



Are You Caring for Someone with Psychosis?

Do you struggle to talk with your loved one? Do you want coping strategies for yourself?

Join us for **Psychosis REACH: Recovery by Enabling Adult Carers at Home**.

This **free, virtual** training in Cognitive Behavioral Therapy (CBT) will teach caregivers to:

- ✓ Normalize and make sense of psychosis
- ✓ Use evidence-based coping strategies
- ✓ Develop key caring principles
- ✓ Communicate effectively with your loved one
- ✓ Make sense of medications and treatment
- ✓ Implement relapse prevention strategies

This year's virtual training will consist of presentations led by CBT experts followed by discussion and Q&A. In addition, you will be connected to Psychosis REACH Family Ambassadors who have lived experience and were previously trained in the Psychosis REACH model.

DATE: October 15th and 16th, 2020

TIME: 8:30am – 12:30pm PT both days

PLACE: Virtual (Registration required*)

Register Now at www.psychosisREACH.org

Questions? Email us at psychosisREACH@uw.edu

*Priority registration for Washington State residents. Please register by [September 30th](#) to guarantee a spot.

Meet the Trainers



Doug Turkington, MD is a Professor of Psychosocial Psychiatry at Newcastle University, UK. He is a Founding Fellow of the Academy of Cognitive Therapy based at Philadelphia, USA, and a co-developer of the Psychosis REACH model. Dr. Turkington, developed and, over the last 30 years, has rigorously tested Cognitive Behavioral Therapy for psychosis. He has authored numerous books including, Back to Life, Back to Normality, volume 2, which emphasizes core Psychosis REACH principles and techniques.



Sarah Kopelovich, PhD is a licensed clinical psychologist in the Department of Psychiatry and Behavioral Sciences at the University of Washington School of Medicine. She is an Assistant Professor in the department and holds the Professorship in Cognitive Behavioral Therapy for psychosis. She directs the Northwest CBT for Psychosis Provider Network, serves on the steering committee of the North American CBTp Network, and is a co-founder of the Center for Mental Health, Policy, and the Law at the University of Washington. Dr. Kopelovich is a co-developer of the Psychosis REACH model.



Maria Monroe-DeVita, PhD is an Associate Professor in the Department of Psychiatry and Behavioral Sciences at the University of Washington School of Medicine. Dr. Monroe-DeVita's expertise is in implementation and services research related to evidence-based practices for adults with serious mental illness, particularly the Assertive Community Treatment (ACT) model. She is also in the process of developing and testing novel approaches to better serving people with serious mental illness and their families. Dr. Monroe-DeVita is a co-developer of the Psychosis REACH model.

Psychosis REACH Sponsors, Partners, and Affiliates

Sponsors: Bruce and Ann Blume; Anonymous Philanthropic Support; Washington State Health Care Authority

Partners: UW Family & Caregiver Advisory Board; Mothers of the Mentally Ill; Chad's Legacy Project;
Zia Larson's Ray of Light Foundation

Affiliates: NAMI, Northwest Mental Health Technology Transfer Center,
Washington Council for Behavioral Health



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