

Psychosis and Schizophrenia

1.1 Before We Begin

Before We Begin

- Use the menu to revisit slides you have already seen.
- Read a transcript of the narration for each slide.
- If you would like to mute audio, select the volume control button.
- To turn captions on and off, use the captions button.
- Restart a slide from the beginning when allowed.
- View relevant resources for this module.

To turn on the accessible version of the course, select the accessibility button. **Turn Accessibility ON**

The image shows a video player interface with several callout boxes. One box points to a menu icon, another to a transcript icon, a third to a volume icon, a fourth to a captions icon, and a fifth to a restart icon. A sixth box points to an accessibility button labeled 'Turn Accessibility ON'.

1.2 Psychosis and Schizophrenia

Behavioral Health Awareness
PSYCHOSIS AND SCHIZOPHRENIA

This training is funded by Texas Health and Human Services Commission

TEXAS Health and Human Services

The image is a title slide for a training module. It features a background image of a person in a white lab coat with their hands raised, casting a shadow on a wall. The text is overlaid on the left side of the image. At the bottom, there is a dark bar with white text and the Texas Health and Human Services Commission logo.

1.3 Simply Listening



For the last 10 years, I've worked with people who experience

psychosis

By far, the most common response I get is gratitude.

Gratitude for simply listening and spending time with them.

- Matt Brown, Ph.D

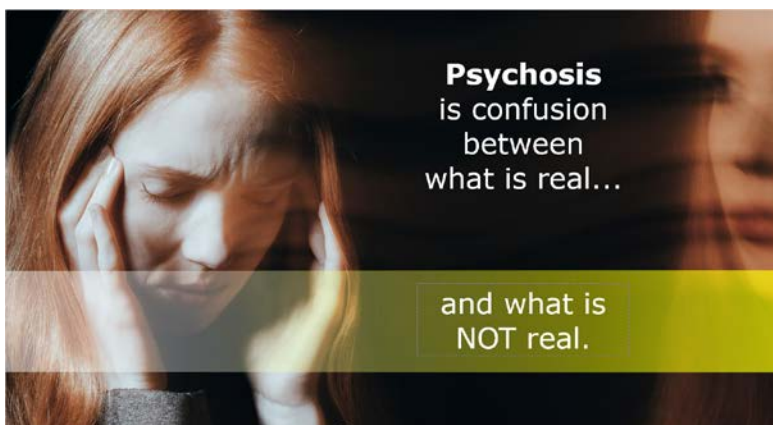
1.4 Objectives



In this training...

- Understanding Psychosis**
 - What is psychosis?
 - What do the different types of symptoms look like?
 - What is misunderstood about psychosis and schizophrenia?
- Treatment options**
 - How is psychosis related to other mental health conditions?
 - What are treatment options for psychosis and schizophrenia?
- Finding Hope**
 - How can I support those who are living with these symptoms?
 - What are resources in the treatment and recovery process?

