

Πέτερ Λέμαν

**ΑΤΟΜΙΚΕΣ, ΘΕΣΜΙΚΕΣ ΚΑΙ
ΔΟΜΙΚΕΣ ΕΝΑΛΛΑΚΤΙΚΕΣ
ΠΕΡΑΝ ΤΗΣ ΨΥΧΙΑΤΡΙΚΗΣ**

Αριστοτέλειο Πανεπιστήμιο της Θεσσαλονίκης
Σχολή Ψυχολογίας

22 Μαρτίου 2012



www.peter-lehmann.de/thessa2012

Coping with crises without psychiatry

a) Individual and organised self-help

Retreat to quiet and safe places; calming remedies; social support; expressive activity; attendance

«We listen to one another, speak, and then listen again. We tell our truth, convinced of its existence, and we actually consider these perspectives to be truthful. And in this way we open the gateway to personal and encounter the warmth of others. This is the most normal thing that I expect from life.» (p. 66)

Zoran Solomun (2007). What helps me if I go mad? In Peter Stastny / Peter Lehmann (Eds.), *Alternatives Beyond Psychiatry* (pp. 65-66). Berlin / Eugene / Shrewsbury: Peter Lehmann Publishing

www.peter-lehmann-publishing.com/books/without.htm

Non-psychiatric self-help

- Self organisation
- Fight for human rights
- Organizing to demand better living conditions
- Deliverance from psychiatric influence
- Searching the sense of madness
- Autonomy and personal development
- Critical dispute with «experts»
- Deconstruction of power relations within the group and resistance against control from outside



Tina Stöckle, 1948-1992. Social pedagogue,
Eponym of the «Villa Stöckle» (Runaway-house Berlin)

www.antipsychiatrieverlag.de/verlag/titel/stoeckle.htm

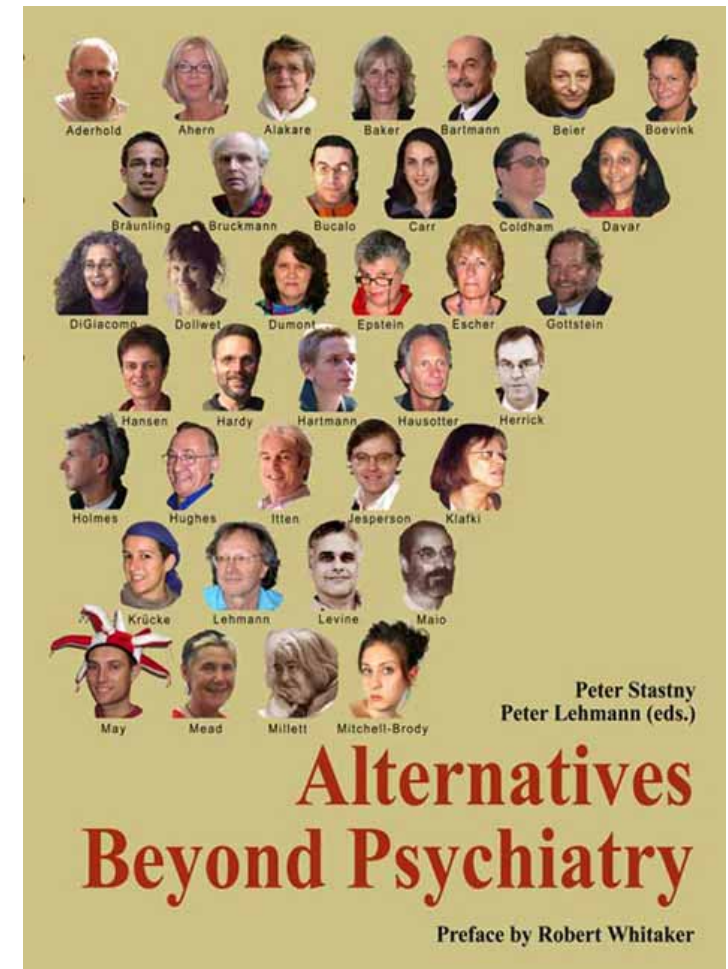
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Coping with crises without psychiatry

b) Alternative models of institutionalised support

Examples

- Soteria
- Open Dialogues
- Crisis Hostel



Soteria

Psychosis: Coping mechanism and response to years of various traumatic events that caused the person to retreat from conventional reality

