

# LEAP Training Overview

LEAP (Listen-Empathize-Agree-Partner)<sup>®</sup> is a set of evidence-based practices that create therapeutic alliances and trusting relationships with people suffering **from severe mental illness**. Designed to build and strengthen mutual respect, it helps people who are non-adherent, or partially adherent, **to become more cooperative and engaged in treatment and services**, including medication, psychotherapy, psychosocial programs, club houses, peer-support, and supervised housing. The mission of The LEAP Institute is to transform the healthcare, educational and government systems by providing evidence-based education, training and ongoing support to individuals and organizations involved in the care and safety of people suffering from severe mental illness, including:

- **Mental Healthcare Professionals**
- **Criminal Justice Professionals**
- **Peer Support Specialists**
- **Family Caregivers**

## COURSE DESCRIPTION

The **LEAP<sup>®</sup> Course** is a one-day facilitator-led training workshop designed to provide participants the (A) critical research and (B) skillset required to create a therapeutic alliance and build a collaborative relationship with persons who have severe mental illness, that lead to the acceptance of treatment and services.

## LEARNING OBJECTIVES

Participants will learn to:

- Distinguish between anosognosia vs “denial” of mental illness (i.e. schizophrenia, bipolar disorders)—a debilitating symptom prevalent in 50% of individuals with these disorders.
- Utilize evidence-based approaches, set aside psycho education and logical arguments, and instead focus entirely on developing a relationship with the mentally ill person so s/he feels respected, not judged and trusts the other person’s opinion that treatment would be beneficial to reaching personal goals.
- Name the most effective forms of frontline treatments and pharmacotherapy on improving insight for person with anosognosia.
- Preserve and build on relationship/ alliance when disrupted by disagreements, paranoia, involuntary treatment, etc.
- Reduce anger, paranoia, and quickly gain cooperation and compliance.
- Collaborate with the mentally ill person to work towards common goals.
- Identify the “Top Two Predictors” of treatment adherence.

The LEAP<sup>®</sup> Course has been certified as eligible for CEs, CMEs and other professional continuing education credits by a wide range of national and international credentialing bodies.

Agencies will be responsible for attaining any CEs for their participants. Bios and resumes/CVs of presenters will be provided upon request.