

**Peter Lehmann**

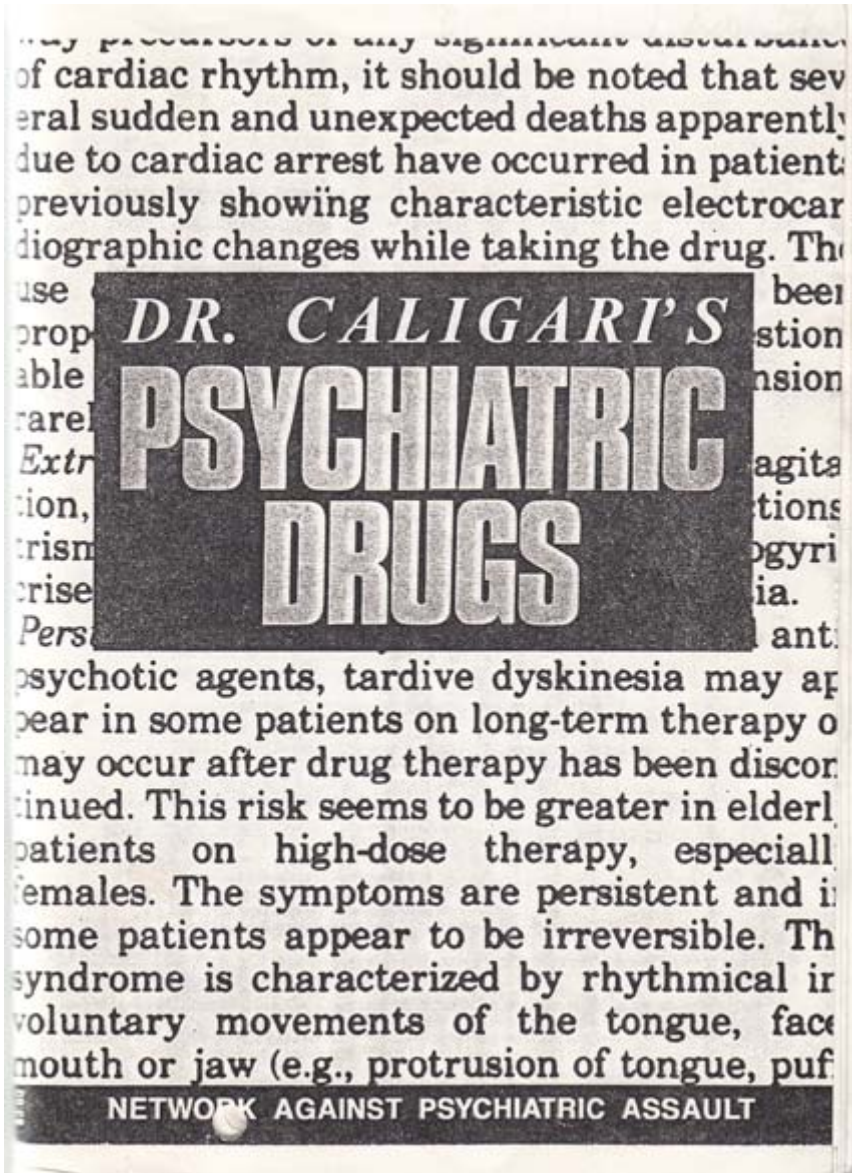
# **Withdrawal from Psychiatric Drugs: Discussing open questions**

Workshop

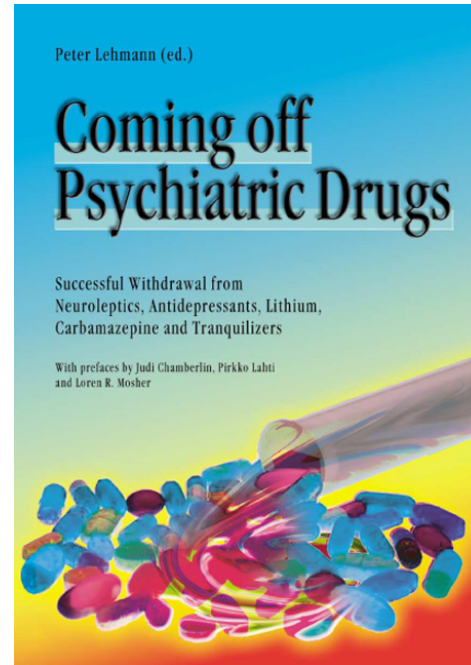
National Association for Rights Protection and Advocacy (USA)  
Conference "Rights Under Siege: Fighting Back"

