



## **Combating Self-Stigma In Persons With Serious Mental Illness (SMI) With Narrative Enhancement & Cognitive Therapy (NECT)**

May 22, 2024 | 12:00pm EDT

Self-stigma refers to the negative attitudes, including internalized shame, that people with mental illness have about their condition. Many interventions are available to address self-stigma in the serious mental illness (SMI) population, and one of them is Narrative Enhancement and Cognitive Therapy (NECT). NECT is a manualized group-based psychosocial intervention that is directed towards helping people who have been labeled with a psychiatric diagnosis recover their sense of value and decrease internalized/self-stigma. Come and join us for this webinar, moderated by Sara Spencer, PharmD, MS, BCGP and featuring NECT founder, Philip Yanos, Ph.D., who will share the impact of internalized stigma on SMI individuals as well as the NECT methodology and provide a practical case vignette for implementation and application of this innovative therapy intervention into clinical practice.

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## FEATURING



### Philip Yanos, PhD

#### Speaker

Professor, Department of Psychology, John Jay College of Criminal Justice, City University of New York



### Sara A. Spencer, PharmD, MS, BCGP (OPDC)

#### Moderator

Medical Science Liaison

*Speaker Philip Yanos, PhD is a paid consultant of Otsuka Pharmaceutical Development & Commercialization, Inc. (OPDC)*

*Moderator Sara Spencer, PharmD, MS, BCGP is an employee of Otsuka Pharmaceutical Development & Commercialization, Inc. (OPDC)*

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