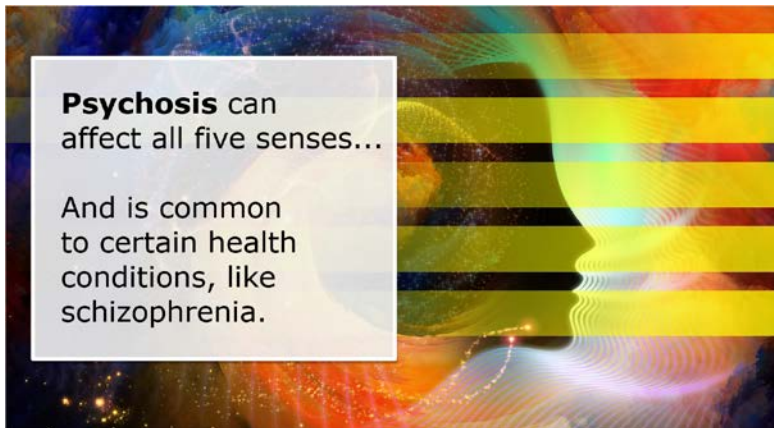
1.5 Real and Not Real



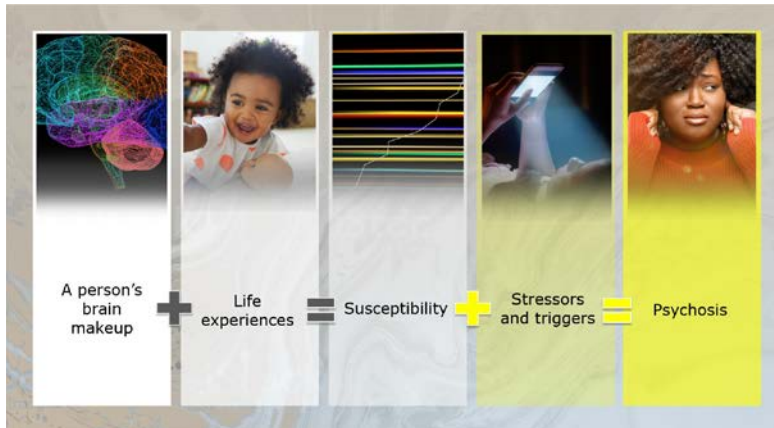
Psychosis is confusion between what is real...

and what is NOT real.

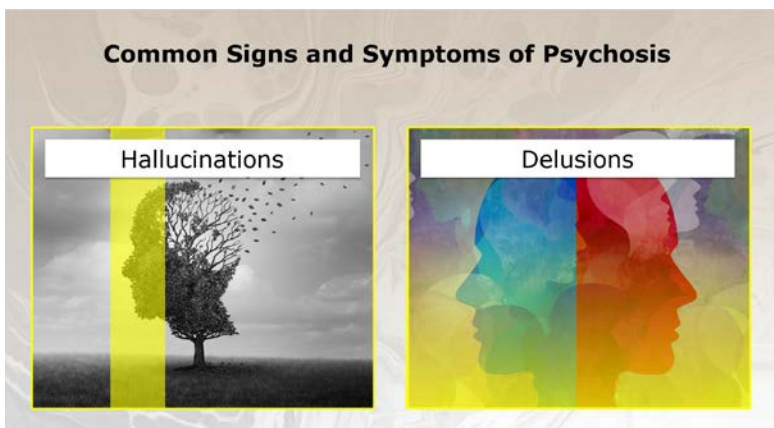
1.6 What Is Psychosis?



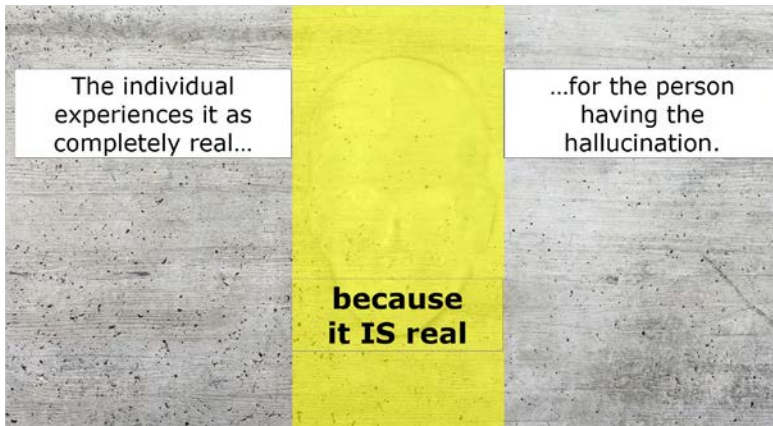
1.7 Experiences and Triggers



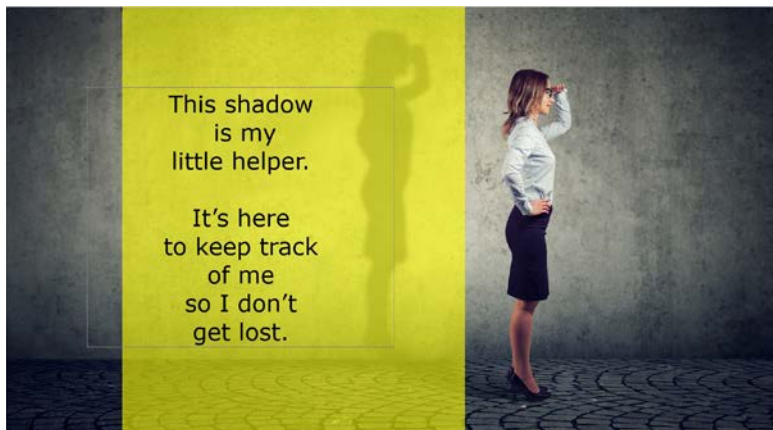
1.8 Common Signs and Symptoms



1.9 Sensory Experiences



1.10 Varies from Person to Person



1.11 The 5 Senses



Sound (Slide Layer)



