

Brief Psychosocial Intervention -BPI

An Introductory workshop

Toronto Cundill Centre June 2018

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Overview

- To introduce you to BPI in practice
- Open a discussion about BPI



Why BPI?

- Ian discussed the origins of BPI in this mornings presentation



What is BPI?

Please note:

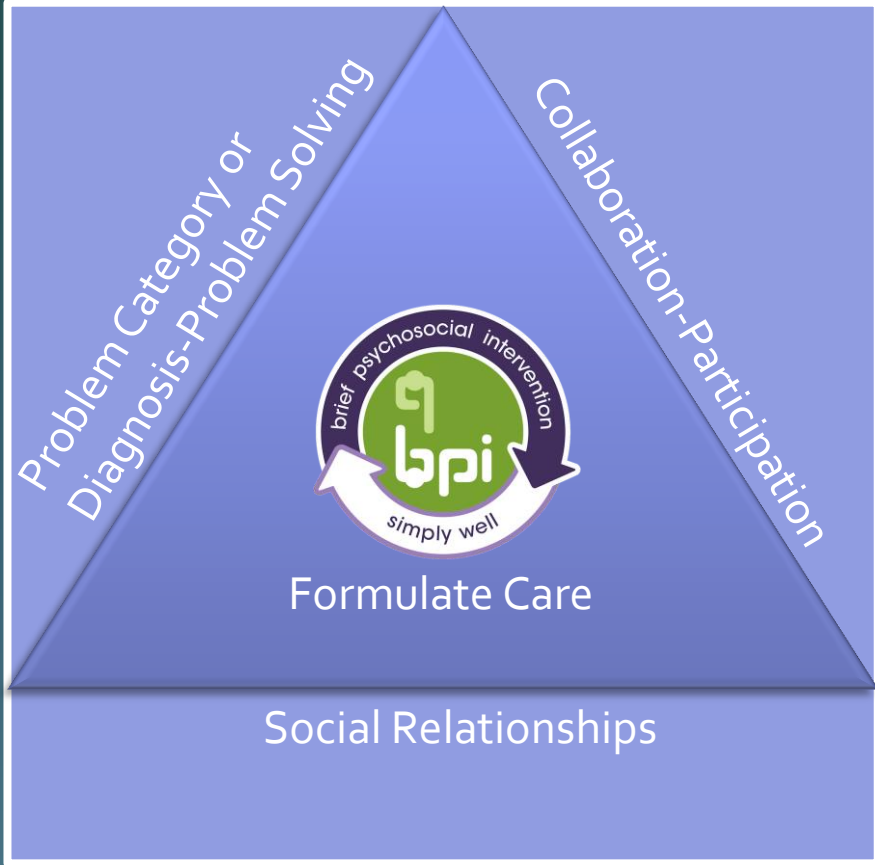
- The schematics that follow are for illustration
- They should be interpreted as guidance



