

## Wednesday 16 November

### Keynote Presentations

#### 10.20am, BHSC G02 Keynote Presentation 1

##### **Peter Lehmann; *Coming off Psychiatric Drugs: Problems and Opportunities***

Coming off psychiatric drugs, including coming off the unwanted drug effects, is often a precondition for recovery. Withdrawal can result in substantial physical and psychological problems, including withdrawal from antidepressants and neuroleptics. In general, neither doctors, nor psychiatric patients, or their carers, are informed that psychiatric drugs can produce receptor-changes, super-sensitivity psychoses, prolonged depression, dependence and severe withdrawal problems. Reports of successful withdrawal experiences show various helpful strategies to decrease withdrawal problems and relapse risks. Gathering, distributing and exchanging detailed accounts of coming-off experiences are of fundamental concern and importance to all of us.

**Peter Lehmann** received education in social pedagogy. Living as independent publisher, author and freelance activist in Berlin. For many years, until 2010, board-member of the European Network of (ex-) Users and Survivors of Psychiatry. Publications include, *Coming off Psychiatric Drugs: Successful Withdrawal from Neuroleptics, Antidepressants, Lithium, Carbamazepine and Tranquilizers* (edited in 2004), *Alternatives Beyond Psychiatry* (edited in 2007 with Peter Stastny). In 2010, awarded an Honorary Doctorate in acknowledgement of "exceptional scientific and humanitarian contribution to the rights of the people with psychiatric experience" by the Aristotle University of Thessaloniki, Greece. More at [www.peter-lehmann.de/inter](http://www.peter-lehmann.de/inter)

# Book of Abstracts

16-17 November 2011

*MEDICATING HUMAN DISTRESS: CONCERNS, CRITIQUES AND SOLUTIONS*

16 AND 17 NOVEMBER 2011

3<sup>rd</sup> Annual Conference

Organised by

The Catherine McAuley School of Nursing and Midwifery

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University College Cork, Ireland

&

**The Critical Voices Network Ireland**

