

HeadsUp 

**Recovery-Oriented Cognitive
Therapy in FEP
Feeling Safe Series**

**1/13/23, 2/10/23, 3/10/23,
4/14/23, 5/5/23, 6/9/23**

Virtual Sessions Via Penn Zoom Events

Series Description:

The Feeling Safe Program, developed by Dr. Daniel Freeman in Oxford, UK, has been established as the premier evidence-based treatment modality for persons experiencing persecutory delusions. This is a 6 session modified training series, given by Dr. Aaron Brinen, focusing on the 5 established intervention modules as well as assessment to learn when to best use each module. This series is designed for professionals supporting persons experiencing early psychosis and those working on Coordinated Specialty Care teams. The instructional level of this series includes introductory and intermediate level intervention.

Series Learning Objectives:

1. Review and discuss persecutory delusions and their impact on the persons experiencing them
2. Review and explain the 5 interventions of the Feeling Safe Program: Worry, Sleep, Self-Confidence, Agoraphobia, and Anomalous Experiences
3. Understand the assessment process and be able to determine when to utilize which module intervention

CE Information:

The Department of Psychiatry University of Pennsylvania is approved by the American Psychological Association to sponsor continuing education for psychologists. The Department of Psychiatry University of Pennsylvania maintains responsibility for this program and its content. 18 CE credit(s) will be awarded for this program.

CE Cost: A \$25 fee is applicable for anyone applying for APA CE credit.

For information or questions regarding speaker financial relationships, special needs requests, or nondiscrimination state, please contact event coordinator, Crystal Vatza, at crystal.vatza@pennmedicine.upenn.edu

Nondiscrimination Statement:

The University of Pennsylvania values diversity and seeks talented students, faculty, and staff from diverse backgrounds. The University of Pennsylvania does not discriminate on the basis of race, sex, sexual orientation, religion, color, national or ethnic origin, age, disability or status as a Vietnam Era Veteran or disabled veteran in the administration of educational policies, programs or activities, admission policies; scholarship and loan awards; athletic or other administered programs or employment. Questions or complaints regarding this policy should be directed to the Executive Director, Office of Affirmative Action, Franklin Building, 4th Floor, Room 421, Philadelphia, PA 19104 or 215-898-7803 (TDD).



REGISTRATION
INFORMATION IS
AVAILABLE ON THE
EDUCATION AND
TRAINING PAGE OF OUR
OUR WEBSITE



Agenda:

Friday, 01/13/2023

9:00am – 12:00pm

Overcoming Worry (from the Worry Intervention Trial, “Winning Against Worry”)

The evidence-based Feeling Safe Program model is the psychological field’s pinnacle treatment modality for supporting persons experiencing persecutory delusions. One of the 5 intervention modules of the Feeling Safe program targets the symptom of “worry.” This session will review and practice the 6-session interventions for worry.

Friday, 02/10/2023

9:00am – 12:00pm

Sleep

The evidence-based Feeling Safe Program model is the psychological field’s pinnacle treatment modality for supporting persons experiencing persecutory delusions. One of the 5 intervention modules of the Feeling Safe program targets “sleep.” This session will review and practice the sleep intervention.

Friday, 03/10/2023

9:00am – 12:00pm

Self-Confidence

The evidence-based Feeling Safe Program model is the psychological field’s pinnacle treatment modality for supporting persons experiencing persecutory delusions. One of the 5 intervention modules of the Feeling Safe program targets “self-confidence.” This session will review and practice the self-confidence intervention.

Friday, 04/14/2023

9:00am – 12:00pm

Agoraphobia (Feeling Safe Enough)

The evidence-based Feeling Safe Program model is the psychological field’s pinnacle treatment modality for supporting persons experiencing persecutory delusions. One of the 5 intervention modules of the Feeling Safe program targets agoraphobic avoidance. This session will review and practice the “feeling safe enough” intervention.

Friday, 05/05/2023

9:00am – 12:00pm

Anomalous Experiences

The evidence-based Feeling Safe Program model is the psychological field’s pinnacle treatment modality for supporting persons experiencing persecutory delusions. One of the 5 intervention modules of the Feeling Safe program targets “anomalous experiences.” This session will review and practice the anomalous experiences intervention.

Friday, 06/09/2023

9:00am – 12:00pm

Assessment (When to Use What, Putting it All Together)

The evidence-based Feeling Safe Program model is the psychological field’s pinnacle treatment modality for supporting persons experiencing persecutory delusions. This session will focus on assessment of when to use integrate and use all the module interventions for persecutory delusions



Speaker Bio

Aaron P. Brinen, PsyD.

Assistant Professor, Psychiatry and Behavioral Sciences &
Director, Psychotherapy Training Psychiatry Residency
Program, Vanderbilt University Medical Center

Aaron P. Brinen, PsyD, is an Assistant Professor of Psychiatry and Behavioral Sciences at Vanderbilt University Medical Center, where he directs psychotherapy training in the psychiatry residency program. He is a primary developer of recovery-oriented cognitive therapy (CT-R) along with Aaron T. Beck, MD. Under the guidance of Dr. Beck, Dr. Brinen has worked to formalize and standardize the CT-R protocol for individual and group therapy settings, as well as for use in team-based psychiatric care and during inpatient treatment. He is a co-author of the manual of CT-R for serious mental health conditions and has been active in the training of community therapists from around the world. Dr. Brinen is interested in researching the impact of recovery-oriented cognitive therapy on inpatient and outpatient individuals. Additionally, he is interested in the crossover of different evidence-based treatments, particularly prolonged exposure for PTSD applied to individuals with both PTSD and schizophrenia. He is the principal investigator in a study applying CT-R during medication management checks and also the supervisor for the WISEUP clinical trial, studying treatment for persecutory delusions.