Structured Thinking – Structured Care

Quality Assurance
Coherence
Safety

Social Context



Child & Family
Individual
Differences

Developmental
Variations

State of Mind
Mental State

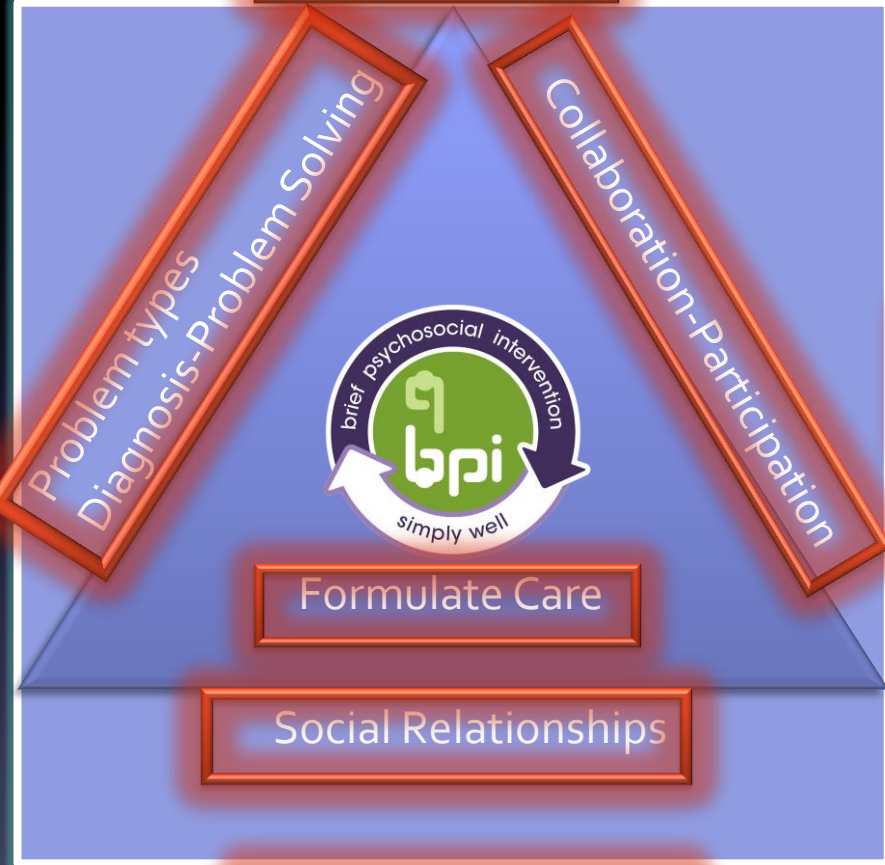
Body-Mind



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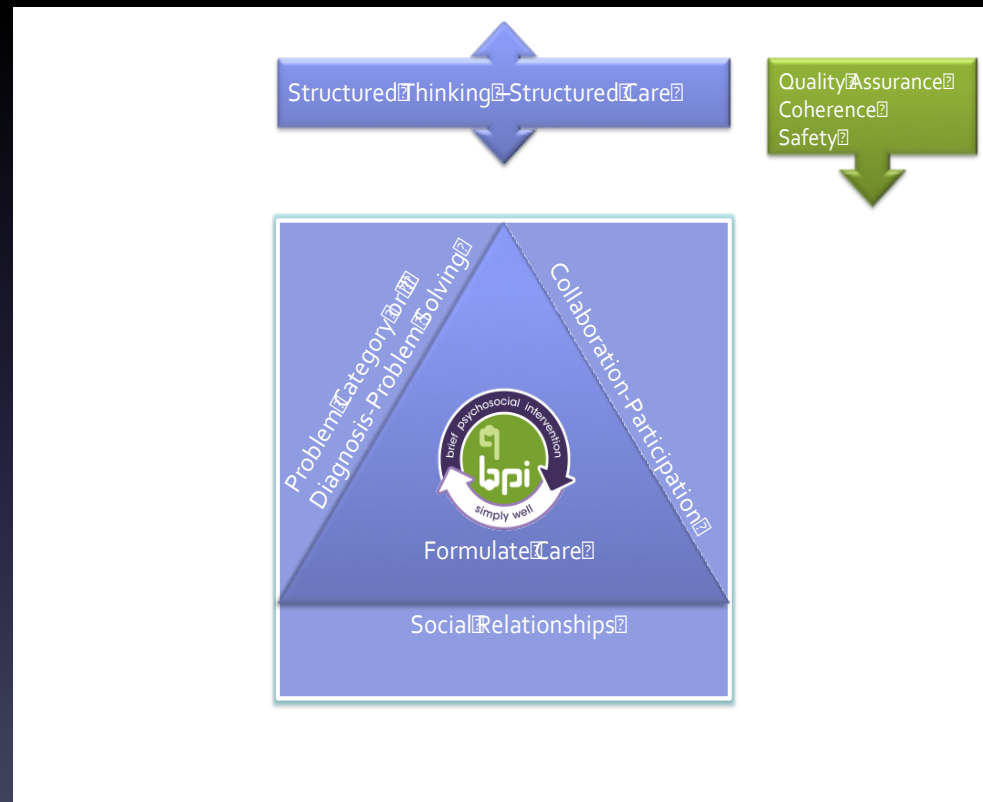
State of Mind
Mental State