No psychopathologic mis-education

No force

Preferably no neuroleptics

Nil noscere / Being with



Loren R. Mosher (1933-2004)
Clinical Professor of
Psychiatry, University of
California, San Diego

Volkmar Aderhold, Peter Stastny & Peter Lehmann (2007). Soteria: An alternative mental health reform movement. In Peter Stastny / Peter Lehmann (Eds.), *Alternatives Beyond Psychiatry* (pp. 146-160). Berlin / Eugene / Shrewsbury: Peter Lehmann Publishing

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Soteria

- ➔ Very little administration of psychiatric drugs after two years
- ➔ Bigger focus on personal development:
 - More consistent employment
 - Successful school attendance and graduation certificate
 - Leaving parents' home, independent living status
 - Satisfying sexual relationship
- ➔ Lower rate of rehospitalization
- ➔ About equal costs for each person

Open Dialogue

Systemic understanding of psychoses, oriented to disturbed relationships of people (not brain disorders)

Involvement of the social network, also referring to decisions

Taking over responsibility

Therapeutic continuity

Team with members of all professional disciplines

Responding immediately

Tolerating uncertainty (including abstention from psychiatric drugs over weeks)

Jaakko Seikkula & Birgitta Alakare (2007). Open dialogues. In Peter Stastny / Peter Lehmann (Eds.), *Alternatives Beyond Psychiatry* (pp. 223-239). Berlin / Eugene / Shrewsbury: Peter Lehmann Publishing

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Open Dialogues

- ➔ Shorter duration of clinic stays
- ➔ Considerably fewer neuroleptics
- ➔ Better recovery from crises
 - 24 % relapse rate (comparison group: 71 %)
 - 17 % patients with mild symptoms (comparison group: 50 %)
 - 19 % invalid pension (comparison group: 57 %)

Crisis Hostel

- a) Pre-crisis planning and training in strategies for dealing with crisis, including drop-in support
- b) Overnight respite for persons who self-defined the need and risk of hospitalization

Retreat place with meditation / massage and raging space

Involvement of users and survivors of psychiatry in the team

Non-medical model, no force

Own definition of needs

Mutual support

Jeanne Dumont & Kristine Jones (2007). The Crisis Hostel: Findings from a consumer/survivor-defined alternative to psychiatric hospitalization. In Peter Stastny / Peter Lehmann (Eds.), *Alternatives Beyond Psychiatry* (pp. 179-187). Berlin / Eugene / Shrewsbury: Peter Lehmann Publishing

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Crisis Hostel

- ➔ Crisis services more timely and useful
- ➔ Greater respect of consumers' rights
- ➔ Greater level of promotion of healing and self-care
- ➔ Greater level of empowerment and recovery
- ➔ Greater level of service satisfaction
- ➔ Shorter hospital stays
- ➔ Less disruption of work life
- ➔ Lower crisis service costs in total

Diabasis

Model of an altered emergency psychiatry practice,
living project for people with so-called acute psychoses,
San Francisco, 1970s. John Perry

- Semi-professionals without psychopathology mis-education
 - No devaluation of experience and character by labelling
 - No psychiatric drugs, no force
 - Sympathy, encouragement, support & fondness
- ➔ In general, return to a coherent and rational state of consciousness within 1-5 days

John W. Perry (1980). Psychosis as visionary state. In Ian F. Baker (Ed.), *Methods of Treatment in Analytical Psychology* (pp. 193-198). Fellbach: Bonz Verlag