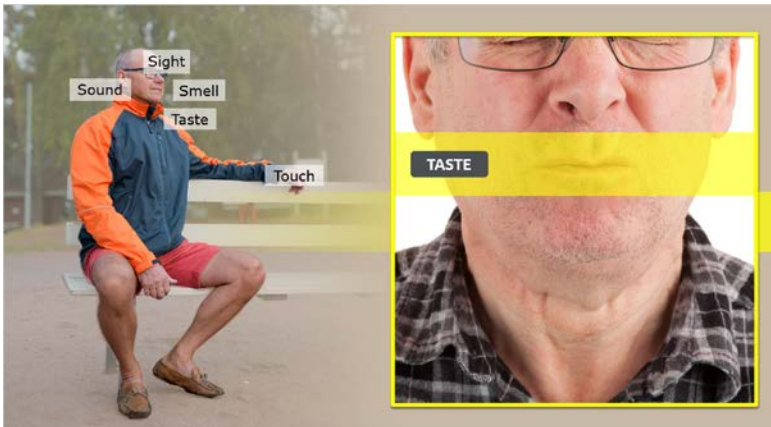
Sight (Slide Layer)



Smell (Slide Layer)



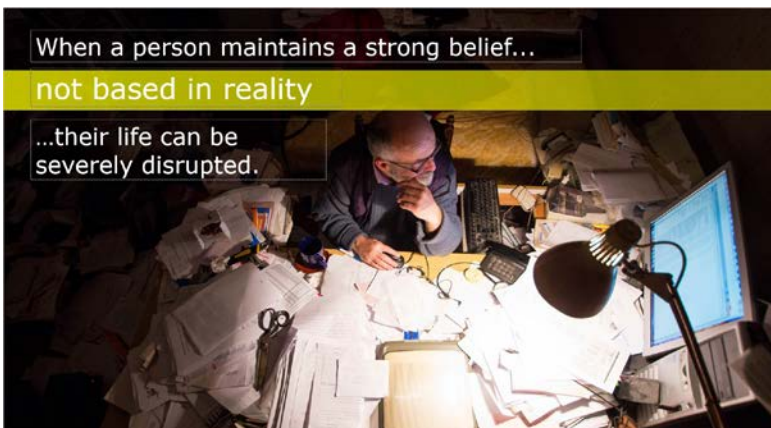
Taste (Slide Layer)



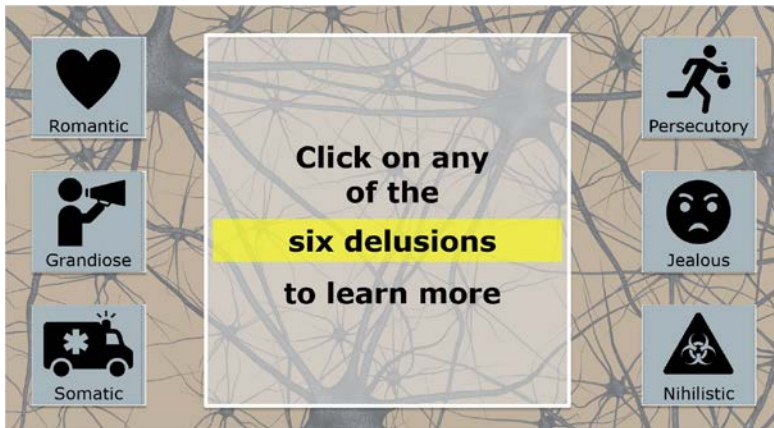
Touch (Slide Layer)



1.12 Not Based in Reality



1.13 Delusions



Romantic (Slide Layer)



Grandiose (Slide Layer)



Somatic (Slide Layer)



Persecutory (Slide Layer)



