

## **Attention Private MH Practice Managers and/or private practice LCPC/LCSWs in Maine**

Please share this FREE opportunity for an upcoming training and clinical group supervision specifically designed for Maine outpatient MH programs and private practice mental health clinicians who are interested in treating early psychosis within the private practice/outpatient setting. Early Intervention with psychosis is a rapidly-expanding area of treatment, as we as a field embrace the occurrence of mild-moderate psychotic experiences within the context of mental health diagnoses, and/or the experience of significant stress, trauma or self-identifying outside of cultural and gender norms. There is much hope and positivity, as well as a strong evidence base for Cognitive Behavioral Therapy for Psychosis—a unique model to address these experiences to enhance overall functioning.

There are many ways to get involved or learn more:

- 1) Attend our [CBTp Informational Session on Friday, March 25<sup>th</sup> from 1:00-1:30](#) (drop-in) to learn more about the model, the trainings, and/or the referral/supervision referral group,
- 2) Check out our pre-recorded [Introduction to CBTp 2-hour Training](#) through CCSME,
- 3) Register for our live, virtual-based [Second Annual CBT for Psychosis Practitioner Training on Friday, April 29th and Friday, May 6th from 9-12:15](#) with CCSME,
- 4) Or, come to our [CBTp Supervision/Referral Group Informational Session on May 13th from 12:00 1:00](#) with CCSME to learn more about the referral/supervision group (for those who have attended either 2021 or 2022 Practitioner training).

If you cannot attend these trainings live, you are welcome to view the recordings via CCSME when they become available. The new monthly clinical supervision group is only for those who have attended the 3 free trainings. Both the trainings and subsequent supervision group will be facilitated by a licensed clinician who is a fidelity-certified CBTp trainer within the PIER Program, and will be virtual and open to any clinician within the State of Maine.

### **Why CBTp?**

Early psychotic experiences occur alongside many mental health disorders, but are often underdetected or confusing for practitioners to treat. CBTp is an evidenced-based form of treatment appropriate for clients who carry diagnoses of mood disorders with psychosis (including Bipolar Disorder and Major Depression), Anxiety Disorders that can merge toward psychosis under duress (especially PTSD, and also including OCD, Generalized Anxiety Disorder and Panic Disorder), Neurodevelopmental Disorders (e.g., Autism Spectrum Disorders), and/or early signs of psychotic disorder (including Schizoaffective Disorder and Schizophrenia). Psychosis can occur in both positive and distressing ways in the context of gender dysphoria issues, adolescent distress and development, rapid change, refugee/immigrant experiences, complicated grief, and substance use, particularly cannabis use, whether recreational or medical. It occurs far more frequently than many of us realize. Participants often describe that CBTp helps them to understand these experiences at a deeper level, ultimately resulting in understanding themselves in new and empowering ways.

**Why private practitioners/private practice groups?**

This could be an excellent opportunity for a small or medium practice group to add a specialty area in this emerging field. Clinicians often describe that incorporating the principles of CBTp not only helps them to improve their work with their clients who experience psychosis, but often changes how they approach other clients as well. The PIER Program continues to take referrals for teens and young adults (13-25) who meet early psychosis and program criteria; yet, often the full multi-disciplinary team is not needed and treatment makes sense at the private practitioner level. Secondly, we have many PIER Program graduates who stay in touch with us or reach out to us for psychosis-informed services in the community. We would love to partner with a site to provide group supervision and referral streams for a psychosis-specialty practice, particularly to add to other practice specialties, such as trauma-informed care, DBT, ACT, IFS, or other specialty areas.

**Can this training/supervision count toward clinical supervision hours?**

The trainings and subsequent supervision group will be facilitated by an independently licensed clinician (LCPC/LCSW) who is a fidelity-certified CBTp trainer within the PIER Program. Conditionally-licensed clinicians and trainees who are supervised by independent practitioners are welcome to join. Small groups of trainees and/or conditionally licensed practitioners from one practice are encouraged to apply to build upon learning experiences. Please check with your licensure board with any questions.

**We would love to partner with you! See below or call or email with any questions.**

The live trainings are currently only offered once per year, and will be recorded. We plan to offer the supervision group on a monthly basis, and ask for a 6 month commitment. You would be an appropriate candidate if you are:

- an LCSW/LCPC (conditional included), psychologist or other clinician currently providing counseling services in the State of Maine,
- interested in working with people who identify as experiencing psychosis, psychotic-like experiences or other extreme states,
- practice manager looking to offer a specialty in your mental health clinic for a small group of clinicians.

**Please note, there is no commitment to attend the informational sessions—they are offered to help spread the word and help you learn more.**

For more information, contact Rebecca Jaynes, LCPC at [Rebecca.jaynes@mainehealth.org](mailto:Rebecca.jaynes@mainehealth.org) or Sarah Lynch, LCSW at [Sarah.lynch@mainehealth.org](mailto:Sarah.lynch@mainehealth.org), check out our website at [www.pierprogram.org](http://www.pierprogram.org), attend the informational session, or register for our upcoming training series.

Hope to see you soon,  
Rebecca