

THE MONTHLY WRAP UP

WELLNESS AND RECOVERY AFTER PSYCHOSIS PROGRAM (WRAP) MONTHLY NEWSLETTER

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CBT FOR PSYCHOSIS

BY DR. STEPHANIE TAORMINA
ADULT PSYCHIATRIST

Cognitive Behavioral Therapy (CBT) is a form of talk therapy that can help people cope with a variety of life experiences. In CBT, the therapist and patient work together to identify and modify problematic thoughts and behaviors in order to improve the patient's overall quality of life. In the WRAP program, CBT is one of the many ways we help people struggling with symptoms of psychosis. By engaging in CBT, a patient can:

- Decrease the frequency and/or intensity of hallucinations
- Decrease the frequency and/or intensity of troublesome thoughts
- Build the skills needed to return to school or work, or to make friends
- Advance functioning in day-to-day life
- Improve mood
- Plus much more!

In CBT, the therapist and patient meet regularly to identify the patient's goals. The therapist and patient then develop specific plans in order to accomplish these goals. This is commonly done through the use of homework assignments, which encourage the patient to practice skills in between sessions. By participating in CBT, patients are empowered to take an active role in their recovery. Through true collaboration, this treatment modality can improve outcomes and offer a more fulfilling treatment experience.

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INDIVIDUAL RESILIENCY TRAINING

BY VAINAVI MUKKAMALA
WRAP STUDENT INTERN

Many of us have probably heard the term 'resilience' used in the context of being able to overcome the setbacks we encounter in life. Interestingly, building resilience can help improve our state of mental health, because it helps us deal with stressful situations.

As its name indicates, IRT is a highly individualized therapy where clinicians work closely with patients to develop a specific plan to help them achieve their recovery goals (Meyer et al., 2015).

PATIENT SPOTLIGHT



One of our patients started a new job! Best of luck to them!

*Nothing excites us more than to see our patients achieving these milestones!
We are so proud of you.*

Throughout the IRT process, patients will be asked to complete tasks like:

- Identify sources of and normalize stress
- Reflect on aspects of their life they would like to change
- Use their strengths to achieve the goals they identify (Cather, n.d.).

It can help individuals develop mechanisms for coping with their symptoms, while guiding patients as they build other aspects necessary for resilience, like a social support system (e.g. families and friends) (Meyer et al., 2015). Aiming to improve individuals' perceptions of themselves and the obstacles they encounter, this therapy can be very effective.

Cather, C. (n.d.). Individual Resiliency Training (IRT): The individual therapy component of NAVIGATE. Massachusetts General Hospital.

Meyer, P. S., Gottlieb, J. D., Penn, D., Mueser, K., & Gingerich, S. (2015). Individual Resiliency Training: An Early Intervention Approach to Enhance Well-Being in People with First-Episode Psychosis. *Psychiatric Annals*, 45(11), 554-560. <https://doi.org/10.3928/00485713-20151103-06>

WELCOME TO OUR NEW STAFF MEMBERS!

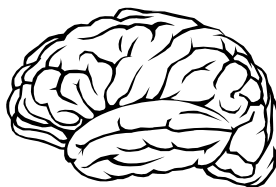
DR. STEPHANIE TAORMINA
ADULT PSYCHIATRIST

KWAME DANCE
NEW CENTER FOR
MULTICULTURAL TRAINING IN
PSYCHOLOGY INTERN

ABIGAIL MARTIN
NEW CENTER FOR
MULTICULTURAL TRAINING IN
PSYCHOLOGY INTERN

DR. MIHOKO MARU
CLINICAL SOCIAL WORKER
AND POST DOCTORAL
RESEARCH ASSOCIATE

DR. SAMANTHA LAMARTINE
POST-DOCTORAL CLINICAL
PSYCHOLOGY FELLOW



WRAP'S COORDINATED SPECIALTY CARE MODEL

BY DR. HANNAH BROWN
DIRECTOR OF THE WRAP
PROGRAM

In our Early Episode Psychosis clinic, we take a team-based approach to care, also known as Coordinated Specialty Care. Our team is comprised of individual therapists, family therapists, nurse practitioners, adult and child psychiatrists, research coordinators, peer specialists, a community psychiatry fellow, psychiatry residents, psychology interns and post-docs, and undergraduate students. The team meets weekly and works together to deliver optimal care to our patients. We think about patient care like a wheel; our patients are the hub, and each member of our team is a spoke on the wheel.

Our early episode program is part of a consortium of programs in Massachusetts, known as MAPNET. (<https://www.mapnet.online/>).

We are happy to answer any questions about the program. If you have questions, please email us at WRAP@bmc.org.

OUR PEER SPECIALISTS

BY ADRIAN CHEN
WRAP STUDENT RESEARCHER

August and Jessica, our wonderful peer specialists, have always been a source of great social support for our patients. Before COVID-19, they would meet with our patients for a chat and sometimes a quick bite, and foster a strong personal connection as a source of support through the recovery process. Despite quarantine putting a hold on in-person meetings, their work can be felt now more than ever; when keeping ourselves at home and avoiding social gatherings has become a new norm.

Throughout the last couple months, our peer specialists August and Jessica have been checking in and speaking with some of our patients on a weekly basis over the phone – asking how our patients have been,

sharing their own recovery stories, and providing friendly, empathetic support. And while we've been saying our farewells to August, we deeply appreciate the work both he and Jessica have done in enriching their patients experiences.

If you're interested in speaking to a peer specialist, please let one of our team members know during your next appointment, or reach out to our Clinic Coordinator, Ellie Reagan, at 617-858-1421 or our WRAP student researcher, Adrian Chen, at Adrian.Chen@bmc.org

UPCOMING BMC EVENTS

BMC Teaching Kitchen Events

Join BMC staff for free virtual cooking classes! Learn how to make fun, healthy, and cost-effective recipes. Classes held every week.

Sign up on the Teaching Kitchen Calendar:

<https://www.bmc.org/nourishing-our-community/teaching-kitchen/classes>

BMC Voter Registration Drive

On October 6th, BMC will be hosting its 2nd Voter Drive from 10 am - 2 pm., where visitors can check their voter registration status, register to vote, etc.

For more information about the event, visit their

[Facebook](#) page

WRAP OCTOBER SCHEDULE

Tuesdays	Thursdays
First Episode Group: 10-11 am Clozapine Clinic: 9:20-11 am Injection Clinic: 1-3 pm	Clozapine Clinic: 10-11 am Injection Clinic: 11-12 pm

OUR TEAM

