



2019 Annual Conference
Changing Minds, Changing Lives:
Rethinking Treatment for People Living with Serious Mental Illness

Saturday, November 2nd, 2019 in Norwood, MA

Afternoon Breakout Session
Engaging Young People with a First Episode of Psychosis in Individual Resiliency Training (IRT)
(1CE)

Presented by Corinne Cather, Ph.D.

Director, Center of Excellence for Psychosocial and Systemic Research, Massachusetts General Hospital
Associate Professor of Psychology, Harvard Medical School

The Recovery After an Initial Schizophrenia Episode (RAISE-ETP) trial enrolled 404 participants in a cluster randomized controlled trial involving 34 community mental health centers in 21 states to deliver 24 months of the NAVIGATE program (a coordinated specialty care program) or usual care. Compared to study participants at the usual care sites, at the 2-year follow up, participants who received NAVIGATE remained engaged in treatment for a longer period of time, and demonstrated greater reductions in symptoms, greater improvement in quality of life, better interpersonal relationships, and more involvement in work or school.

This presentation will focus on the individual therapy component, Individual Resiliency Training (IRT), which was perhaps the most unique aspect of the NAVIGATE program. IRT is a manual-based therapy (available online, <https://navigateconsultants.org/manuals/>) that emphasizes the enhancement of resiliency and strengths in order to support an individuals' pursuit of meaningful goals and to improve their symptom self-management, social functioning, quality of life, and well-being. IRT is typically delivered on a weekly or biweekly basis for as long as needed (e.g., delivered for two years in the RAISE-ETP trial). We will review how IRT was delivered and how clinicians were trained to fidelity in NAVIGATE. In keeping with the theme of this conference, will focus on the ways which IRT was developed to promote client engagement and also review key intervention techniques.

Upon completion of this session, participants will be able to:

1. Describe the approach used in Individual Resiliency Training (IRT) to engage individuals with a first episode of psychosis.
2. Summarize predictors of therapeutic alliance identified in the RAISE-ETP trial.
3. Know how to access the therapist and client IRT manuals online.

Corinne Cather, Ph.D. is a licensed clinical psychologist with a diplomate in cognitive behavioral therapy from the Academy of Cognitive Therapy. She is the Director of the DMH-funded MGH Center for Psychosocial and Systemic Research, the Director of Psychological Services for the Massachusetts General Hospital (MGH)

Schizophrenia Program, and Associate Professor of Psychology in the Department of Psychiatry at Harvard University School of Medicine. She is also the Associate Director of the MGH Psychosis Consultation Service, a service which provides second opinion diagnosis and treatment recommendations.

Dr. Cather is a researcher, clinician, and expert trainer. Her research centers on the design and implementation of evidence-based psychosocial treatments for individuals with first episode psychosis as well as those with longer histories of mental illness. A particular focus of her work has been the development and training of CBT-based health interventions to reduce cardiovascular disease among individuals with severe mental illness. As a clinician, she provides therapy to individuals and families in the MGH First Episode and Early Psychosis Program as well as to individuals with longer histories of illness in her private practice. She is an expert trainer for the NAVIGATE coordinated specialty care model for first episode psychosis and has trained clinicians across the country in cognitive behavioral therapy approaches for individuals with schizophrenia.