

Results of the Worry Intervention Trial (WIT) in Psychosis: An Evidence-based Low-intensity Psychological Intervention for Psychosis

*Daniel Freeman, David Kingdon, Graham Dunn, Helen Startup,
Katherine Pugh, Helen Mander*



19th March 2015

The past ten years has seen such a transformation in the psychological understanding and treatment of psychosis that demand is now seriously outstripping the resources to meet need. Low intensity interventions have been successful for common mental disorders but there has been much less work on these for psychosis. Yet if an evidence-based psychosis pathway is to be successfully rolled out nationally, these are desperately needed.

The WIT clinical research team is therefore pleased to invite you to the timely launch of the results of a highly innovative new clinical trial for persecutory delusions: the Worry Intervention Trial (WIT). The trial showed that a six session, highly manualised treatment for worry leads to important improvements in patient wellbeing, and reductions in worry, paranoia, and overall levels of psychiatric symptoms. WIT team members will present detailed descriptions of the trial, review the nature of worry in psychosis, and describe the therapy in practice. One half of the day will be given to detailed description of the intervention. The treatment manuals will also be made available to attendees. The content of this launch event will be of interest to those developing psychosis care pathways, researchers, and CBT practitioners.

The launch event will be held at *St Hugh's College, Oxford*, and will include lunch and refreshments. There is accommodation available in the college and an evening dinner with the team (cost not included in the day rate). For up-to-date information about accommodation and dinner for this WIT launch, please see our website www.octc.co.uk.

CBT Treatment of Worry in Psychosis

Katherine Pugh & Helen Mander

24th June or 5 November 2015

This is a one day workshop for training in the WIT treatment, which should enable participants to become confident in the use of the six-session intervention with their own clients. This basic—intermediate workshop is particularly suitable for health professionals who have some experience of working with adults with psychosis and the underlying principles of CBT. The workshop will be held in the McInnes Room at the Warneford Hospital, Oxford and includes morning & afternoon refreshment, but not lunch.

To book online or for more information and the rest of our 2015 programme go to: www.octc.co.uk or fill in the booking form overleaf

OCTC
Warneford Hospital
Oxford
OX3 7JX

Tel: 01865 738816
Fax: 01685 738817

UNIVERSITY OF
Southampton



WIT
WORRY INTERVENTION
OXFORD SOUTHAMPTON

Participant details

Please complete the following in BLOCK CAPITALS or, book online at www.octc.co.uk

Name:

Address:

.....

.....

Postcode: Tel no:

Email:

Registration options

Please indicate which event(s) you wish to attend by ticking the relevant box(es)

- | | | |
|--------------------------|---|-----------------|
| <input type="checkbox"/> | Worry Intervention Trial (WIT) in Psychosis, Launch Event 9.30am-5.00pm—19th March 2015 | £90 |
| <input type="checkbox"/> | B&B University accommodation, single study bedroom with en-suite bathroom—18th March 2015 | £75 |
| <input type="checkbox"/> | B&B University accommodation, single study bedroom with en-suite bathroom—19th March 2015 | £75 |
| <input type="checkbox"/> | CBT Treatment of Worry in Psychosis, Workshop, 9.30am-4.30pm— 24th June 2015 | £130 |
| <input type="checkbox"/> | CBT Treatment of Worry in Psychosis, Workshop, 9.30am-4.30pm— 5th November 2015 | £130 |
| | <i>Total</i> | <i>£</i> |

Payment

Please enclose a cheque to **Oxford Health NHS Foundation Trust** or provide invoicing details below and attach a copy of the official purchase order to this application form before sending to OCTC. Ensure supplier details on PO read: **Oxford Health NHS Foundation Trust, Chancellor Court, 4000 John Smith Drive, Oxford Business Park South, Oxford OX4 2GX** but send to OCTC address at foot of this application. We cannot secure your place without an official purchase order and the name of the person authorising the invoice.

Authorising person's name:

Full name of Trust or Organisation:

Invoice address:

.....

Postcode: Tel no:

Fax no:

Email:

Please return this form to OCTC, Warneford Hospital, OXFORD, OX3 7JX
Tel 01865 902801; fax 01865 337416; e-mail octc@oxfordhealth.nhs.uk