

Agenda for the CBT-p Informed Family Caregiver Coaching

Session 1: Follow-Up

- Setting the agenda: Continuously assembling mental health tool box
- Coaching – focuses on application; more tools tailored to individual cases
- Reviewing individual situations
- Reviewing tools - Getting unstuck, thought traps, change the script
- Building a bridge – today's session to the next
- Reflection – what have you learned today

Session 2: Voice Hearing and Delusional Thinking

- Setting the agenda: Continuously assembling mental health tool box
- Psychosis – voice hearing & delusional thinking
- Reviewing individual situations
- Building tools – Getting unstuck, coping strategies, create a family ritual
- Building a bridge – today's session to the next
- Reflection – what have you learned today

Session 3: Depression and Anxiety

- Setting the agenda – continuously assembling mental health tool box
- Depression & anxiety in psychosis
- Reviewing individual situations
- Review of tools – motivation, coping with stress, problem solving, positive memory
- Building a bridge – today's session to the next
- Reflection – what have you learned today

Session 4: Medication

- Setting the agenda – continuously assembling mental health tool box
- Reviewing individual situations
- Reviewing tools – Predictors of medication adherence, normalizing, pros & cons
- Building a bridge – today's session to the next
- Reflection – what have you learned today

Session 5: Relapse and Crisis Management

- Setting the agenda – continuously assembling mental health tool box
- Reviewing individual situations
- Reviewing tools - Recognizing relapse, crisis management
- Building a bridge – today's session to the next
- Reflection – what have you learned today?

Session 6: The Final Wrap Up

- Setting the agenda – continuously assembling mental health tool box
- Reviewing individual situations
- Reviewing tools
- Q & A
- Building a bridge into the future – how do we move forward
- Reflection – what have you learned?