



Cultural
Psychology

13-01-2023 *Discussion Forum Participation 1: Defining Culture*

20-01-2023 *Discussion Forum Participation 2: Culture and Humans*

the 1990s, the number of people with a diagnosis of schizophrenia has increased in many countries (1).

There is a growing awareness of the need to improve the quality of life of people with schizophrenia. This has led to a focus on the development of psychosocial interventions, which aim to help people with schizophrenia to manage their symptoms and to improve their social functioning (2).

One of the most common psychosocial interventions is cognitive behavioural therapy (CBT). CBT is a form of therapy that helps people to change their thoughts and behaviours. It is based on the idea that our thoughts, feelings and behaviours are all interconnected and can influence each other (3).

CBT has been shown to be effective in helping people with schizophrenia to manage their symptoms and to improve their social functioning. It is a well-established treatment for schizophrenia (4).

However, there are some limitations to CBT. It is often time-consuming and expensive. It may not be suitable for all people with schizophrenia (5).

One of the main limitations of CBT is that it is often time-consuming. It can take several sessions to see any benefits. This can be a problem for people who have difficulty attending to appointments (6).

Another limitation of CBT is that it is often expensive. It may not be covered by health insurance. This can be a problem for people who are on a low income (7).

Finally, CBT may not be suitable for all people with schizophrenia. Some people may find it difficult to understand or to engage with the therapy. This can be a problem for people who have cognitive impairments (8).

Despite these limitations, CBT remains one of the most effective treatments for schizophrenia. It is a well-established treatment that has been shown to help people with schizophrenia to manage their symptoms and to improve their social functioning (9).

There are a number of reasons why CBT is effective. One of the main reasons is that it helps people to change their thoughts and behaviours. This can help to reduce the symptoms of schizophrenia (10).

Another reason why CBT is effective is that it helps people to improve their social functioning. This can help to reduce the risk of relapse and to improve the quality of life (11).

There are a number of different types of CBT. Some of the most common types are individual CBT, group CBT and family CBT. Each type has its own strengths and weaknesses (12).

Individual CBT is the most common type of CBT. It involves working with a therapist one-to-one. This can be helpful for people who have difficulty attending to appointments (13).

Group CBT involves working with a therapist and other people with schizophrenia. This can be helpful for people who find it difficult to engage with the therapy (14).

Family CBT involves working with a therapist and family members. This can be helpful for people who have family members who are involved in their care (15).

There are a number of factors that can influence the effectiveness of CBT. Some of the most important factors are the quality of the therapist, the quality of the therapy and the quality of the relationship between the therapist and the client (16).

The quality of the therapist is an important factor. A therapist who is skilled in CBT and who has a good relationship with the client is more likely to be effective (17).

The quality of the therapy is also an important factor. A therapy that is well-structured and that is based on evidence is more likely to be effective (18).

Finally, the quality of the relationship between the therapist and the client is an important factor. A strong relationship is more likely to lead to better outcomes (19).

There are a number of ways to improve the quality of CBT. Some of the most important ways are to improve the quality of the therapist, the quality of the therapy and the quality of the relationship between the therapist and the client (20).

One of the most important ways to improve the quality of CBT is to improve the quality of the therapist. This can be done by providing training and supervision for therapists (21).

Another way to improve the quality of CBT is to improve the quality of the therapy. This can be done by using evidence-based techniques and by tailoring the therapy to the needs of the client (22).

Finally, another way to improve the quality of CBT is to improve the quality of the relationship between the therapist and the client. This can be done by providing support and encouragement to the client (23).

There are a number of challenges to improving the quality of CBT. Some of the most important challenges are the lack of training and supervision for therapists, the lack of evidence-based techniques and the lack of support and encouragement for the client (24).

Despite these challenges, there are a number of ways to improve the quality of CBT. By providing training and supervision for therapists, using evidence-based techniques and providing support and encouragement for the client, we can help to improve the quality of CBT and to help people with schizophrenia to manage their symptoms and to improve their social functioning (25).

Social Life, Friends, & Community at UVic:

UNIVERSITY OF VICTORIA
Department of Psychology
Important Course Policy Information
Winter Session 2022/23

Accessible Learning

The University of Victoria is committed to creating a learning experience that is as accessible as possible. If you anticipate or experience any barriers to learning in this course, please feel welcome to discuss your concerns with

Copyright

All course content and materials are made available by instructors for educational purposes and for the exclusive use of students registered in their class¹. The material is protected under copyright law, even if not marked with ©. Any further use or distribution of materials to others requires the written permission of the instructor, except under fair dealing or another exception in the Copyright Act. Violations may result in disciplinary action under the [Resolution of Non-Academic Misconduct Allegations policy \(AC1300\)](#) or the [Academic Integrity Policy](#), whichever is more appropriate for the situation.

Course Experience Survey (CES)

The instructor values your feedback on this course. Toward the end of term, you will have the opportunity to complete a confidential course experience survey (CES) regarding your learning experience. The survey is vital to providing feedback to

Prerequisites

University of Victoria Students' Society (UVSS)

The [UVSS](#) is a social justice based non-profit run by students, for students and is entirely separate from UVic. As an undergrad student, you are already a member! We work on issues affecting students such as affordability, public transit, sexualized violence, sustainability, student employment, and much more. We fund clubs and course unions, and have several advocacy groups. We also have a Food Bank and Free Store, a Peer Support Centre, and run your health and dental plan. We are here to support you, so please reach out to us at uvss.ca!

Academic Important Dates

Winter session - second term (January – April)

Monday, Jan 9 th	Second term classes begin for all faculties
Sunday, Jan 22 nd	Last day for 100% reduction of second term fees for standard courses 50% of tuition fees will be assessed for courses dropped after this date.
Wednesday, Jan 25 th	Last day for adding courses that begin in the second term
Tuesday, January 31 st	Last day for paying second term fees without penalty
Sunday, Feb 12 th	Last day for 50% reduction of tuition fees for standard courses 100% of tuition fees will be assessed for courses dropped after this date.
Feb 20 th - Feb 24 th	Reading Break for all faculties
Tuesday, Feb 28 th	Last day for withdrawing from full year and second term courses without penalty of failure
Thursday, Apr 6 th	Last day of classes in second term for all faculties
Apr 11 th - Apr 26 th	Second-term formal examination period

A note to remind you to take care of yourself. Do your best to maintain a healthy lifestyle this semester by eating well, exercising, getting enough sleep and taking some time to relax. This will help you achieve your goals and cope with stress. All of us benefit from support during times of struggle. You are not alone.

Social Life, Friends, & Community at UVic:

Having a social network is an extremely important foundation for positive mental health. There are lots of benefits to joining clubs, course unions, intramurals and teams on campus.

<https://www.uvic.ca/undergraduate/housing-student-life/student-life/index.php>

Counselling Services:

The Student Wellness Centre can help you make the most of your university experience. They offer free professional, confidential, inclusive support to currently registered UVic students.

<https://www.uvic.ca/student-wellness/contacts/student-wellness->

<team/index.php#ipn-physicians>

Centre for Accessible Learning: s

a

www.uvic.ca/services/cal/

let us know your needs, the quicker we can assist you in achieving your learning goals in this course.

Elders' Voices:

The Office of Indigenous Academic and Community Engagement (IACE) has the privilege of assembling a group of Elders from local communities to guide students, staff, faculty and administration in Indigenous ways of knowing and being.

www.uvic.ca/services/indigenous/students/programming/elders/

Mental Health Supports and Services: