

Module 6 — CBT for Psychosis (CBTp)

Formulation · working with voices · working with beliefs · goals · outcomes & staying well

Blank worksheets for printing — a teaching aid for supervised skill practice, not a validated instrument.

Collaborative Formulation

Build a shared, individualized understanding in the person's own words.

ABC formulation

A — Activating event / trigger

B — Belief / appraisal (the meaning)

C — Consequences (emotion & behavior)

Longitudinal formulation — the 4 Ps

Predisposing (vulnerabilities)

Precipitating (triggers)

Perpetuating (maintaining factors)

Protective (strengths & supports)

Working with Voices

Distress is driven mostly by beliefs about the voice (power, control, intent), not content.

Content / what the voice says

Triggers & timing

Belief: how powerful is the voice? 0 ————— 100 Rating: _____

Perceived control over the voice 0 ————— 100 Rating: _____

Pressure to comply 0 ————— 100 Rating: _____

Coping-strategy enhancement

- ☐ Engage in an absorbing activity
- ☐ Refocus / shift attention
- ☐ Listen to music or a podcast
- ☐ Subvocalization task (humming, counting, reading aloud)

- ☐ Physical exercise / walk
- ☐ Relaxation or paced breathing
- ☐ Connect with a trusted person
- ☐ Talk back / set limits with the voice
- ☐ Reduce isolation & structure the day

Belief-testing plan (e.g., safely resist a low-risk command to test 'the voice is all-powerful')

Working with a Belief

Collaborative and curious — never a debate. Rate conviction, examine evidence, generate alternatives, test.

Belief (in the person's words)

Conviction 0 ————— 100 Rating: _____

Distress it causes 0 ————— 100 Rating: _____

Examine the evidence

Evidence FOR the belief	Evidence AGAINST / other explanations

Possible alternative explanation

Experiment: prediction to test

What we will do

Result & what it suggests

Goals (functioning)

Set valued, achievable goals; watch for defeatist beliefs that maintain withdrawal.

Defeatist belief to address -> more helpful alternative

SMART goal

Specific — what exactly will happen?

Measurable — how will you know?

Achievable — realistic next step?

Relevant — why it matters / which value?

Time-bound — by when / how often?

Goal Attainment Scaling (GAS)

Goal name

Level	What this outcome looks like
-2 Much less than expected	
-1 Somewhat less than expected	
0 Expected outcome	
+1 Somewhat more than expected	
+2 Much more than expected	

Current level (circle one): -2 -1 0 +1 +2

Outcomes & Staying Well

Track distress/conviction over time and build a written staying-well / crisis plan.

[illegible]

Staying-well / crisis plan

Early warning signs

Coping strategies that help

Supports & contacts

Medication plan / shared decisions

If things worsen, then...