Body-Mind, biology



How: the tools of BPI

- Effective Communication
- State of Mind expertise
- Problem Solving-Help
- Formulation
- Education
- Liaison
- Skills for health and wellbeing
- Supporting emotional temperature



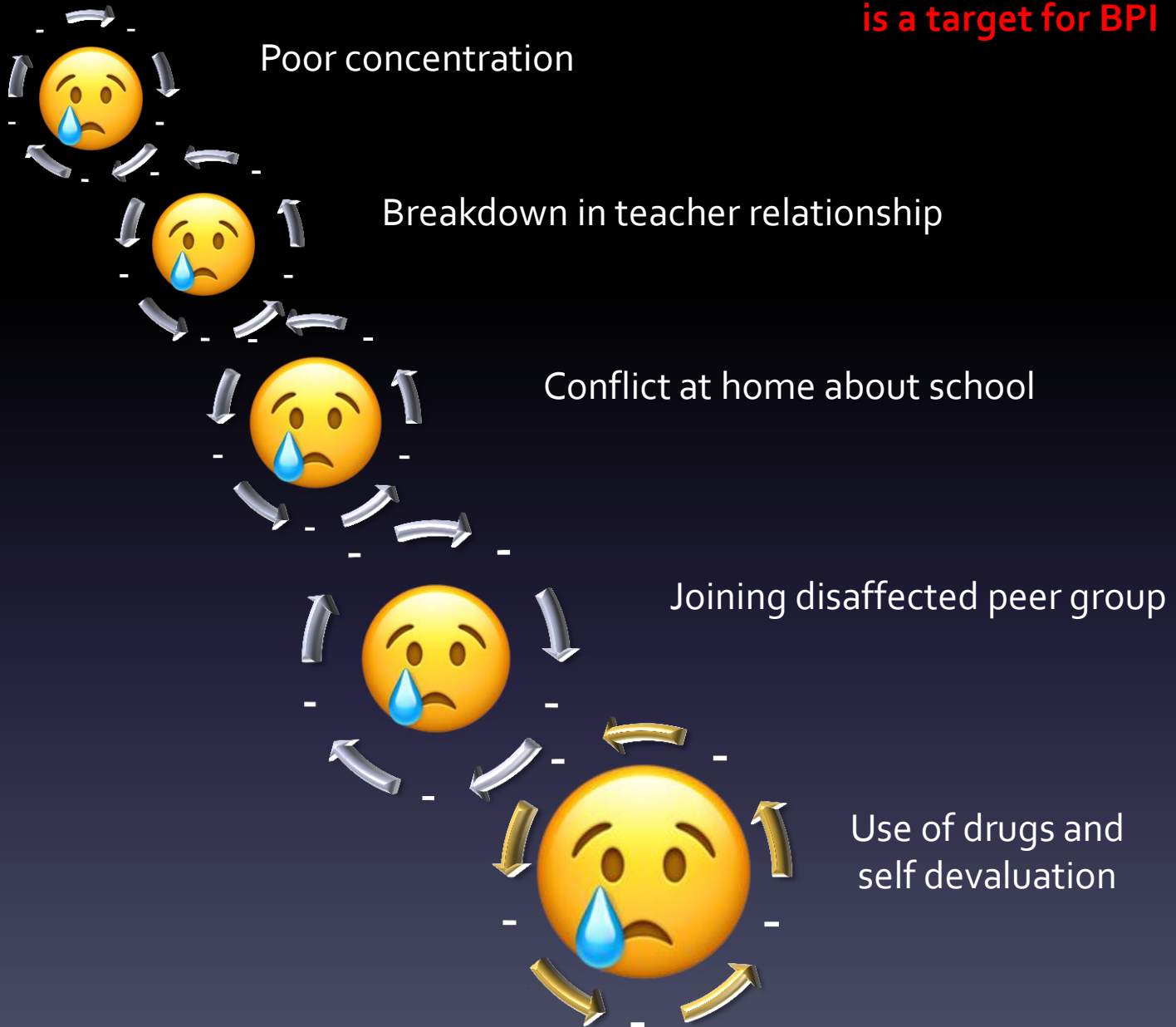


BPI targets restitution

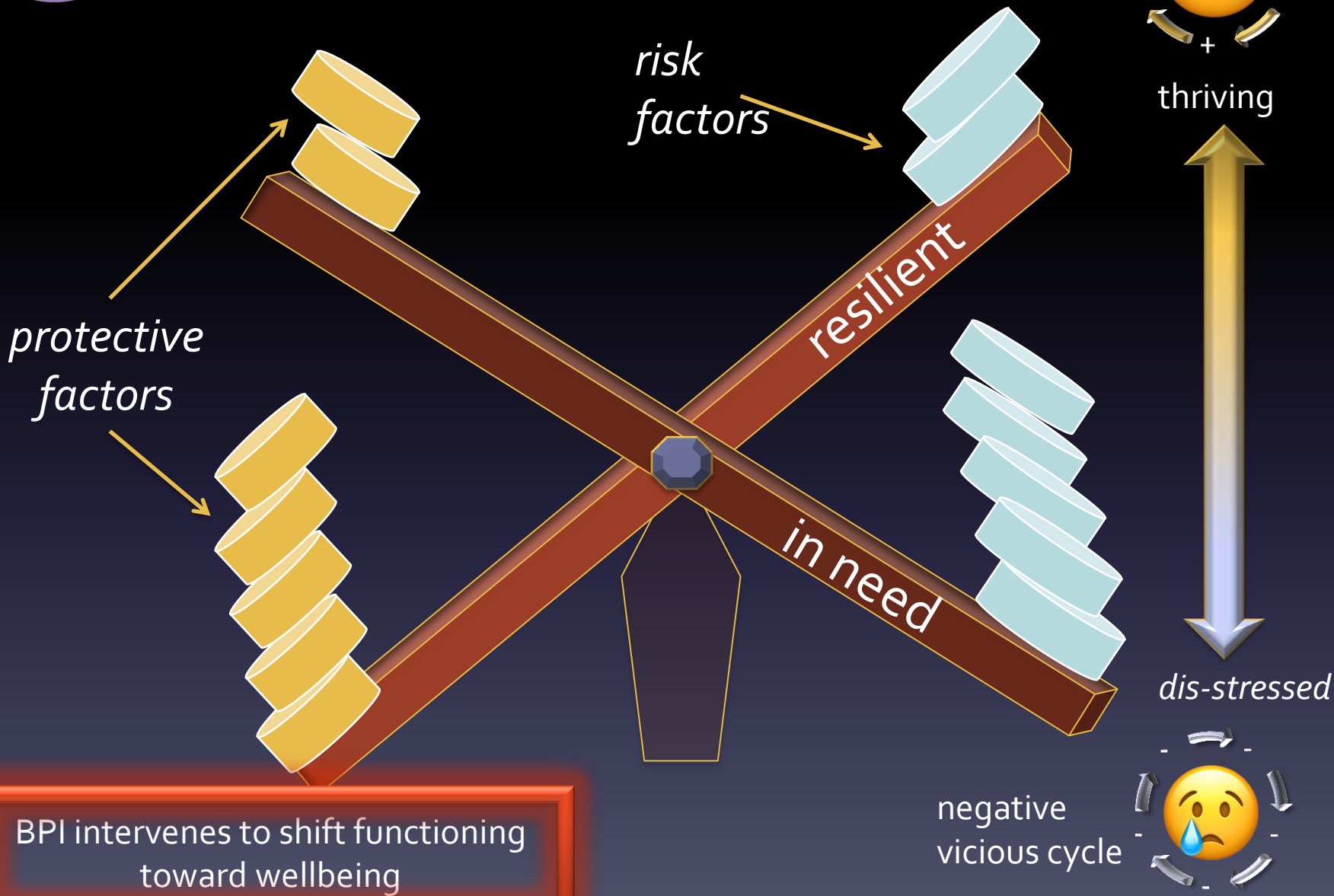
- Promoting and scaffolding innate healing mechanisms.
- BPI support restitution of well-being.



