

Engagement

Therapeutic relationship

relaxed atmosphere

humor

empathy

limited self-disclosure of the therapist

affirmation

respect regarding patients' autonomy

Assessment and shared formulation

Treatment plan

Work on

Delusional beliefs

- focus on maintenance of beliefs and safety behaviour
- focus on information processing and cognitive bias (Threat perception, Jumping to conclusions, Externalising, intention of others)

Hallucinations

- reducing stress (in order to reduce activating events)
- reevaluation of the source of voices
- reality testing regarding meta cognitions (e.g. omnipotence of voices)
- improving coping strategies for persistent hallucinations

Dysfunctional cognitive schemata

- Schemas are stable patterns of information processing, eg. schema of
- defectiveness
 - mistrust
 - isolation

Social integration

- Focus on factors which reduce social integration like generalised negative expectations and deficits of social competences