

# Supporting Employment Goals for Individuals with Psychosis Challenges

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Resources:

[A worksheet](#) that can help people identify their strengths and values.

How to help someone use the [“worry time” approach](#).

[CBT for insomnia](#)

If you are helping people who are thinking about coming off psychiatric drugs, you might refer them to [this guide by MIND](#), or [this guide by the peer group Inner Compass](#).

Some suggested self-help books:

[Overcoming Paranoid and Suspicious Thoughts](#), 2nd Edition: A self-help guide using cognitive behavioural techniques. One of the authors is Daniel Freeman, who was lead researcher with the Feeling Safe Programme that I discussed.

[Overcoming Distressing Voices](#), 2nd Edition. One of the authors is Mark Hayward, who pioneered the “Relating Therapy” approach that focuses on assertiveness with voices.

[Relating to Voices using Compassion Focused Therapy: A Self-help Companion](#) is co-authored by Eleanor Longden, who now works as a psychologist, but who was earlier diagnosed with schizophrenia. Eleanor is known for her [inspiring Ted Talk](#), and she is the narrator in a [5 minute video](#) that provides an overview of the compassionate approach to voice hearing.

A couple books that provide hope for recovery and ideas about how it can be accomplished:

[Heartbeats of Hope: The Empowerment Way to Recover Your Life](#) was written by Daniel Fisher, who was diagnosed and treated for schizophrenia but then went on to become a successful and well know psychiatrist.

[Living With Voices: 50 Stories Of Recovery](#).

I list resources for learning more about CBT for psychosis on a [resource page on my blog](#), and you can see videos exploring various approaches and perspectives on my [YouTube channel](#).

Also, if you would like to be notified when I am offering webinars (featuring myself or others) or when I am offering more in depth trainings, please [sign up on my email list](#).

Thanks for your interest! And please do feel free to email me if you have further questions.