**Functional de-compensation
is a target for BPI**



negative
vicious
cycles
spiral
downwards



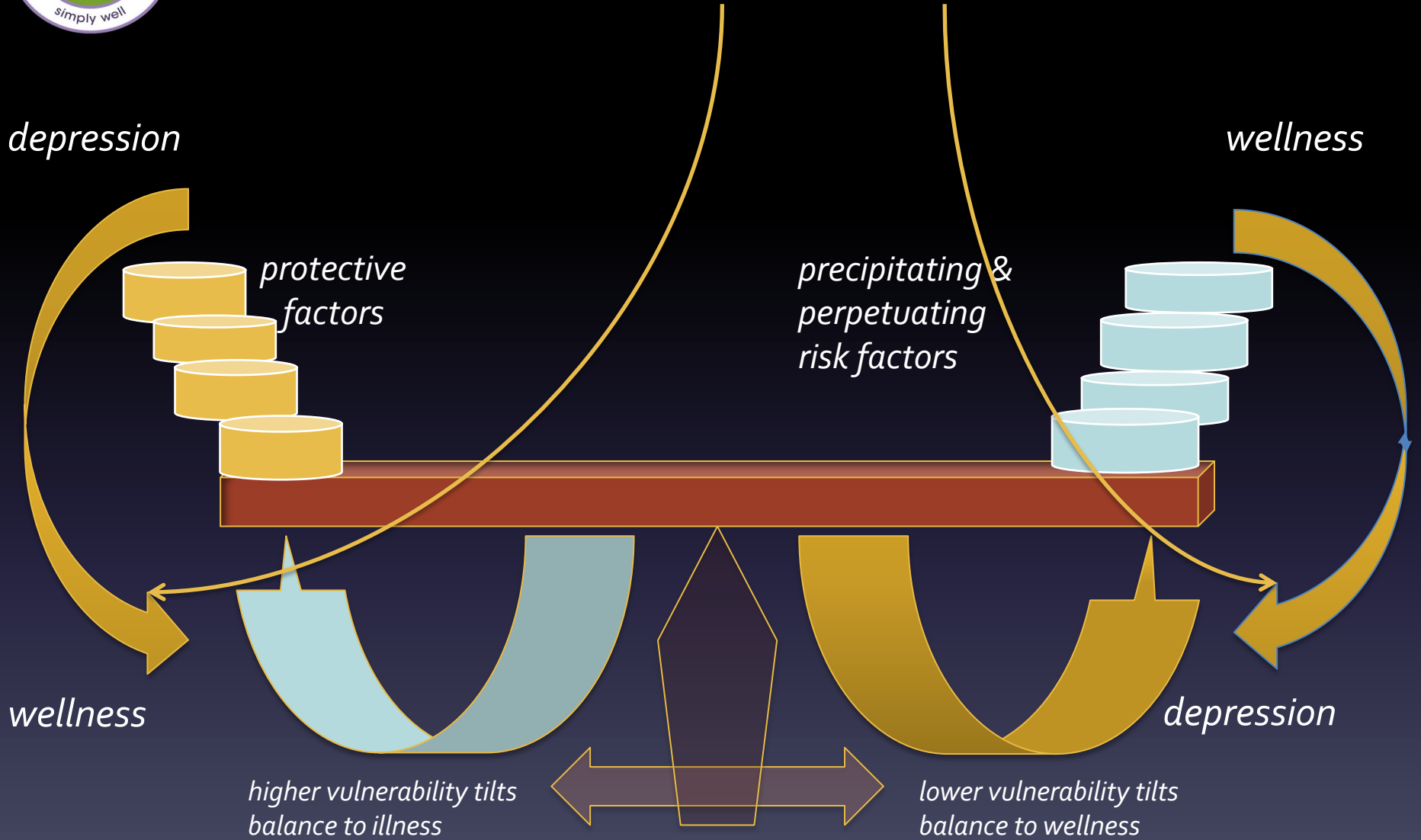


- Where do you intervene?
- Which component of decompensation is drawn to your attention?
- BPI formulation based care guides your planning

