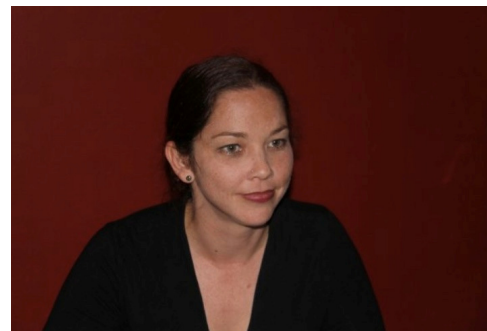


AACBT Qld Pub discussion

# CBT for psychosis: Interventions supporting recovery



Do you have clients who have delusions, or auditory hallucinations?  
Come to this session to learn practical applications of CBT to help your clients.

## GUEST SPEAKERS VICTORIA GORE-JONES

'Psychosis' is a term used to describe a number of psychological symptoms that impact on a person's understanding or perception of reality. It commonly occurs in late adolescence or early adulthood, and affects around 3 in every 100 people in Australia.<sup>1</sup>

In this talk Victoria will discuss her work in the field of cognitive behavioural therapy (CBT) for psychosis as well as the specific issues faced by people who experience psychosis. As CBT, in conjunction with medication, is the evidence-based treatment for psychosis, it is essential to apply these in both hospital and community settings. Victoria will outline her individual work in this field and explore the effectiveness and practical aspects of CBT for auditory hallucinations and delusions.

***Please arrive at 6:15pm for a 6:30pm start; upstairs at Norman Hotel.***

*Victoria is an ambassador for the Queensland Hearing Voices Network and coordinates the Voices of Recovery annual day for voice hearers. She uses cognitive behavioural therapy to help people with psychosis cope with their experiences.*

- **When** Monday 24 September 2018 @ 6:30-7:30pm
- **Where** Norman Hotel, 102 Ipswich Rd, Woolloongabba  
(enter via Qualtrough St)
- **Tickets** AACBT Members **Free** / Non-Members \$10

### Victoria Gore-Jones

Victoria Gore-Jones is an Advanced Clinical Psychologist, between the Early Psychosis Team, and research, education and training (Metro South Addiction and Mental Health Services). She coordinates psychological therapies for psychosis across Metro South.

Victoria has been involved in developing, training and facilitating Hearing Voices Groups, Social Cognition and Interaction Training, and CBT for Delusions groups across the service.

Book now at <https://www.aacbt.org.au/events/>

1. <https://au.reachout.com/articles/what-is-psychosis>



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