

26<sup>th</sup> Edition of International Conference on **Clinical Psychology and Neuroscience**  
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### Recovery for people with schizophrenia

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Evidenced based treatments are the treatments of choice for mental health disorders and schizophrenia. Schizophrenia is a chronic mental disorder with negative impact on the quality of life of patients with schizophrenia and their families. The main therapy for these people is the pharmacotherapy. Cognitive behavioural therapy and rehabilitation can be implemented as an adjunct therapy to medication. Recovery is the main goal of all these interventions. The main principles of the biological interventions with the latest updates, their importance for the participation of patients with schizophrenia in cognitive behavioural therapy and rehabilitation and their contribution to the recovery of the patients will be presented. The main principles of the cognitive behavioural therapy for individuals with schizophrenia of metacognitive therapy and the third wave of behavioural therapies will be discussed. An example of a rehabilitation program (IPT) for patients with schizophrenia and the Greek experience with IPT will be discussed. The importance of a long term combination of the above treatments will be highlighted. The participants will have the opportunity to participate in role play.

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