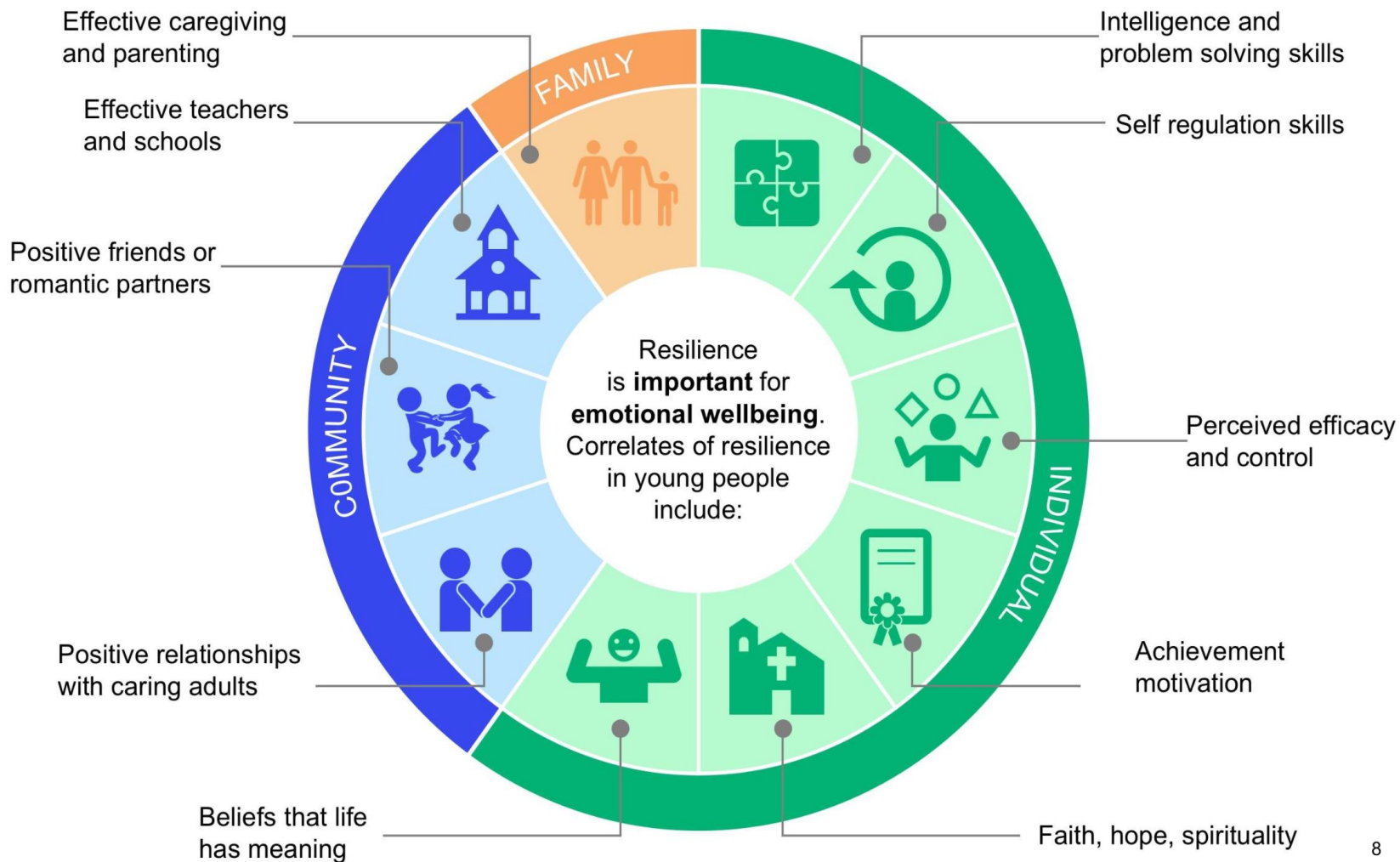


risk & protective factors interact

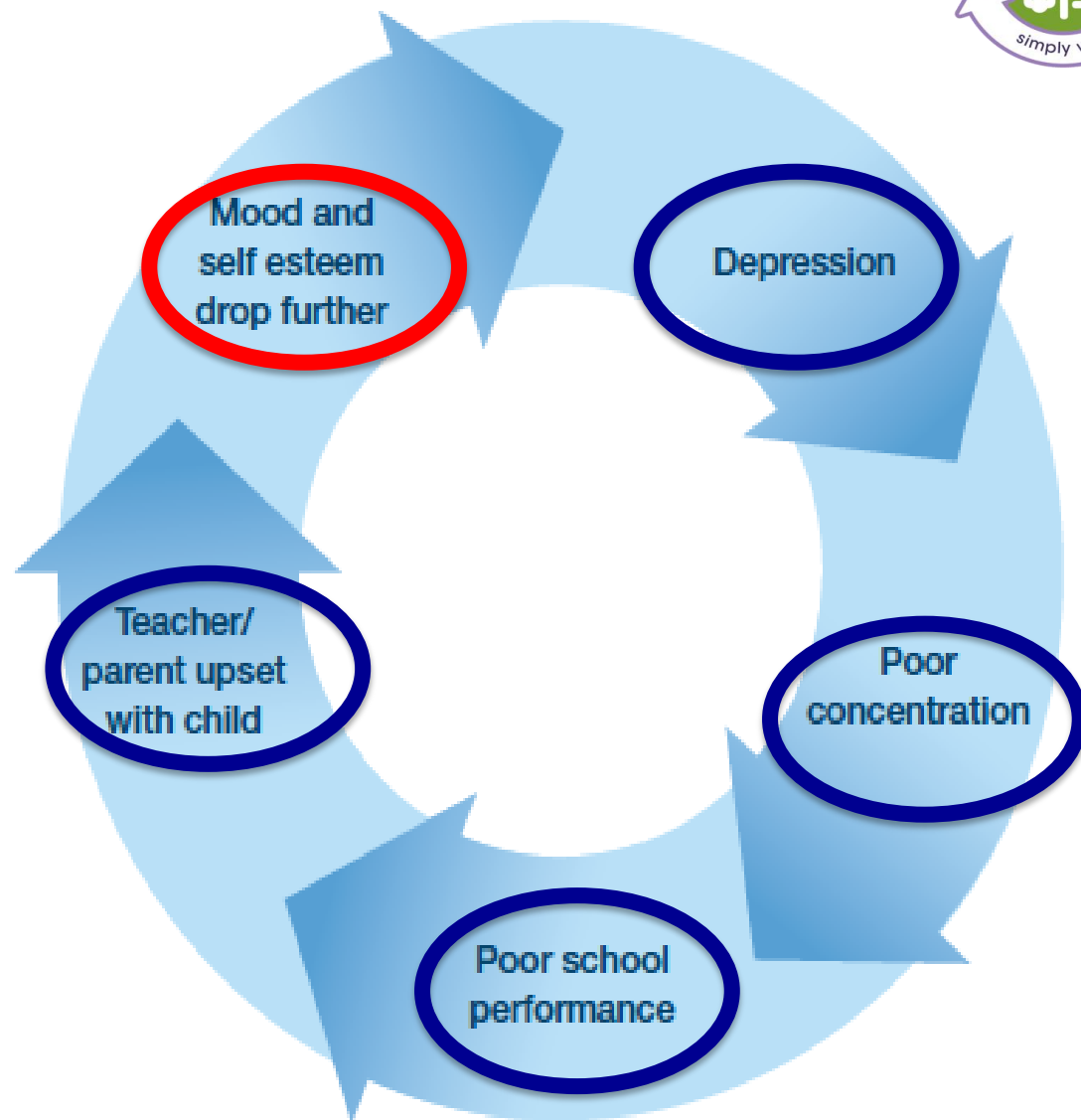
BPI intervenes to shift the balance away from risk and depression toward wellbeing



Building resilience (the ability to cope with adversity and adapt to change)

