

GET UP-PIANO

COGNITIVE-BEHAVIORAL OPERATIONAL MANUAL FOR FIRST-EPISODE PSYCHOSIS PATIENTS ENROLLED IN THE GET-UP PROGRAM

1. Schematic Report Schedule

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Session n. 1 | Date: | Audio tape |  | No |
| Professionals attending the session: | Therapist: |  |
| Other: |  |
| Other: |  |
| Patient’s code: |  |  |
| Diary: |
| Main topic of the session: |
| Other themes covered: |
| Main procedures/techniques used: |
| Therapists’ observations: |

1. Self-monitoring schedule of CBT procedures in First-Episode Psychosis

|  |  |  |
| --- | --- | --- |
| Start Date: | Patient: | Therapist: |
|  |
|  | Sessions progress |
| Therapeutic actions | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| Personal presentation and introduction to the program |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Development of therapeutic alliance |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Assessment of patient’s presenting concerns/difficulties |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Symptoms assessment |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Collecting patient personal history |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Psychoeducation on pharmacological treatments |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Psychoeducation on the disorder |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Choice of therapeutic priorities |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Case formulation |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Identification of dysfunctional beliefs |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Self-esteem enhancement |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |