

Cognitive Enhancement Therapy at Jefferson Center for Mental Health



SAMANTHA TRAMUTA, LSW

MALLORY GOLLICK, LPC

“CET HAS BEEN VERY INFORMATIVE AND HAS HELPED ME IMPROVE MYSELF. IT HAS HELPED ME FOCUS MORE AND HELPED ME INTERACT WITH OTHERS” - JCMH CET PARTICIPANT

CET Implementation and Timeline



- × Two 8 hour trainings with managers, coaches and CET Cleveland trainers (08/2015)
- × Recruiting at POD meetings, team meetings, email to all clinical staff, individual caseloads (09/2015)
- × Interview and assessments of potential candidates (10/2015)
- × Chose candidates and held first group (10/2015)
- × CET Cleveland trainer on skype weekly and debrief weekly.
- × CET Cleveland trainer in CO once month to attend group in person and 2 hour training with coaches.
- × Scheduling: 8 hours a week per clinician
- × Group graduation is scheduled from 11/8/2016

Group Profile



× 7 group members

✦ 6 male/ 1 female

✦ 5 Schizophrenia/ 2 Schizoaffective

✦ Age range 21-45

× Attrition

✦ Started with 10 clients

✦ Dropout factors: stability, diagnosis, medication complications

Group Culture



- × Emphasis on clients and coaches having fun
- × Facilitating partner work and group interaction
- × Consistent and predictable format
- × Supportive challenges
- × Avoiding secondary desocialization
- × Safety to take risks

Coaching



× Support

- ✦ Acknowledge frustration
- ✦ No singling out clients

× Challenge

- ✦ Hold clients to high standards
- ✦ Hold clients to social norms

× Permissiveness

- ✦ Provide structure for clients to take risks
- ✦ Allow the possibility of failure in a safe environment

× Reward

- ✦ Structure treatments around client's real life goals

Client Feedback



- × “I enjoy working in groups and helping my peers solve problems. Communication is very important for problem solving. I prefer leading others as chairperson and I've improved my verbal and nonverbal communication.”
- × “CET has helped me work with my mental illness, gave me basic knowledge on how mental illness works, and how to deal with having a mental illness.”
- × “I have become more social. I talk more and have a better attitude. I know more about myself and my condition. I have pushed myself to new heights and learned new things. I am more open in social situations and now I'm the first to talk.”

How is CET Different?

× CET

- ✦ Language
- ✦ Structure
- ✦ Length
- ✦ Treatment plans and coaching plans
- ✦ Coaches give members problems to solve
- ✦ Computers
- ✦ Group exercises
- ✦ Debrief

× Other Clinical Modality

- ✦ Talk and emotional support
- ✦ Members talk when they want to; each group is different
- ✦ Group has the same goal
- ✦ Members bring problems to the group

Example Coaching Plan



Strengths	Weaknesses	Deviant Behaviors	Deviant Expectations
Takes initiative	Awkward	Not answering questions/ ignoring coaches	Leave me alone
Adaptability	Low self-esteem	Not following instructions	I can't do it wrong
Intellectual	Annoying	Lack of vocal clarity	Attention won't be on me
hobbies	Rude	Apathy- lack of effort	
Life experiences	Disheveled		
Socially motivated			

Coaching Plan Message



- × “You have a lot of life experiences and are outgoing among your peers. We appreciate when you take initiative in group and share your life experiences. However, sometimes when you share, you’re difficult to understand and that makes me feel like you don’t care about x, y, z. I hope in the future you express your ideas more clearly to support your experiences and intellect.”

Example Treatment Plan



- × Problem: Social Skills
- × Goal: “I want to be more open and honest in my social interactions.”
- × Strategies:
 - + 1) Talk with group members about symptoms and our mental illness during group and break.
 - + 2) I will use front stage behavior during group and backstage behavior during break and computers.
 - + 3) I will use cognitive flexibility with my coach and group members.
 - + 4) I will ask questions during homework review.
 - + 5) I will give thoughtful feedback to group members.

Clinical Debrief



× Structure

- ✦ Trainee led toward end
- ✦ Review each part of group
- ✦ Discuss observations of each coaches CET skills

× Updates on individual session progress

- ✦ Review coaching/ treatment plans and implementation within group
- ✦ Discuss observed impairments during group and coach responses
- ✦ Focus on desocialization

× Strategize for next group session

- ✦ Choosing participants and goals for group activity
- ✦ Welcome back strategy

Clinical Progress in Group



× Computers

- ✧ Increase in socializing
- ✧ More thoughtful partner work
- ✧ More independence from coaching
- ✧ Increase in motivation and stamina

× Homework

- ✧ More thoughtful participation
- ✧ Safety for volunteering and risk taking
- ✧ Increased peer participation and leadership

× Group Activity

- ✧ More ownership and enthusiasm
- ✧ Faster problem solving and improved working memory
- ✧ Improved partner work
- ✧ More meaningful and thoughtful feedback

Questions?



✗ “CET helped a lot with my goals, like, becoming more aware of my illness. It teaches skills that help me cope and understand what the mind is going through.” - JCMH CET Participant