Peter Stastny & Peter Lehmann (Eds.)

Alternatives Beyond Psychiatry

Preface by Robert Whitaker

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The great book of alternatives to psychiatry around the world. (Ex-) users and survivors of psychiatry, therapists, psychiatrists, lawyers, social scientists and relatives report about their alternative work, their successes, their individual and collective experiences. The book highlights alternatives beyond psychiatry, current possibilities for self-help for individuals experiencing madness, and strategies toward implementing humane treatment.

- What helps me if I go mad? How can I find trustworthy help for a relative or a friend in need?
- How can I protect myself from coercive treatment? As a family member or friend, how can I help?
- What should I do if I can no longer bear to work in the mental health field?
- What are the alternatives to psychiatry, how can I get involved in creating alternatives?
- Assuming psychiatry would be abolished, what do you propose instead?

Those are some of the questions, which are addressed by the 61 authors from all continents.

Themes: Personal alternatives – Natural healing methods – Intervoice for voice-hearers – Jogging and arts instead of psychiatry – Unusual Belief Groups – Recovery and empowerment – Soteria – Runaway-house Berlin – Second Opinion Society – Trauma informed peer run crisis alternatives – The Crisis Hostel project in Ithaca – Sicilian way to anti-psychiatry – Windhorse – Hotel Magnus Stenbock – Psychotherapy instead of psychiatry – Open dialogues – Common-sense solutions for troubled children and teens – Alternatives for minorities and families – To be with people who suffer from dementia – Experiences of gay, straight and bisexual men – MindFreedom International – Enforcing legal rights – INTAR – The Personal Ombudsman in Skåne – PSYCHEX – Advanced directives – Organising, self-help and internet – MindFreedom Ghana – User led research – and much more.

Contributions by Volkmar Aderhold, Laurie Ahern, Birgitta Alakare, Karyn Baker, Wilma Boevink, Pat Bracken, Giuseppe Bucalo, Dorothea Buck-Zerchin, Sarah Carr, Tina Coldham, Bhargavi Davar, Jeanne Dumont, Sandra Escher, James B. (Jim) Gottstein, Chris Hansen, Michael Herrick, Guy Holmes, Andrew Hughes, Theodor Itten, Maths Jesperson, Hannelore Klafki, Bruce E. Levine, Harold Maio, Rufus May, Shery Mead, Kate Millett, Maryse Mitchell-Brody, David W. Oaks, Peter Rippmann, Marius Romme, Marc Rufer, Gisela Sartori, Jaakko Seikkula, Andy Smith, Chris Stevenson, Dan Taylor, Philip Thomas, Jan Wallcraft, David Webb, Salma Yasmeen, Laura Ziegler and many more.

➔ More about the book see www.peter-lehmann-publishing.com/books1/without.htm

About the editors

Peter Stastny (right), until 2009 Associate Professor of Psychiatry at the Albert Einstein College of Medicine in New York. Founding member of the International Network Toward Alternatives and Recovery (INTAR). More at www.peter-lehmann-publishing.com/ps Peter Lehmann (left), living in Berlin. In 2010, awarded with an Honorary Doctorate in acknowledgement of "exceptional scientific and humanitarian contribution to the rights of the people with psychiatric experience." More at www.peter-lehmann.de

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