

### **Kako uporabniki izobražujejo druge uporabnike**

**Peter Lehmann, For All Cases - organizacija (bivših) uporabnikov in preživelih v psihiatriji (Nemčija)**

Kot pravi način za boj proti nadlegovanju in diskriminaciji so se izkazali spodbujanje gibanja (bivših) uporabnikov in preživelih v psihiatriji in aktivna udeležba usposobljenih (bivših) uporabnikov in preživelih v psihiatriji pri izvajanju in razvoju standardov kvalitete in raziskovalnih projektih.

Financirati in podpirati bi morali (zastonjske) programe usposabljanja za (bivše) uporabnike in preživele v psihiatriji, tako da bi se lahko zavarovali pred diskriminacijo, delali kot uporabniki/preživele na vseh ravneh in sami postali izobraževalci v programih za boj proti nadlegovanju in diskriminaciji.

Najboljši praktični primer je delo organizacije 'In Any Case', ki jo v Berlinu vodijo uporabniki, kjer oni sami svetujejo drugim uporabnikom in jih usposabljujejo (primeri tem: napredne direktive/ alternative psihiatričnemu sistemu/ ravnanje s psihiatričnimi zdravili vključno z možnostmi odvajanja) s stališča uporabnikov/preživelih: tako za (bivše) uporabnike in preživele v psihiatriji kot tudi za strokovnjake.

### **User-controlled Peer Coaching**

**Peter Lehmann, For All Cases, Organisation of (ex-)Users and Survivors of Psychiatry (Germany)**

Promotion of the movement of (ex-)users and survivors of psychiatry and the effective participation of trained (ex-)users and survivors of psychiatry in the implementation and development of quality standards and research projects are identified as proper ways to combat harassment and discrimination.

Funding and support should be invested in (free) training programmes for (ex-)users and survivors of psychiatry so they can protect themselves from discrimination, become user/survivor workers employed at all levels and become trainers themselves in programmes to combat harassment and discrimination.

A best practice example is the work of 'In Any Case', a user-led organisation in Berlin which provides peer coaching and training [topics include, for example: advance directives / alternatives to the psychiatric system / dealing with psychiatric drugs (incl. ways to come off) from the user/survivor perspective: for (ex-)users and survivors of psychiatry as well as for professionals.