Table of Contents

	Foreword by Patrick McGorry	i
١.	Theoretical Background and Treatment Approaches: An Overview	
	1 Theoretical Basis of Cognitive Behavioral Treatments	3
	1.1 Systemic Vulnerability – Stress Models	
	1 8	3
	1.1.2 Nuechterlein and Colleagues' Heuristic Vulnerability/Stress Model .	
	1.1.3 Elaborations of Systemic Vulnerability Models	-
	1.1.4 Pervasiveness and Homeorhesis	
	1.2 Systemic Models in Clinical Application	
	1.2.1 Cognitive Science and Technology	
	1.2.2 Functional Outcome: A Main Objective of Rehabilitation 1	
	1.2.3 Rehabilitation and the Recovery Movement	
	1.2.4 Distribution, Mediation, and Moderation of Treatment Effects 2	
	1.2.5 An Integrated Model	2
	2 Treatment Approaches and Empirical Results	5
	2.1 Psychoeducation and Family Therapy	7
	2.2 Cognitive Behavior Therapy Approaches for (Persistent)	
	Positive Symptoms	8
	2.3 Social Competence Therapy	9
	2.3.1 Developmental Stages of Social Competence Therapy Approaches . 30	0
	2.3.2 Efficacy of Social Competence Therapy Approaches	1
	2.4 Cognitive Remediation Therapy	
	2.4.1 Neurocognitive Remediation Therapy	
	Efficacy of Neurocognitive Remediation Therapy	
	2.4.2 Social Cognitive Remediation Therapy	
	Efficacy of Social Cognitive Remediation Therapy	
	2.4.3 Integrated Therapy Approaches	
	Efficacy of Integrated Therapy Approaches	j

IPT: Indication, Therapy, Assessment, and Evaluation	
 IPI: Indication, Therapy, Assessment, and Evaluation Conditions for Carrying Out the Therapy Program: Implementation and Indication Institutional Conditions Patients Group Makeup Therapists Differential Indication for Carrying Out IPT The Therapy Program and Its Five Subprograms – An Overview General Structure and Integration into a Multimodal Treatment Concept Cognitive Differentiation 	49 49 51 53 53 54 57
4.3 Social Perception	63 65 67 71
5.1 General Considerations 5.2 Cognitive Differentiation 5.2.1 Introducing the Subprogram 5.2.2 Description of the Subprogram's Different Steps 5.3 Social Perception 5.3.1 Introducing the Subprogram's Different Steps 5.3 Lescription of the Subprogram's Different Steps 5.4 Verbal Communication 5.4.1 Introducing the Subprogram 5.4.2 Description of the Subprogram's Different Steps 5.5 Social Skills 5.5.1 Introducing the Subprogram 5.5.2 Description of the Subprogram's Different Steps 5.6 Interpersonal Problem Solving 5.6.1 Introducing the Subprogram 5.6.2 Description of the Subprogram's Different Steps 5.6.3 Revised Therapeutic Procedures for Interpersonal Problem Solving 5.7 Group Processes Considerations	75 75 80 80 81 89 92 101 103 112 114 123 125 133 135
6.1 Problem Analysis 6.1.1 Behavior and Problem Analysis 6.1.2 Sociocultural Background 6.1.3 Classificatory Diagnostics 6.1.4 History of Past Problems and Treatments	141 142 142 146 147

Table of Contents xi

		6.1.5 Treatment Plan	147
	6.2	Assessment Instruments	148
		6.2.1 Psychiatric Symptoms and Mental Status	148
		6.2.2 Cognitive Functioning	150
			154
	6.3	Self- and Expert-Rating System	155
	7	Description and Discussion of Empirical Results	157
	7.1	Quantitative Review of IPT Studies	159
		Robust IPT Effects	160
	7.3	Effects in Functional Levels and Symptom Reduction	160
		IPT Subprograms: What Works?	161
		Efficacy and Effectiveness of IPT	162
C.	Fu	rther Development of IPT	
	8	Introduction	165
	8.1	Cognitive Subprograms: INT – Integrated Neurocognitive Therapy	166
		8.1.1 Treatment Concept of INT	166
		8.1.2 Evaluation of INT	168
	8.2	Social Skills Subprograms: WAF* – Vocational, Residential, and	
		Recreational Skills	169
		8.2.1 Treatment Concept of WAF	169
		8.2.2 Evaluation of WAF	171
Αŗ	per	ndix: Therapy Materials and Questionnaires (Worksheets)	173
Bil	olio	graphy	229