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Titolo	Treating psychosis : a clinician's guide to integrating acceptance & commitment therapy, compassion-focused therapy & mindfulness approaches within the cognitive behavioral therapy tradition // Nicola P. Wright [and five others] ; cover design by Amy Shoup ; edited by Jean Blomquist
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Nota di contenuto	Contents; List of Figures; List of Forms; Foreword; Acknowledgments; A Note About Integration and Application of Therapeutic Approaches and Language; Part 1; Pretreatment Overview; Chapter 1; Introduction to Integrative Treatment for Psychosis; Chapter 2; Conceptual Model; Chapter 3; Group Implementation; Part 2; Treatment Modules; CHAPTER 4; Module 1: The Therapeutic Relationship, Engagement, and Assessment; Chapter 5; Module 2: Conceptualization and Treatment Planning: Strengths, Values, and Goals; Chapter 6; Module 3: Emotion Regulation and Resilience; Chapter 7 Module 4: Action Toward Valued Goals: Overcoming Barriers to Value-Consistent LivingChapter 8; Module 5: Understanding, Assessing, and Treating Distressing Thoughts and Delusions; Chapter 9; Module 6: Understanding and Working with Voices; Chapter 10; Module 7: Accomplishments and Staying Well Plan-Ongoing Recovery, Valued Life Goals, and Staying Well; Part 3; Further Considerations; Chapter 11; Special Considerations and Comorbidity; Chapter 12; Some Final Thoughts; Appendix: Forms; Resources; Reference List
Sommario/riassunto	Psychosis can be associated with a variety of mental health problems, including schizophrenia, severe depression, bipolar disorder, anxiety, and post-traumatic stress disorders. While traditional treatments for

psychosis have emphasized medication-based strategies, evidence now suggests that individuals affected by psychosis can greatly benefit from psychotherapy. Treating Psychosis is an evidence-based treatment guide for mental health professionals working with individuals affected by psychosis. Using a cognitive behavioral therapy (CBT) approach that incorporates acc

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