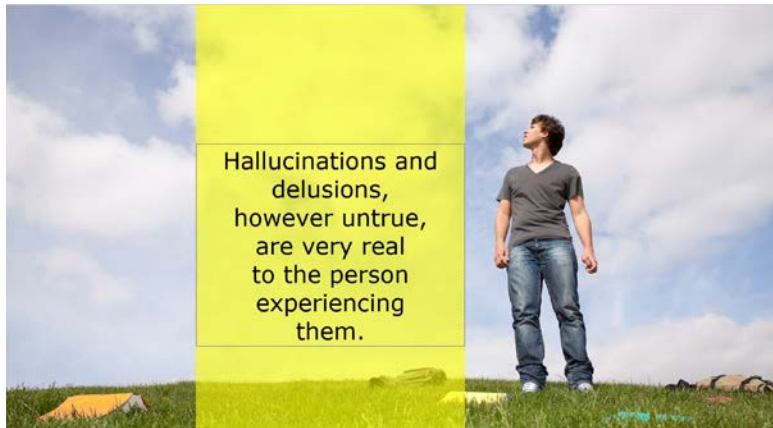
Jealous (Slide Layer)



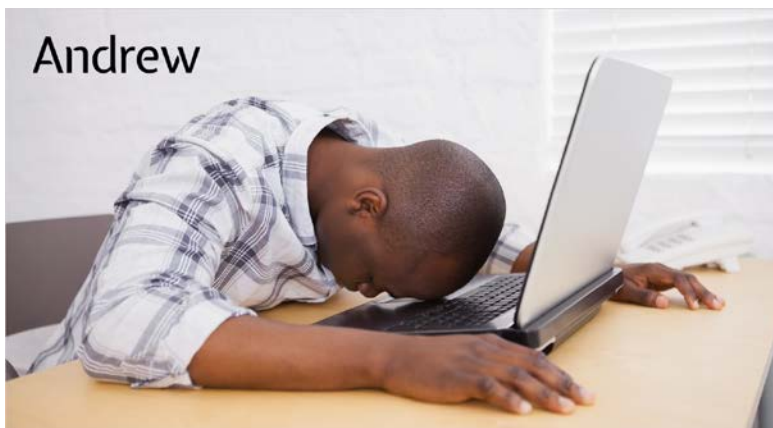
Nihilistic (Slide Layer)



1.14 Very Real to the Person Experiencing Them




1.15 Andrew's Story 1



1.16 Reflection Point 1

(Pick Many, 10 points, 1 attempt permitted)



?

What experiences was Andrew having that caused his parents concern?

- Hearing voices
- Acting aggressively
- Spending time alone
- Drinking heavily

1.17 False Beliefs



Someone experiencing psychosis is dangerous.


Normal people don't experience hallucinations or delusions.

Psychosis is permanent and makes people unable to function in society.

False beliefs about psychosis

Click each thought cloud to learn the truth about these misconceptions

1 (Slide Layer)



Someone experiencing psychosis is dangerous.

Normal people don't experience hallucinations or delusions.

Psychosis is permanent and makes people unable to function in society.

Unfortunately, it's common for people to fear what they do not understand, leading many to fear those with psychotic symptoms.

The truth is, someone who is psychotic is more likely to be the **victim of violence** rather than commit violence.

2 (Slide Layer)

Someone experiencing psychosis is dangerous.

Normal people don't experience hallucinations or delusions.

Psychosis is permanent and makes people unable to function in society.

75% of all Americans believe in some paranormal phenomenon – like ESP, haunted houses, or ghosts.

During periods of loss and grief, people commonly report **seeing** or **hearing the voice** of their loved one. Hallucinations can happen as a result of sleep deprivation.

3 (Slide Layer)

Someone experiencing psychosis is dangerous.

Normal people don't experience hallucinations or delusions.

Psychosis is permanent and makes people unable to function in society.

Experiencing psychosis does not guarantee someone will have to live with the symptoms for the rest of their lives.

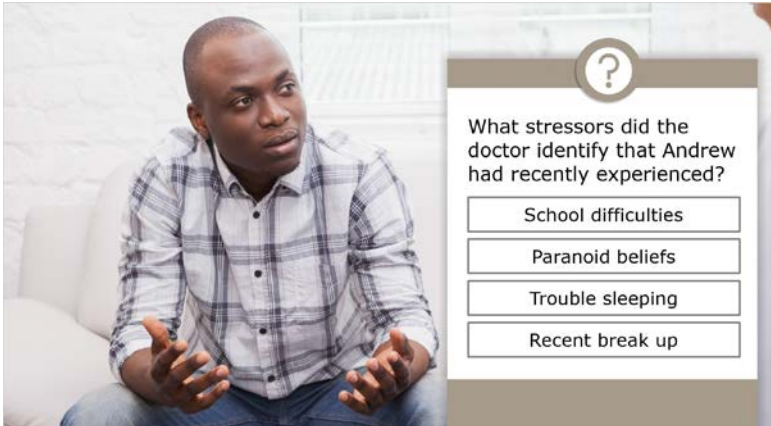
Many who experience an episode of psychosis **fully recover and do not experience it again.**

