

South Bay Project Resource Presents

“Effective Treatment for Psychosis: Cognitive Behavioral Therapy for psychosis (CBTp) for Peers and Families”



Kate Hardy, Clin.Psych.D is the Clinical Director of the INSPIRE Early Psychosis Clinic at Stanford University School of Medicine. She is a California Licensed Psychologist who has specialized in working with individuals with psychosis for over 15 years in both research and clinical settings. Dr. Hardy received her doctorate in clinical psychology from the University of Liverpool, UK.

Douglas L. Noordsy, MD, is Clinical Professor, Director of Sports Psychiatry, and psychiatrist on the INSPIRE Early Psychosis Clinic in the Department of Psychiatry & Behavioral Sciences at Stanford University School of Medicine.

For more, visit
<https://med.stanford.edu/profiles/>

Please join Dr. Kate Hardy and Dr. Douglas L. Noordsy for an overview of Cognitive Behavioral Therapy for psychosis (CBTp) including the core components of the approach and practice.

**Wednesday, November 16, 2016
7:00 – 9:00 P.M.**

**Cypress Community Center
403 South Cypress Avenue, Rm. 6
San José, CA 95117**

FREE & OPEN TO THE PUBLIC

Cognitive Behavioral Therapy for psychosis (CBTp) is an evidence-based therapy that aims to reduce distress associated with psychotic symptoms and improve functioning. More recently CBTp has also been used to help family members learn key skills and tools to support their own mental health and support their loved ones.

Professor Hardy will introduce key skills that family members or caregivers can learn and apply. Professor Noordsy will describe how psychiatrists can use CBTp techniques to understand and communicate about symptoms, reinforce coping skills and frame the role of medication treatment.

The evening will conclude with a summary of new exciting innovations being developed at Stanford University, such as avatar therapy! A Q&A will follow the talk, so bring your concerns and questions.

For more information e-mail southbayprojectresource@gmail.com or, visit our Website at www.southbayprojectresource.org