

Group-based Metacognitive Reflection and Insight Therapy (MERITg) and Recovery in Psychosis

presented by

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Dr. Schnakenberg Martin is an Assistant Professor of Psychiatry at Yale University School of Medicine and a Clinical Psychologist at the VA Connecticut Healthcare System (VACHS). She is also the Director of the Early Psychosis Intervention Coordination (EPIC) Program at the VACHS and has an extensive background in Metacognitive Reflection and Insight Therapy (MERIT) for the treatment of serious mental illness. In addition to treating Veterans with serious mental illness and co-occurring substance use disorders, Dr. Schnakenberg Martin has a vibrant research program seeking to understand the relationship between substance use, such as cannabis, and the development of psychosis. To study this complex relationship, she uses a multimodal approach including psychophysiology (e.g., simultaneous magnetoencephalography and electroencephalography), assessments of metacognition and neurocognition, as well as pharmacological intervention studies. Dr. Schnakenberg Martin has received support for this work from both the Veterans Health Administration and the National Institute of Health.

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<https://hartfordhealthcare.zoom.us/j/93902430198>

Learning Objectives: *As a result of participating in this Live Activity, participants should be able to:*

- 1. List and describe the four domains of metacognition.*
- 2. Explain at least three differences between individual and group based Metacognitive Reflection and Insight Therapy (MERIT).*
- 3. Describe the seven core elements of group-based Metacognitive Reflection and Insight Therapy (MERITg).*

Accreditation: In support of improving patient care, Hartford HealthCare is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

Physicians: Hartford HealthCare designates this Live Activity for a maximum of **1.25 AMA PRA Category 1 Credit™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses: This activity is designated for a maximum **1.25 ANCC** contact hours.

Psychologists: Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.

Social Workers: As a Jointly Accredited Organization, Hartford HealthCare is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Hartford HealthCare maintains responsibility for this course. Social workers completing this course receive **1.25 general** continuing education credits.

Other Learners: All other learners will receive a Certificate of Participation for **1.25** hours of education. Consult your professional licensing board regarding the applicability and acceptance of certificates of participation for educational activities certified for **AMA PRA Category 1 Credit™** from organizations accredited by Joint Accreditation for Interprofessional Continuing Education.

Financial Disclosures:

- Ashley M. Schnakenberg Martin, PhD: Nothing to disclose - 03/18/2026

