

**Michael Garrett**

**Combining Cognitive Behavioural Therapy for Psychosis with Psychodynamic Techniques**

The presenter will review CBT techniques, and will also review psychodynamic approaches to the psychotherapy for psychosis, in particular an approach based on the psychoanalytic conceptualizations of Melanie Klein. The presenter will show how these approaches can be integrated to provide patients with in depth treatment. In brief, CBT provides a means to show patients the literal falsity of delusional ideas, while psychodynamic technique can help patients to understand the figurative (metaphorical) truth of psychotic symptoms. The presenter will illustrate his approach with a detailed account of a successful psychotherapy with a psychotic patient, including a videotape interview with the patient, who comments on her treatment, and number of shorter accounts of successful psychotherapies with psychotic patients.