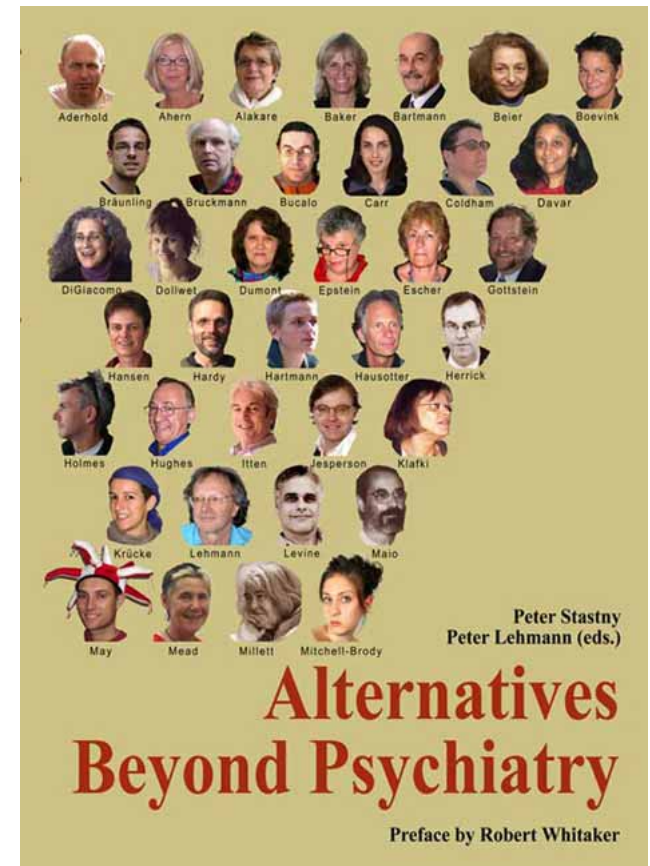
www.lvpe-rlp.de/sites/default/files/pdf/lehmann_ohnepsychiatrie.pdf

Coping with crises without psychiatry

c) Structural approaches

- Achievement of human rights
- Advance directives
- Research from the perspectives of users and survivors of psychiatry
- Training
- Building networks of alternatives
- Networking in self-help
- Combat discrimination

www.peter-lehmann.de/reco.htm



www.peter-lehmann-publishing.com/books/without.htm

Psychiatric Will

«Advance directives are legal instruments designed to preserve the rights of competent individuals to choose or refuse health care.

They may document specific choices or appoint agents to make decisions. Through these prior instructions, people can still assert control over psychiatric treatment when they are considered incapable.» (p. 318)

Laura Ziegler (2007). Upholding psychiatric advance directives. In Peter Stastny / Peter Lehmann (Eds.), *Alternatives Beyond Psychiatry* (pp. 318-328). Berlin / Eugene / Shrewsbury: Peter Lehmann Publishing

<http://psychrights.org/Research/Legal/AdvanceDirectives/AdvanceDirectives.htm>

www.peter-lehmann-publishing.com/books/without.htm

Research and training from the perspective(s) of users and survivors of psychiatry

«Knowledge created by service user/survivor researchers is based on a different value system from that of professionals. The key values for service user/survivor-led research include a commitment to change, expertise based on personal experience, countering stigma, redressing power imbalances, and desired outcomes such as self management and recovery of a satisfying life.» (p. 349)

Jan Wallcraft (2007). User-led research to develop an evidence base for alternative approaches. In Peter Stastny / Peter Lehmann (Eds.), *Alternatives Beyond Psychiatry* (pp. 342-351). Berlin / Eugene / Shrewsbury: Peter Lehmann Publishing

Beyond models

«... that the medical model is only one manifestation of a more fundamental problem: the tendency to see human problems as technical difficulties of one sort or another. ... The most radical implication of the recovery agenda, with its reversal of what is of primary and secondary significance, is the fact that when it comes to issues to do with values, meanings and relationships, it is users/ survivors themselves who are the most knowledgeable and informed. When it comes to the recovery agenda, they are the real experts.» (pp. 400/402)

Pat Bracken (2007). Beyond models, beyond paradigms: The radical interpretation of recovery. In Peter Stastny / Peter Lehmann (Eds.), *Alternatives Beyond Psychiatry* (pp. 400-402). Berlin / Eugene / Shrewsbury: Peter Lehmann Publishing