1.18 Andrew's Story 2



1.19 Reflection Point 2

(Pick Many, 10 points, 1 attempt permitted)



1.20 When Can Psychosis Occur?



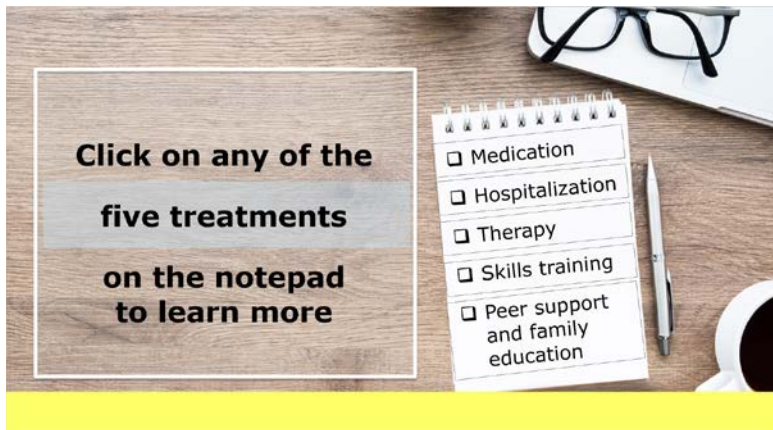
1.21 Schizophrenia



1.22 Thinking and Reasoning



1.23 Treatment Options



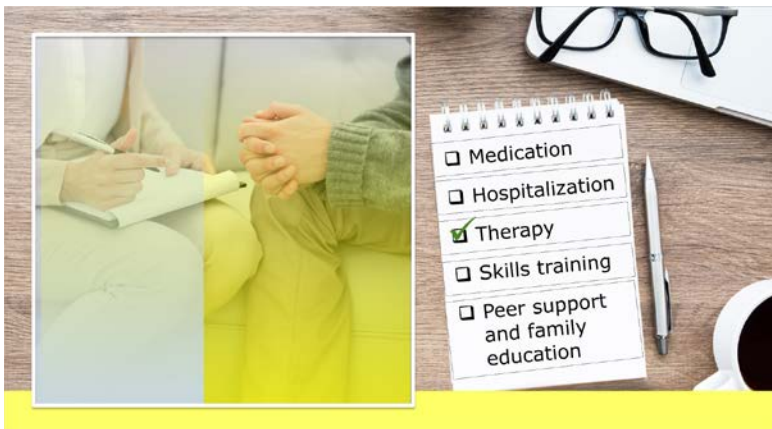
Medication (Slide Layer)



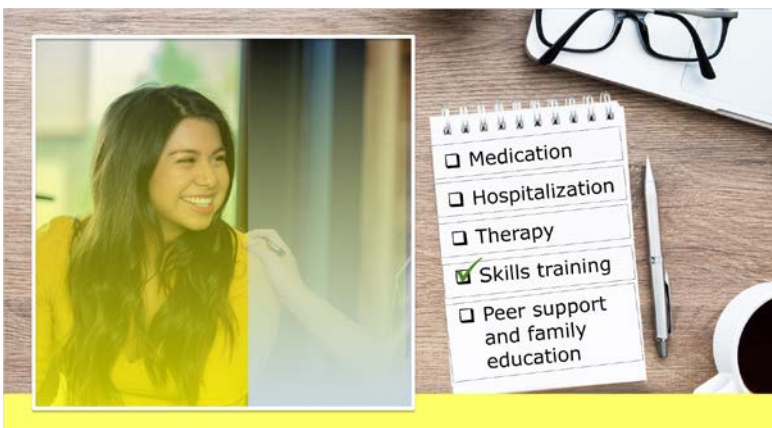
Hospitalization (Slide Layer)



