



# Saturday Workshop

South Bay Project Resource Presents

## “Families FIRST”—Cognitive Behavioral Therapy for psychosis Skills for families (CBTpf)



### BIO

Kate Hardy, Clin.Psych.D is the Clinical Director of the INSPIRE Early Psychosis Clinic at Stanford University School of Medicine. She is a California Licensed Psychologist who has specialized in working with individuals with psychosis for over 15 years in both research and clinical settings. Dr. Hardy received her doctorate in clinical psychology from the University of Liverpool, UK.

For more, visit  
<https://med.stanford.edu/profiles/>

This is a



Please bring your own mug and containers for drinks and snacks.

Presented by Kate Hardy, Clinical PsyD  
Co-Director, INSPIRE Clinic  
Dept. of Psychiatry and Behavioral Sciences  
Stanford University School of Medicine

**Saturday, April 7, 2018**

**10:00 A.M. – 5:00 P.M.**

**Cypress Community Center**

**403 South Cypress Avenue, Rm. 6**

**San José, CA 95117**

Due to Limited Seating (max. 60) Registration is Required,  
E-mail: [southbayprojectresource@gmail.com](mailto:southbayprojectresource@gmail.com)

**FREE & OPEN TO THE PUBLIC**

Families are often the primary support people for individuals experiencing psychosis. However, families often report that they lack the skills, knowledge, or expertise to understand, or respond to, symptoms of psychosis. Recently, research has begun to examine how best to train family members in key skills that they can utilize to support a loved one who is experiencing psychosis. The "Families FIRST" approach includes key skills that are grounded in an established therapy approach called Cognitive Behavioral Therapy for psychosis (an evidence-based therapy intervention for working with psychosis) and adapted to be applicable to the real-world experience of families supporting someone with psychosis.

This "Families FIRST" workshop will provide an overview of the CBT for psychosis model with a particular focus on how families can implement the FIRST skills to support their loved ones while also being mindful of their own mental wellbeing. The day will include presentations, review of role played interactions, small group discussion, and Q & A.

For more information e-mail [southbayprojectresource@gmail.com](mailto:southbayprojectresource@gmail.com)  
or, visit our Website at [www.southbayprojectresource.org](http://www.southbayprojectresource.org)

 **SOUTH BAY  
PROJECT RESOURCE**



Parks, Recreation and  
Neighborhood Services

# Cypress Community & Senior Center Map

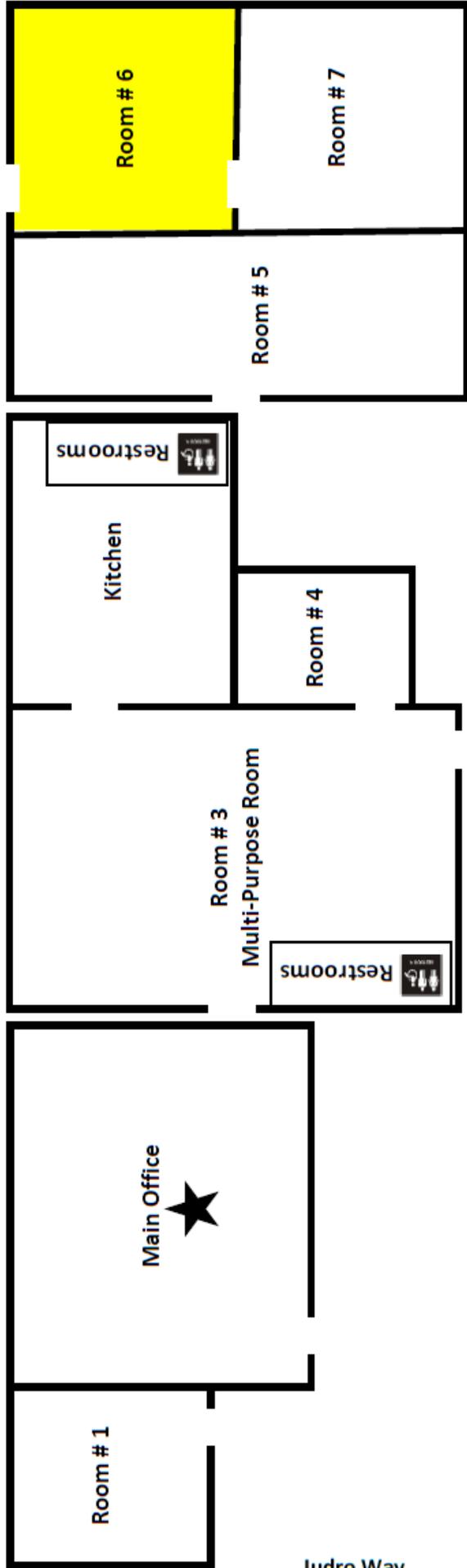
City of San José Cypress Community and Senior Center  
403 Cypress Ave, San Jose, CA 95117

Phone: 1 (408) 244-1353

For the Current Season's Community brochure, visit URL <https://issuu.com/siparksandrec>

Welcome to Cypress Community & Senior Center! Please feel free to grab a map, and get to know your way around. The Senior Nutrition Program takes place in Room #3 aka the Multi-Purpose Room. Consult the calendar for any other programs or classes, or ask a friendly staff member!

Senior Housing Complex



Judro Way



Cypress Avenue

Apartment Complex