



Weill Cornell Medical College | NewYork-Presbyterian Hospital
Weill Cornell Medical Center

Cognitive Behavioral Therapy for Psychosis Program
Westchester Division

**Cognitive Behavioral Therapy for Psychosis
Seminar Series**

Course Director: Dr. Yulia Landa

Course Overview

The objective of this course is to provide clinicians with advanced understanding and skills in using Cognitive Behavioral Therapy for psychosis.

30 Minute Individual Meetings (October 23 & 24)

10 Minute Introductory Role-Play and Questionnaires

Session 1 (October 31, 2:30-3:30PM)

Summary of CBT for Psychosis: Theory and Research

Sessions 2-3 (November 7 & November 14, 2:30-3:30PM)

Engagement and Insight Oriented Therapist's Interventions (Part I & II)

CBTp Practicum 1, (November 21, 1 hour)

Engagement and Insight Oriented Therapist's Interventions

Group 1: 12:00-1:00PM

Group 2: 1:00-2:00PM

Group 3: 2:15-3:15PM

Group 4: 3:15-4:15PM

Sessions 4-5 (December 5 & December 12, 2:30-3:30PM)

Cognitive Behavioral Assessment of Psychotic Experiences (Part I & II)

CBTp Practicum 2, (December 19, 1 hour)

Cognitive Behavioral Assessment of Psychotic Experiences

Group 1: 12:00-1:00PM

Group 2: 1:00-2:00PM

Group 3: 2:15-3:15PM

Group 4: 3:15-4:15PM

Sessions 6-7 (January 9 & January 16, 2:30-3:30PM)

Cognitive Behavioral Formulation of Psychotic Symptoms (Part I & II)

CBTp Practicum 3, (January 23, 1 hour)

Cognitive Behavioral Formulation of Delusions and Hallucinations

Group 1: 12:00-1:00PM

Group 2: 1:00-2:00PM

Group 3: 2:15-3:15PM

Group 4: 3:15-4:15PM

Sessions 8-9 (January 30 & February 6, 2:30-3:30PM)

Change Strategies: Cognitive Techniques; Behavior Experiments

CBTp Practicum 4, (February 13, 1 hour)

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CBTp Practicum 4, (February 20, 2:30-3:30PM)

Change Strategies: Cognitive Techniques; Behavior Experiments

Group 1: 12:00-1:00PM

Group 2: 1:00-2:00PM

Group 3: 2:15-3:15PM

Group 4: 3:15-4:15PM

Session 10 (February 27, 2:30-3:30PM)

CBT Strategies for Delusions

Session 11 (March 6, 2:30-3:30PM)

CBT Strategies for Hallucinations

CANCELLED

Session 12 (March 13, 2:30-3:30PM)

CBT Strategies for Hallucinations

Session 13 (March 20, 2:30-3:30PM)

CBT Strategies for Negative Symptoms & Thought Disorder

CBTp Practicum 5, (March 27, 1 hour)

CBT Strategies for Working with Delusions, Hallucinations, Thought or Communication Disorder, & Negative Symptoms

Group 1: 12:00-1:00PM

Group 2: 1:00-2:00PM

Group 3: 2:15-3:15PM

Group 4: 3:15-4:15PM

Session 14 (April 3, 2:30-3:30PM)
Relapse Prevention

CBTp Practicum 6, (April 17, 1 hour)
Relapse Prevention

Group 1: 12:00-1:00PM

Group 2: 1:00-2:00PM

Group 3: 2:15-3:15PM

Group 4: 3:15-4:15PM

Session 15 (April 24, 2:30-3:30PM)
*ABC of CBT for Stressful Thoughts & Voices,
In-Patient Group*

Session 16 (May 1, 2:30-3:30PM)
*Group CBT for Voices,
Out-Patient or Day Program Group*

CBTp Practicum 7, (May 8, 1 hour)
*ABC of CBT for Stressful Thoughts & Voices,
In-Patient Group*

Group 1+ 2: 2:15-3:15PM

Group 3+ 4: 3:15-4:15PM

Session 17 (May 15, 2:30-3:30PM)
*Group CBT for Delusions & Paranoia,
Out-Patient or Day Program Group*

Session 18 (May 22, 2:30-3:30PM)
*Family Based Group CBT to Prevent Psychosis in Youth at Risk,
Out-Patient or Day Program Group*

CBTp Practicum 8, (June 5, 1 hour)
*Group CBT for Prevention of Delusions & Paranoia,
Out-Patient or Day Program Group*

Group 1+ 2: 2:15-3:15PM

Group 3+ 4: 3:15-4:15PM

Session 19 (June 12, 2:30-3:30PM)
Summary & Evaluations

30 Minute Individual Meetings (June 18 & June 19)
10 Minute Closing Role-Play and Questionnaires

15 Minute Individual Feedback Session (June 25 & June 26)

Begin Weekly Group CBTp Supervision (July 3)

Questions or Comments? Please E-mail us!

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Standardized Patient Actor:

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