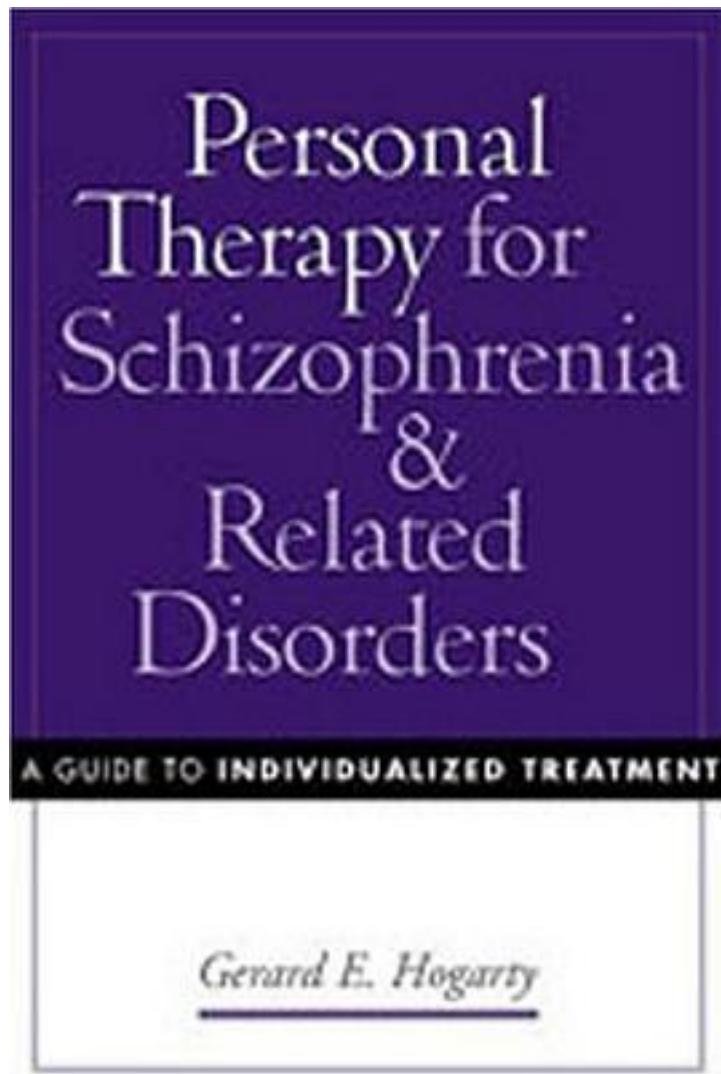


Personal Therapy for Schizophrenia and Related Disorders



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This book presents the first evidence-based psychotherapy with demonstrated effectiveness for persons with schizophrenia and related disorders. Designed to help patients both achieve and maintain clinical stability, personal therapy combines psychoeducation; internal coping skills training; and enhancement of interpersonal, social, and vocational functioning. The volume describes how to integrate the approach with medical management and provides a practical, three-phase therapy manual, fully documented with findings from the author's influential research program. Detailed information is presented on the application of graduated strategies as the patient moves from a recent psychotic episode, through the process of optimal stabilization, to the resumption of community life outside the home. Also featured are tools for monitoring progress and suggestions for tailoring interventions to the specific needs of each patient.

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