



Thank you for taking the time to complete the feature questions below.



Please, tell us about you and the work that you do?

I am a PhD student in Clinical Psychology with a special interest in psychosis. My research aims to improve the romantic and sexual lives of people with a psychotic disorder. As such, our lab has developed a new group therapy program for young men with psychosis who are seeking help with dating. In this program, several important topics are discussed (e.g., how to talk about one's mental health with a partner, how to communicate and resolve conflicts effectively, what to do if one is experiencing sexual difficulties, etc.). We also have another ongoing study that aims to validate two measures of intimacy in people with psychosis.

Has this, and if yes, how does, this link to mental health?

My research has direct implications for mental health care as it targets an important area of recovery for people with psychosis – intimate relationships. This topic has unfortunately been neglected in both research and applied settings. Through my work, I hope to increase awareness about romantic relationships, sexuality, and psychosis, as well as accessibility to corresponding services.

What has been some of the best moments of your journey creating your work?

I have found that hearing clients' stories and supporting them in achieving their recovery goals has been the most fulfilling part of my PhD so far. Given that I am often in contact with clients for several months at a time, I have had the opportunity to accompany many individuals as they rebuild their lives and find hope for the future. Every day, I am inspired by my clients and what they can accomplish.

What projects are you currently working on? And if yes, which are there up-coming?

As mentioned above, we are currently working on a study that aims to validate two measures of intimacy in people with psychosis. The main goal of this project is to ensure that those experiencing difficulties in their romantic relationships and/or sexuality are quickly identified and offered high-quality services.

Do you have any 'coping strategies' that you use, either with daily life or in mental health?

I have found that I particularly enjoy meditation and journaling when I am struggling with my mental health - while meditation allows me to keep my emotions under control, journaling helps me make sense of what I am going through and put an end to my intrusive thoughts.



PsyCope 'Coping with Psychosis'
Feature of the Month – June 2021
Briana

How do you view the journey of recovery?

I think that recovery is unique to each individual and requires a lot of 'trial-and-error' - we learn most about ourselves by making mistakes and trying new things! Having a strong support system also makes the recovery journey much easier to navigate.

What does the future hold for you?

After my PhD, I intend to continue working with people with psychosis and other mental health issues, as well as conduct more research on topics that I am passionate about (e.g., use of new technologies in the treatment of various disorders).

Favourite Quote?

"Every perceived weakness is also a quality"

Web link

If you'd like to participate in our ongoing study, here is the link to the questionnaire (takes about 30 minutes to complete): https://cripcas.eu.qualtrics.com/jfe/form/SV_b7VixraGq8AdJbL

Social Media links

Our lab's website can be found at: <https://en.lespoir.ca>