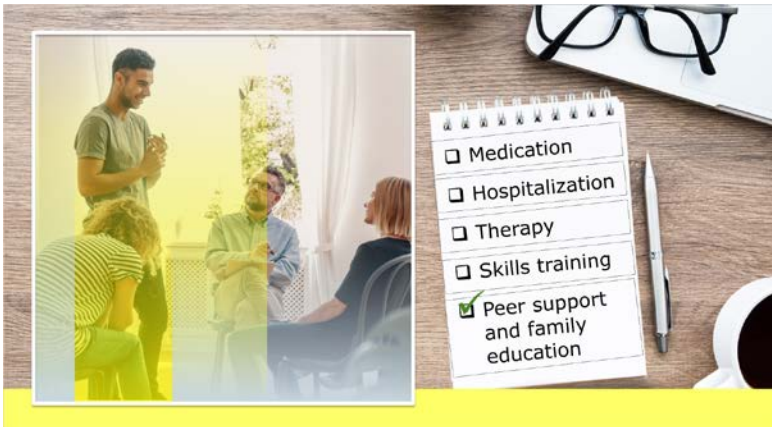
Therapy (Slide Layer)



Skills (Slide Layer)



Peer (Slide Layer)

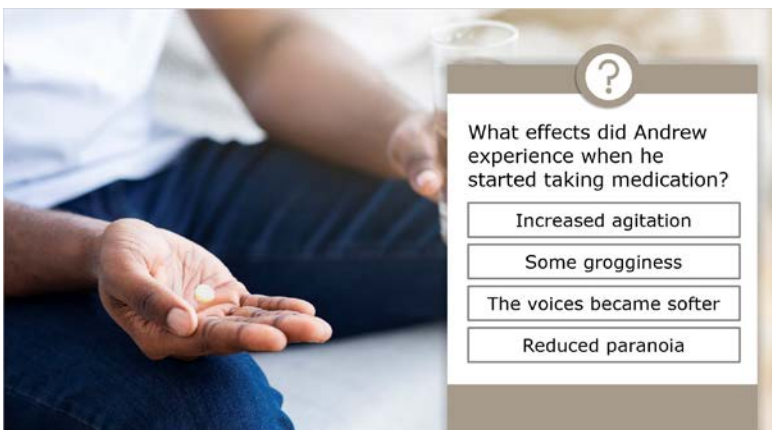


1.24 Andrew's Story 3



1.25 Reflection Point 3

(Pick Many, 10 points, 1 attempt permitted)



1.26 How to Support People with Psychosis

How to support people with Psychosis

- Stay calm.
- Don't take what they say personally.
- Be compassionate; listen and try to understand.
- Avoid arguing with the person about their delusions. Remember, these thoughts are completely real to them.
- Try to understand the emotions underneath what is being said.
- Reduce noise. Turn off the television if the person is hearing voices coming from it.
- Talk to a professional.
- Remember that recovery is a real possibility, and focus on hope for the future ahead.

1.27 Andrew's Story 4



1.28 Reflection Point 4

(Pick Many, 10 points, 1 attempt permitted)

?

What strategies did the therapist suggest to Andrew and his parents?

- Family support group
- Breathing exercises
- Meditation as a family
- Altered medication

A photograph showing five people (three men and two women) sitting around a wooden coffee table in a living room, similar to the previous image. A question box is overlaid on the right side of the image, containing a question and four multiple-choice options.

1.29 Summary



Accessible (Slide Layer)



1.30 Knowledge Check 1

(Drag and Drop, 10 points, 1 attempt permitted)

Knowledge Check 1 of 5

Match the symptom of psychosis with its correct definition:

| | | |
|----------------|-----------|--|
| Hallucinations | Drop here | Strong steadfast beliefs in things not based in reality |
| Delusions | Drop here | Sensory experiences that happen without anything concrete or tangible in the environment |

1.31 Knowledge Check 2

(Pick One, 10 points, 1 attempt permitted)

Knowledge Check

2 of 5

Select True or False:

It's important to remind the person that their hallucinations and delusions are not real.

True

False

1.32 Knowledge Check 3

(Pick One, 10 points, 1 attempt permitted)

Knowledge Check

3 of 5

Select True or False:

Someone who is psychotic is more likely to be a victim of violence rather than commit violence.

True

False

1.33 Knowledge Check 4

Knowledge Check 4 of 5

Select only one:

Which of the following treatment options is specifically designed to help reduce the intensity of symptoms that come with psychosis?

Hospitalization

Medication

Therapy

Peer Support

1.34 Knowledge Check 5

(Pick One, 10 points, 1 attempt permitted)

Knowledge Check 5 of 5

Select True or False:

Someone who experiences psychotic symptoms will likely live with those symptoms for the rest of their lives.

True

False