial Consult:**

Price: Dr. Landa- \$600  
Doctoral level trainee- \$240

### **Individual Sessions:**

Price: Dr. Landa- \$380 per 60 min. session | \$285 per 45 min. session | \$190 per 30 min. session  
Doctoral level trainee- \$140 per 60 min. session | \$115 per 45 min. session | \$75 per 30 min. session

### **Family Sessions:**

Price: Dr. Landa- \$425 per 50-60 minute family session  
Doctoral level trainee- \$170 per 50-60 minute family session

### **Group Sessions:**

Price: Dr. Landa- \$150 per 60 min. group session  
Doctoral level trainee- \$60 per 60 min. group session

### **Group Sessions:**

Price: Dr. Landa- \$150 per 60 min. group session  
Doctoral level trainee- \$60 per 60 min. group session

### **CBT for Families Group Sessions:**

Price: Dr. Landa- \$255 per 60 min. group session  
Doctoral level trainee- \$100 per 60 min. group session

*Discounts of up to 10% may be offered for group packages paid for up-front.*

The CBTp Clinic at Mount Sinai is primarily a self-pay clinic. Dr. Landa will accept Medicare. For those with other health insurance plans, we will provide paid statements which you may submit to your insurance company. Each insurance company and each plan has a different reimbursement policy and schedule. Please check your benefits directly with your insurance provider. Please note that some services offered at the CBTp Clinic are not reimbursable by insurance even if you have out of network benefits.

For questions regarding the Cognitive Behavioral Therapy for the Prevention and Treatment of Psychosis (CBTp) clinic, to make a referral, or to schedule an appointment, please contact program coordinator Rachel Jespersen at 212-659-5606, or via email at [rachel.jespersen@mssm.edu](mailto:rachel.jespersen@mssm.edu).

For more information please visit [icanfeelbetter.org](http://icanfeelbetter.org)

\*\*\*Please note that information and prices are subject to change\*\*\*