



Coping Skills

Developing Skills for Managing Distressing Experiences



Early Intervention in Psychosis Clinical Programme

Authors: Caroline O'Connor, Kevin Duffy, Caroline Brilly.

Edited by: Caoimhe Black and Brian Fitzmaurice

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www.hse.ie/eng/about/Who/cspd/ncps/mental-health/



Foreword

On behalf of the HSE National Clinical Programme for Early Intervention in Psychosis, I am delighted to present this coping skills workbook. The workbook was originally developed in 2015 by clinicians working in Kildare Mental Health Services. I would like to thank the authors for giving the clinical programme permission to adapt their work and publish the workbook so that it can be used across the mental health services.

The coping skills manual is divided into 14 modules. Each module can be completed by service users while working with a member of their mental health team.

I would like to express my thanks to all the members of the HSE Cognitive Behavioural Therapy for psychosis sub group and in particular Ms. Caoimhe Black and Dr. Brian Fitzmaurice who edited each module.

It is particularly important to the programme that the workbook is accessible and easy to follow. We worked with National Adult Literacy Agency (NALA) to achieve this objective. We are delighted that the workbook has been awarded the plain English mark. I would like to thank the team at NALA for their commitment to the project and in particular Sean Driver and Claire O’Riordan.

Rhona Jennings, Programme Manager on behalf of National Clinical Programme for Early Intervention in Psychosis

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The coping skills manual and workbook initially drew from the **Cognitive Behavioural Therapy for Psychotic Symptoms: A Therapist's Manual** by Laura Smith, Paula Nathan, Uta Juniper, Patrick Kingsep and Louella Lim. It was published in 2003 in Perth, Australia by the Centre for Clinical Interventions, and is available online as a free pdf at: www.cci.health.wa.gov.au/docs/Psychosis%20Manual.pdf.

The British Psychological Society for their permission and license to use extracts from Understanding Psychosis and Schizophrenia (Revised). The original material can be accessed at www.bps.org.uk/what-psychology/understanding-psychosis-and-schizophrenia



Contents

An Overview of Coping Skills and Psychosis	7
Module 1: Welcome to the coping skills course	8
Module 2: Understanding psychosis	18
Module 3: Tools to help me understand my experience	31
Module 4: Tools to help solve problems	39
Understanding My Experiences	53
Module 5: How we think and feel	54
Module 6: How thinking changes in psychosis	68
Module 7: How perception changes in psychosis.	87
Module 8: How feelings can change in psychosis	100
Module 9: How behaviour can change in psychosis.	115
Coping Better with My Experiences	130
Module 10: Coping strategies	131
Module 11: Setting goals	156
Module 12: My treatment options	170
Module 13: Early warning signs	183
Module 14: What I achieved through coping skills	190