**Supporting Employment and Education for People with Psychosis Challenges - Resources**

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[A worksheet](https://recoveryfromschizophrenia.org/wp-content/uploads/2022/11/Identifying_strengths_and_values.docx) that can help people identify their strengths and values.

How to help someone use the [“worry time” approach](https://www.studenthealthatshu.co.uk/website/C88007/files/The%20Worry%20Time%20Technique.pdf).

[CBT for insomnia](http://freecbti.com/)

If you are helping people who are thinking about coming off psychiatric drugs, you might refer them to [this guide by MIND](https://www.mind.org.uk/information-support/drugs-and-treatments/medication-coming-off/deciding-to-come-off-medication/#:~:text=Avoid%20stopping%20medication%20suddenly,t%20have%20to%20stop%20suddenly.), or [this guide by the peer group Inner Compass](https://withdrawal.theinnercompass.org/).

A [manual in Supported Employment and Education](https://www.nasmhpd.org/sites/default/files/SEE%20Complete%20Manual.pdf), written for clinicians.

A [guide written for people](http://www.tucollaborative.org/wp-content/uploads/2017/03/A-Practical-Guide-for-People-With-Mental-Health-Conditions-Who-Want-to-Work.pdf) who want to return to work.

Some suggested self-help books:

[Overcoming Paranoid and Suspicious Thoughts](https://www.amazon.com/Overcoming-Paranoid-Suspicious-Thoughts-Books/dp/1472135946), 2nd Edition: A self-help guide using cognitive behavioural techniques. One of the authors is Daniel Freeman, who was lead researcher with the Feeling Safe Programme that I discussed.

[Overcoming Distressing Voices](https://www.amazon.com/Overcoming-Distressing-Voices-Mark-Hayward/dp/1472140311), 2nd Edition. One of the authors is Mark Hayward, who pioneered the “Relating Therapy” approach that focuses on assertiveness with voices.

[Relating to Voices using Compassion Focused Therapy: A Self-help Companion](http://relatingtovoices.com/product/book-relating-to-voices) is co-authored by Eleanor Longden, who now works as a psychologist, but who was earlier diagnosed with schizophrenia. Eleanor is known for her [inspiring Ted Talk](https://www.ted.com/talks/eleanor_longden_the_voices_in_my_head?language=en), and she is the narrator in a [5 minute video](http://compassionforvoices.com/) that provides an overview of the compassionate approach to voice hearing.

A couple books that provide hope for recovery and ideas about how it can be accomplished:

[Heartbeats of Hope: The Empowerment Way to Recover Your Life](https://power2u.org/store/heartbeats-of-hope/) was written by Daniel Fisher, who was diagnosed and treated for schizophrenia but then went on to become a successful and well known psychiatrist.

[Living With Voices: 50 Stories Of Recovery](https://www.pccs-books.co.uk/products/living-with-voices-50-stories-of-recovery).

I list resources for learning more about CBT for psychosis on a [resource page on my blog](https://recoveryfromschizophrenia.org/cbt-for-psychosis-trauma-psychosis-handouts/), and you can see videos exploring various approaches and perspectives on my [YouTube channel](https://www.youtube.com/channel/UCWuQ71t0f8_i6_-SF5gb5iw).

Also, if you would like to be notified when I am offering webinars (featuring myself or others) or when I am offering more in depth trainings, please [sign up on my email list](https://us2.list-manage.com/subscribe?u=a9ee7d33c7d1705a18fd5de64&id=e3ab500339).

Thanks for your interest! And please do feel free to email me if you have further questions.