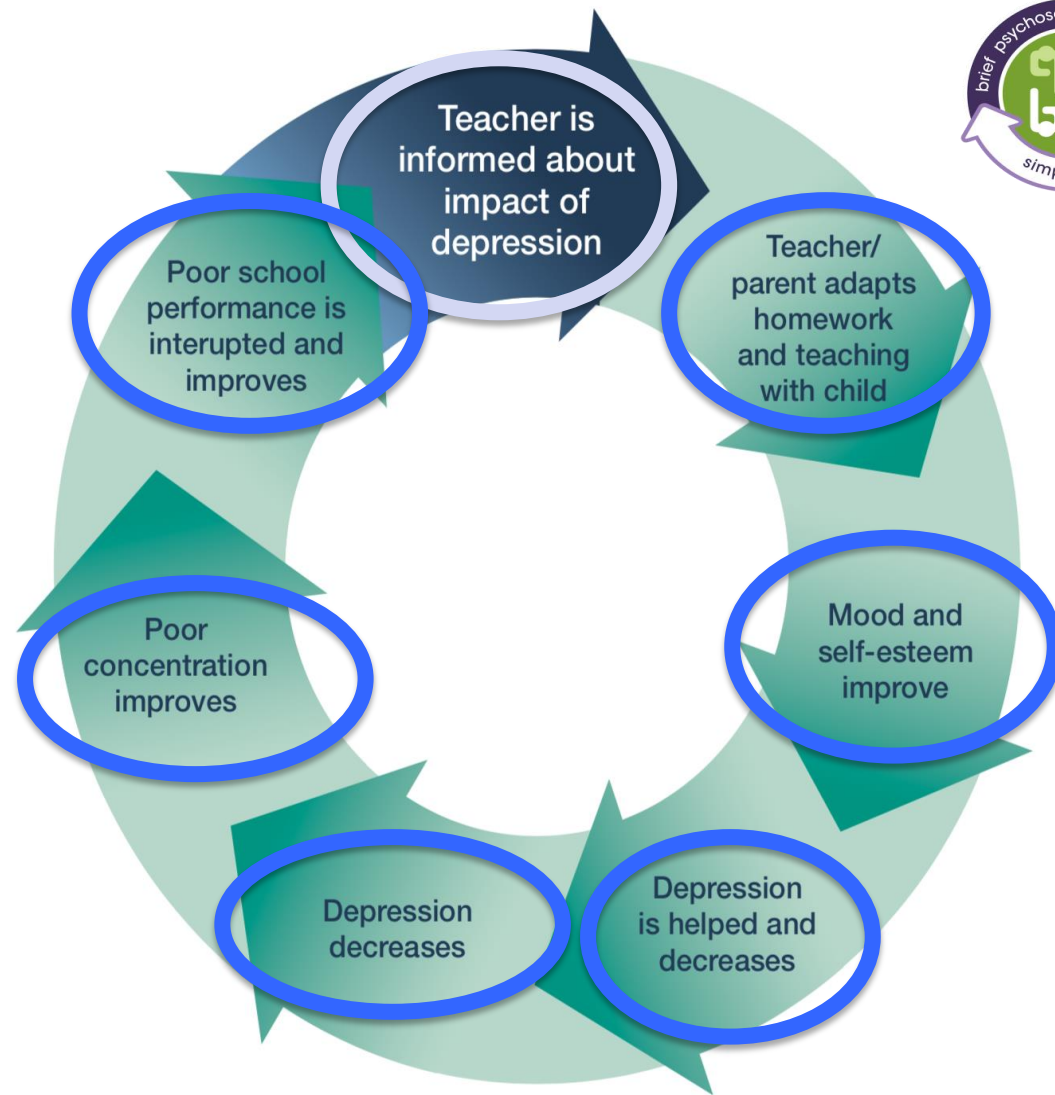


Negative Vicious Cycle Depression and School



It is these kinds of cycles of thinking and problems in relationships that treatment seeks to help.

Interrupting a Negative Vicious Cycle



It is important to find ways of breaking these negative cycles because that helps make things better. **More about that in the next section.**



Examples of other cycles

Negative vicious cycles:





Work Group Tasks

Consider,

- How BPI is similar to your current practice?
- In what ways BPI differs from your current practice?
- What would you need to make BPI your core baseline intervention?