

# Breakout Session C

## Evidence-Based Interventions



### Prescribing in Early Psychosis: Make Haste Slowly

Instructor, Albert Powers III, MD, PhD

#### About Session C, Part 1

The majority of traditional mental health services consider antipsychotic medications to be the frontline intervention for the treatment of psychotic disorders. Psychopharmacological intervention remains an integral component of care for many individuals and an important first step that allows for successful use of evidence-based nonpharmacological interventions. Medication adherence is often limited by a complex mix of adverse effects, inconvenience, and stigma. Attendees will learn best practices for introducing the risks and benefits of antipsychotic medication, emphasizing autonomy, engaging family and treatment team members in maximizing adherence, and minimizing stigma with a focus on the first episode psychosis population.

#### About Dr. Powers III

Albert Powers III, MD, PhD, is a schizophrenia research fellow at the Yale University Department of Psychiatry in Stamford, Conn., and Medical Director of the Psychosis Prodrome Research (PRIME) Clinic at Yale. In addition to treating individuals who suffer from the symptoms of early psychosis, he uses computational approaches to understand how sensory systems might go awry to produce hallucinations and other psychotic symptoms. Dr. Powers earned his MD and PhD from Vanderbilt University School of Medicine and his bachelor's degree from Yale University. He and colleagues recently published the paper "Varieties of Voice-Hearing: Psychics and the Psychosis Continuum" in the Schizophrenia Bulletin.



### Cognitive Behavioral Therapy for Psychosis: An Evidenced-Based Intervention

Instructor, Iruma Bello, Ph.D.

#### Breakout Session C, Part 2

A growing body of research shows that cognitive behavioral treatment of psychosis is effective and should be delivered routinely as a standalone treatment or in conjunction with medication management for individuals diagnosed with schizophrenia. Attendees will gain an overview of CBT for psychosis, including key guiding principles. CBT is symptom-focused and driven by individuals' identified areas of difficulty as opposed to a disease paradigm. CBT also focuses on cognitive biases rather than cognitive deficits and/or helpful behavioral intervention. Attendees will learn about the collaborative nature of CBT, the use of normalization, and discussing experiences as on a continuum.

#### About Dr. Bello

Iruma Bello, PhD, is a clinical psychologist, and has been the Clinical Training Director of OnTrackNY and Assistant Professor of Psychology in Psychiatry at the Columbia University Medical Center since 2015. Dr. Bello received her PhD in clinical psychology from the University of Hawaii at Manoa and completed her clinical internship and postdoctoral training at Massachusetts General Hospital, Harvard Medical School. She has a broad background in public-sector clinical psychology with specialized training in evidence-based practices and cognitive behavioral therapy. Over the last six years, Dr. Bello has focused on research and practice aimed at improving outcomes for individuals diagnosed with first episode psychosis. More recently, as the Clinical Training Director of OnTrackNY, she is responsible for effectively disseminating the OnTrackNY and OnTrackUSA treatment model.

#### Continuing Education Credits: 2