

Coping Skills Developing Skills for Managing Distressing Experiences

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Web: To access the workbook please click:

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 October 2019

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HSE CBT for Psychosis working group who contributed to and reviewed the workbook.

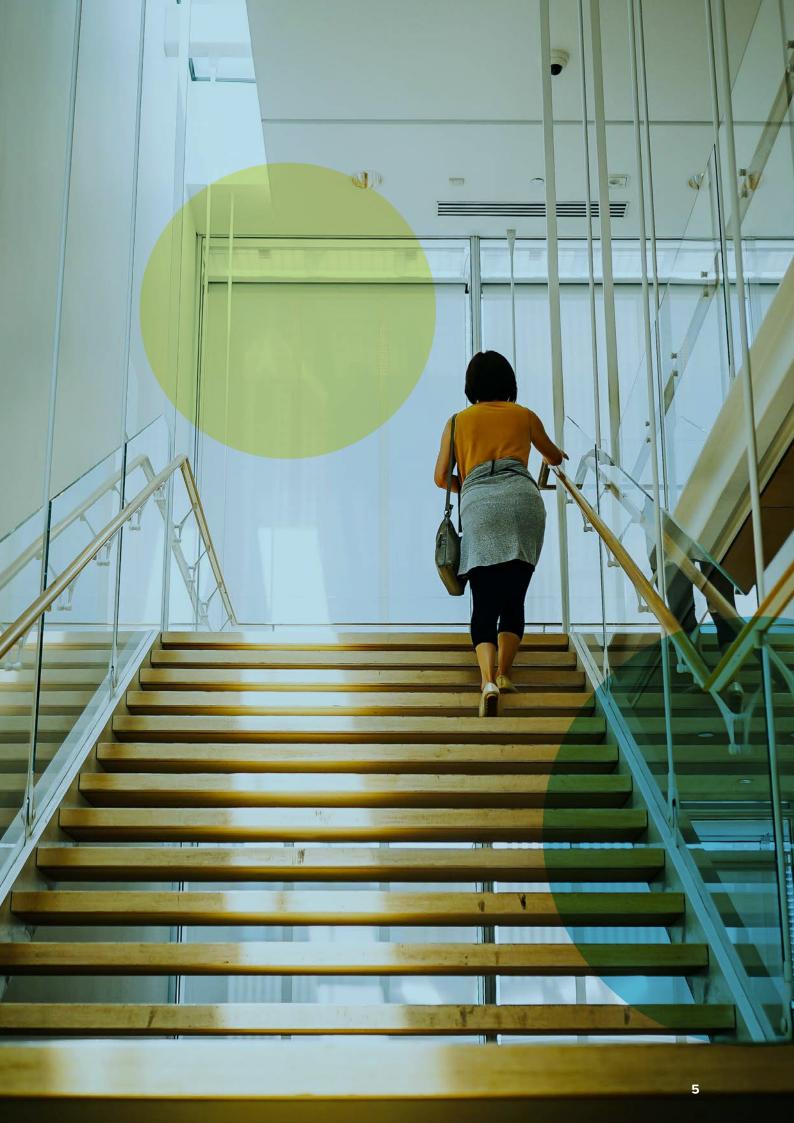
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The coping skills manual and workbook initially drew from the **Cognitive Behavioural Therapy for Psychotic Symptoms: A Therapist's Manual** by Laura Smith, Paula Nathan, Uta Juniper, Patrick Kingsep and Louella Lim. It was published in 2003 in Perth,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

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



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