www.peter-lehmann-publishing.com/articles/pat-bracken_recovery.pdf

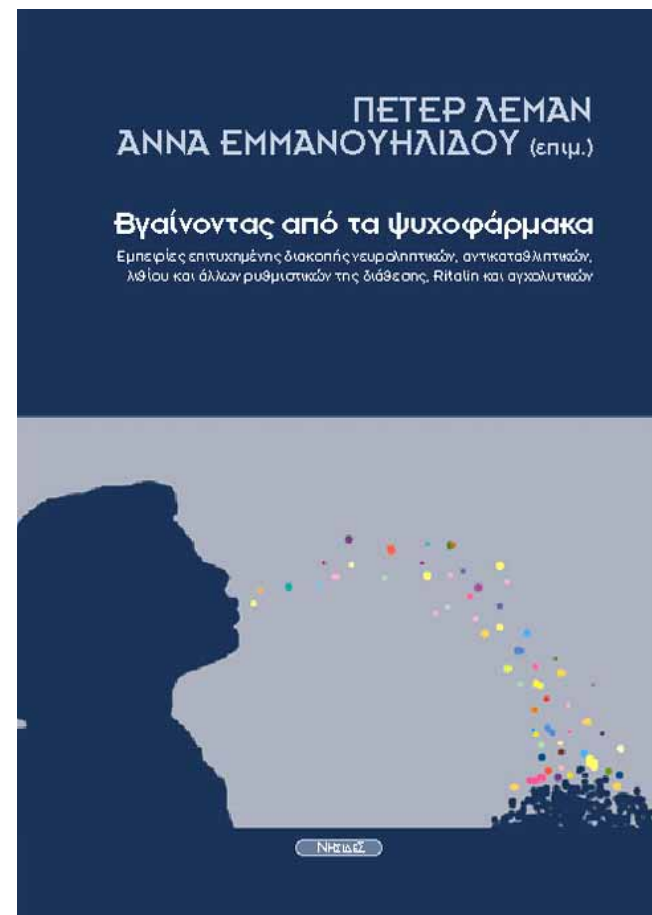
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Political Consequences

Renunciation of toxic synthetic substances in the nature, the living area, nutrition and medicine

The renunciation of the deployment of chemical toxins in the psycho-social field:

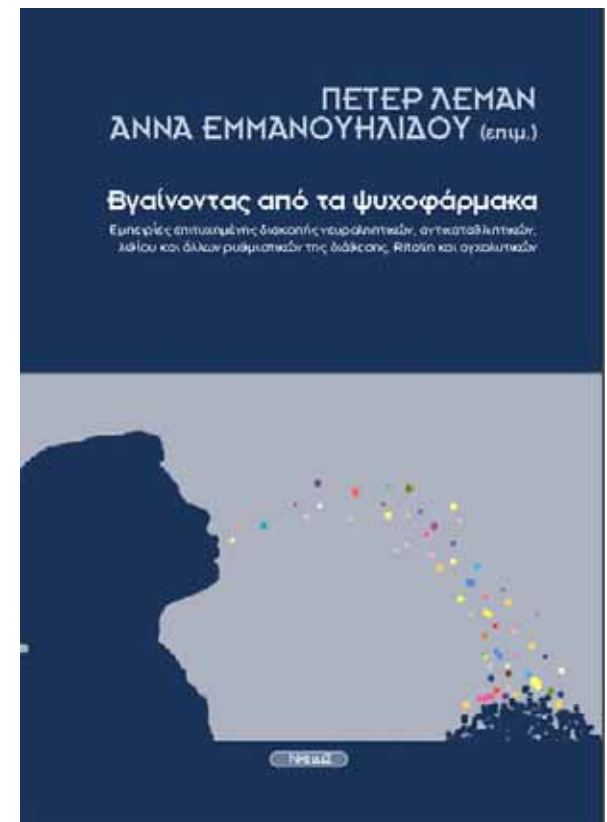
- Awareness about the dangerous and negative cost-benefit outcome
- Oppose recommendations and laws legitimating forced psychiatric treatment
- Spread knowledge about withdrawal problems
- Development of services for people to overcome dependence
- Early information about risks of injury and dependence



Political Consequences

- Compensation for disablement
- Development of methods, systems, services and institutions for acute, short term and long term help and support not depending on the use of synthetic psychiatric drugs at all.

Karl Bach Jensen: «Αποτοξίνωση – με κεφαλαία και με μικρά. Σχόλιο για μια κουλτούρα σεβασμού», στο: Πέτερ Λέμαν – Άννα Εμμανουηλίδου (επιμ.): «Βγαίνοντας από τα ψυχοφάρμακα – Εμπειρίες επιτυχημένης διακοπής νευροληπτικών, αντικαταθλιπτικών, λιθίου, καρβαμαζεπίνης και αγχολυτικών», Θεσσαλονίκης: Edition Nissides 2008, σ. 282-290



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