



MHFA (Wales) LESSON PLAN



Session 4 Psychosis

Session Objectives

- To improve mental health literacy in the area of psychosis
- To reflect on MHFA (Wales) 12 hour course and plan how to use what has been learned

Activities

Activity 2	MHFA (Wales) Quiz
Activity 6	'Hearing Voices' exercise
Activity 7	Action planning exercise

Case Studies

Case Studies 9 and 10

Hand-outs

Frank Bruno Article and Evaluation Questionnaires

Topics	Content	Activity	Time
Recap Session 3	Welcome people back.	Show slide1 as people arrive. Ask them what they have learned from Session 3 and if there are any outstanding questions from previous sessions.	5 min (5 min)
Introduction to Psychotic Disorders	Introduction to what the impact of having a psychotic illness might be.	Show slide 2 and explain that people are often frightened of psychosis probably because they do not understand what it is. Show slide 3 (MH Problems and Crime) and explain that people who have a psychotic illness are at more of a risk to themselves than they are a risk to other people.	5 min (10 min)
		Split people into small groups and ask them to identify terms associated with psychotic illnesses. Hand out Frank Bruno article - prepared from MHFA (Wales). You may use additional resources or another equivalent example. Ask people what terms would be used if a person had a heart attack.	15 min (25 min)
Symptoms and causes of Psychotic Disorders	Changes in emotion, perception and behaviour.	Show slides 4-7 (Common Symptoms) explaining what happens when someone starts to develop a psychotic illness and the symptoms that may continue.	10 min (35 min)
The experience of hearing voices	Hearing voices exercise.	Activity 6 - 'Hearing Voices' - Split people into groups of 3 and introduce the activity. Hand out scripts for exercise. Repeat three times so that each participant has the opportunity to 'hear voices'.	20 min (55 min)
		Discuss what the impact might be for someone who hears voices and/or has other symptoms/	5 min (1 hr)

Topics	Content	Activity	Time
Identify common symptoms of mania	Introduce the symptoms of mania	Show slide 8 . Show video clip ' What It's Like in My Head When I'm High ' or other resource illustrating impact of bipolar disorder on people's lives.	5 min (1 hr 5 min)
Recovery from Psychosis	Recovery from severe mental illness does happen. People can have happy, satisfying and productive lives.	Show slide 9 and emphasise that people can and do recover from psychosis and that people who continue to have symptoms can have full and meaningful lives	5 min (1 hr 10 min)
The impact of alcohol and drugs		Show slide 10 and discuss the impact that cannabis and alcohol can have. New research carried out in 2004 indicates that those people who are vulnerable to developing psychosis can speed the onset by taking cannabis.	5 min (1 hr 15)
Break			
MHFA (Wales) for Psychosis	Introduction of ALGEE for Psychosis	Show slide 11 (ALGEE for Psychosis) and discuss Ask people to say what we mean by non-judgemental listening.	10 min (1 hr 25)
Dealing with threatening voices and hallucinations	How to behave and speak with someone who is distressed and agitated by their psychotic symptoms.	Occasionally, people who are in the acute stage of psychosis may be very disturbed and distressed by their experiences. This may make them agitated, suspicious and frightened. Remind people that people who experience psychosis are more likely to be a danger to themselves than to others. Show slide 12 - Acute Psychosis Protocol and then slide 13 . Emphasise the need to keep self safe.	10 min (1hr 35 min)

Topics	Content	Activity	Time
What helps for Psychosis	Opportunity to discuss how people might help someone.	Show slide 14 and ask people to refer to page 74-77 in the MHFA (Wales) Manual. Play sound clip - 'Anthony - Living With Psychosis' or other resource.	10 min (1 hr 45 min)
		Advance statements/crisis cards are used by people who have experience of mental illness. They state what their wishes are regarding what should happen when they become unwell, where they want to go, who to contact, and what medication they want. Under the Mental Health Care and Treatment Act, Wales, these wishes have to be taken seriously and carried out.	10 min (1 hr 55 min)
		Activity - Break people up into small groups and ask them to discuss a case study. Use Case studies 9 and/or 10 . Have a plenary discussion at the end.	20 min (2 hr 15 min)
		Show slide 15 and recap ALGEE for psychosis.	
Reflection	Opportunity for people to think about what they have learned.	Revisit Activity 2 - The Mental Health Continuum . Write up questions to guide the participants' thinking on the flipchart or simply ask questions of the group to facilitate some discussion.	15 min (2 hr 30 min)
Action planning	Time for people to think about what they will do having attended the course	Activity 7 - Hand out copies of the action plan for people to complete. Ask people to share one thing they hope to do. If time is short, ask people to reflect on this and complete the exercise at home.	10 min (2 hr min)
Evaluation and Certificates	Formal evaluation of MHFA (Wales) Course.	Ask participants to complete and return evaluations to you and remember to post them immediately after the session. Inform participants that certificates will be posted to them in due course.	10 min (2 hr 50 min)
End		Congratulations and goodbyes.	5 min (3 hr)