Phoenix, Arizona  
August 27, 2016

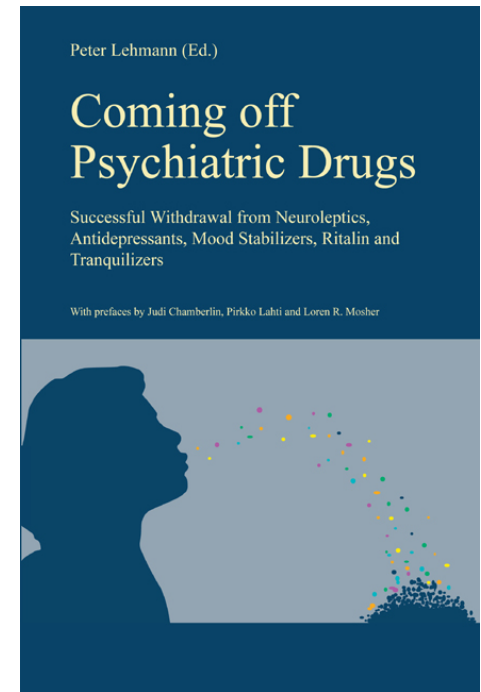
[www.peter-lehmann-publishing.com/phoenix-coming-off](http://www.peter-lehmann-publishing.com/phoenix-coming-off)



1984



1998 / 2004



2014

[www.peter-lehmann-publishing.com/phoenix-coming-off](http://www.peter-lehmann-publishing.com/phoenix-coming-off)

**Historical advice:** Never come off psychiatric drugs without the doctor/psychiatrist's agreement and under clinical supervision

➔ Mind Study 2005 (U.K.): Doctors were found to be the least helpful group in withdrawal

**Advice then:** Seek information and support from a wide variety of sources. Take into consideration, your doctor might be indoctrinated by Big Pharma.

Read, J. (2005). *Coping with coming off*. London: Mind Publications

**Advice now:** Seek information and support from a wide variety of sources. Deleted: **Take into consideration, your doctor might be indoctrinated by Big Pharma.**

# Open questions

Experiences of cooperation with interested physicians, pharmacologists, therapists, lawyers, carers and naturopath healers?

Which unwanted effects require an immediate withdrawal?

[www.peter-lehmann-publishing.com/articles/lehmann/pdf/warningsigns-jcpcp.pdf](http://www.peter-lehmann-publishing.com/articles/lehmann/pdf/warningsigns-jcpcp.pdf)

Which withdrawal symptoms may occur especially during the transition from mini doses to zero?

Which naturopathic methods are useful to relieve withdrawal symptoms and to stabilize in particularly the vulnerable period immediately after withdrawal? What are the options for detoxifying and “emergency pharmacies” use?

# Open questions

How to withdraw combinations?

Which role do various forms of administration play in the gradual reduction?

How can dosages be reduced beyond predetermined product units?

When can you use pill cutters?

# Open questions

What, if capsules contain pellets (balls, beads)?

How can pellets be protected from breaking down in the stomach, if they require an intestinal absorption?

How can doses be reduced by time stretching, and which psychiatric drugs do not deliver this possibility?

What is the ratio of half-lives for speed of withdrawal?

What do you do, when in the neuroleptic withdrawal process the previously chemically suppressed sensitivity faster returns than the drug-caused suicidal tendencies disappear?

# Open questions

Which environment, lifestyle, diet and physical activity support a successful withdrawal?

How to cope with sleeping problems caused by the withdrawal?

Which support options can be expected in the self-help sector?

Which risks can be expected in the self-help sector?

## Address for Correspondence

Peter Lehmann

Eosanderstr. 15 · 10587 Berlin · Germany

Tel. +49 / 30 / 85 96 37 06 · Fax +49 / 30 / 40 39 87 52

[mail@peter-lehmann.de](mailto:mail@peter-lehmann.de) · [www.peter-lehmann.de/inter](http://www.peter-lehmann.de/inter)

## Information Sources

Books · Articles · Videos · Websites & Blogs · Mailinglists · Booklets ·

Lectures: [www.antipsychiatrieverlag.de/info/absetzen.htm](http://www.antipsychiatrieverlag.de/info/absetzen.htm)

Coming off Psychiatric Drugs · Psychopharmaka absetzen ·

Arrêter la prise des psychotropes · Βγαίνοντας από τα ψυχοφάρμακα

Dejando los medicamentos psiquiátricos:

[www.peter-lehmann-publishing.com/comingoff](http://www.peter-lehmann-publishing.com/comingoff)

[www.peter-lehmann-publishing.com/phoenix-coming-off](http://www.peter-lehmann-publishing.com/phoenix-coming-off)