

Chapter 13

Schizophrenia

ADDITIONAL RESOURCES

YouTube, as usual, has range of relevant thoughtful videos. Here are some interesting highlights from people diagnosed with schizophrenia/psychosis:

Some personal insights via TED talks:

<https://www.youtube.com/watch?v=iPGd6l76l9A>

<https://www.youtube.com/watch?v=xbagFzcyNiM>

<https://www.youtube.com/watch?v=sKlgFCoEVA4>

Here are two lectures by practitioners from the UC Davis psychosis treatment faculty in California. They are excellent:

- A general overview of psychosis: <https://www.youtube.com/watch?v=D4mW6ScorEM>
- A detailed review of CBT for psychosis. At a fairly advanced level, but it does build up from the basics, and uses one of my examples of CBT, so it must be good!
<https://www.youtube.com/watch?v=4edinflt5QM>

Try also reading...

Fuller Torrey, E. (2019). *Surviving Schizophrenia, 7th Edition: A Family Manual*. Harper Perrenial.

Bentall, R.P. (2004) *Madness Explained: Psychosis and Human Nature*. Penguin.

Jackson. C. et al. (2019) *Recovering from a First Episode of Psychosis: An Integrated Approach to Early Intervention*. Routledge