

A WINDOW INTO UNREALITY: AN INTEGRATIVE AND PERSON-CENTERED TRAUMA-INFORMED APPROACH TO UNDERSTANDING AND TREATING PSYCHOSIS

Presenter: Jennifer Davidtz, Ph.D.

**Friday, December 4, 2026 ♦ 12:00pm – 2:00pm (ET)
Zoom Webinar**

Psychotic disorders are among the most complex and clinically demanding presentations encountered in mental health training and practice. Yet clinicians are often equipped primarily with symptom-management frameworks that risk obscuring the person behind the diagnosis. This presentation offers an integrative clinical approach to working with people experiencing psychosis, drawing on supportive psychodynamic therapy, principles of person-centered trauma-informed (PCTI) care, and cognitive behavioral therapy for psychosis (CBTp). Grounded in the work of Garrett (2019) and others, the presentation will invite clinicians to understand psychotic symptoms as meaningful, communicative expressions of inner experience, shaped by early relational trauma, attachment disruption, and the struggle to maintain a coherent self under extreme stress. The conversation will focus on the therapeutic relationship as the primary vehicle of change, the integration of CBTp techniques with a relational psychodynamic stance, and clinician self-awareness and self-care in this emotionally rewarding, yet demanding, work.

Level of Curriculum Content: Intermediate

Zoom at a Glance

Zoom is a web-based video conferencing tool with a local, desktop client and a mobile app that allows users to meet online, with or without video, whether you are connecting multiple conference rooms or meeting with attendees from their personal desktops or mobile devices. For more information or to download Zoom, please visit <https://zoom.us/>.

ABOUT THE PRESENTER

Jennifer Davidtz, Ph.D. is a Professor in the department of Clinical and School Psychology, the Director of the PSED (Psychological Services for the Emotionally Distressed) program in the Psychology Services Center, and the coordinator of the Serious Mental Illness Concentration in the College of Psychology at Nova Southeastern University. She completed her PhD in Clinical Psychology at the University of Massachusetts Amherst, followed by a doctoral internship at The Cambridge Hospital/Harvard Medical School and post-doctoral fellowship at Harbor-UCLA Medical Center. Dr. Davidtz's primary interests are the treatment of severe and persistent mental illness, personality disorders, and complex posttraumatic and dissociative conditions. Dr. Davidtz's other interests include community psychology; countertransference and other intersubjective psychotherapy process phenomena; psychotherapy integration; and clinical psychology training, clinical supervision, and therapist development.

PROGRAM OBJECTIVES

By the end of this presentation, participants will be able to:

- Articulate a person-centered, trauma-informed (PCTI) conceptualization and treatment approach for psychosis
- Integrate core principles and techniques of supportive psychodynamic and cognitive therapy approaches in psychotherapy with psychotic patients

PROGRAM AGENDA

12:00pm – 12:10pm	PCTI and its core tenets
12:10pm – 12:20pm	Core psychodynamic concepts
12:20pm – 12:35pm	Phenomenology of psychosis
12:35pm – 12:45pm	The role of trauma in psychosis
12:45pm – 1:00pm	Attachment and the therapeutic relationship
1:00pm – 1:10pm	Supportive psychodynamic psychotherapy
1:10pm – 1:25pm	CBTp principles and techniques
1:25pm – 1:35pm	Culture and context
1:35pm – 1:45pm	Medication management and multidisciplinary collaboration
1:45pm – 2:00pm	Questions & answers

For additional information on continuing education policies, please visit our website at <https://psychology.nova.edu/ce>

CONTINUING EDUCATION INFORMATION

Psychologists: Nova Southeastern University's College of Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. Nova Southeastern University maintains responsibility for this program and its content.

Clinical social workers, mental health counselors, and marriage and family therapists: Nova Southeastern University's College of Psychology is approved by the state of Florida's Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling to offer continuing education. Provider number: BAP# 330, Exp. 03/31/27.

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Nova Southeastern University's College of Psychology is approved by the National Association of School Psychologists to offer continuing education for school psychologists. Nova Southeastern University maintains responsibility for this program and its content. Provider# 1024

Professional counselors: Nova Southeastern University's College of Psychology has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 4548. Programs that do not qualify for NBCC credit are clearly identified. Nova Southeastern University's College of Psychology is solely responsible for all aspects of the programs.

All mental health professionals will receive two (2) continuing education credits for the workshop. Full attendance is required. No partial credit will be awarded. Check your licensing state's rules and regulations for more information regarding your continuing education requirements.

Nova Southeastern University is committed to making its programs accessible to all prospective attendees. Let us know if you have specific requirements due to a disability.

ABOUT THE SPONSOR

Nova Southeastern University's College of Psychology is dedicated to providing high-quality training, education, research, and service its students and to the community. The college offers two American Psychological Association (APA)-accredited doctoral programs (Ph.D. and Psy.D. in Clinical Psychology); a specialist and a doctoral program in school psychology; master's degree programs in counseling clinical mental health counseling, school counseling, substance abuse counseling, and applied behavioral analysis), forensic psychology, experimental psychology, and general psychology; and bachelor's degree programs in psychology and behavioral neuroscience. The College of Psychology has two APA-accredited doctoral internship programs, the South Florida Consortium Internship Program and the Psychology Services Center Internship Program.

NOTICES OF ACCREDITATION, MEMBERSHIP, AND NONDISCRIMINATION

Nova Southeastern University is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools (1866 Southern Lane, Decatur, Georgia 30033-4097; Telephone number 404-679-4501) to award bachelor's, master's, educational specialist, and doctoral degrees. The university is chartered by the State of Florida. The College of Psychology Doctor of Philosophy (Ph.D.) program is accredited by the Commission on Accreditation of the American Psychological Association. The College of Psychology Doctor of Psychology (Psy.D.) program is accredited by the Commission on Accreditation of the American Psychological Association. The College of Psychology has two APA accredited doctoral internship programs, the South Florida Consortium Internship Program and the Psychology Services Center Internship Program. Questions related to the programs' accredited status should be directed to the Commission on Accreditation: Office of Program Consultation and Accreditation, American Psychological Association, 750 1st Street, NE, Washington, D.C., 20002-4242, Phone: (202) 336-5979, Email: apaaccred@apa.org, Web: www.apa.org/ed/accreditation. The college's master's degree program in school counseling and specialist program in school psychology are approved by the Florida Department of Education. In addition, the specialist and doctoral programs in school psychology hold the designation of National Recognition by the National Association of School Psychologists (NASP).

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