

From the Editor

Dear Colleagues

Apologies for the reduced size of this edition of the newsletter. This was due to unforeseen circumstances. We are going to be back to our usual size for the next edition. Please send us your contributions by 21st September 2009.

Vasilli Magalios

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Joint one day ISPS UK and NWIDP Conference

Understanding the experience of people with psychosis

Applying NICE guidelines on using psychodynamic principles

Tuesday 29th September 2009

9.00 am to 4.45pm

Arbury Court, Warrington

A joint ISPS & Meriden Conference

Implementing NICE Guidelines for Family Interventions and Arts Therapies

18 November 2009 9.30am – 5.00pm

Novotel Hotel, Central Birmingham

2010 ISPS

Residential Conference

What's New in Recovery in Psychosis? Making choices, developing resilience and seeking resolution in complex environments

Tuesday 9th & Wednesday 10th March 2010

The Hayes Conference Centre in Swanwick, Derbyshire

Please put the dates in your diary now!!

For further information on any of these conferences please e-mail: admin@ispsuk.org

Letter from the Chair

By the time you read this the ISPS International Conference in Copenhagen will have happened and quite a few of us will have been - about 35 had registered from the UK by the beginning of June making us one of the largest national groups there. The anticipated turnout of between 400-500 is less than for the last international conference in Madrid, but good for the times we are in, and there is an excellent programme. This conference will also have seen the final outcome of the long awaited decision on the new full name for the society (see my page in the international Newsletter on the ISPS website for more details).

Following publication of the revised NICE Guideline on Schizophrenia ISPS UK is putting on two conferences on key issues raised by the Guideline. Our conference in Warrington on September 29, co-hosted with the NWIDP, is 'Understanding the experience of people with psychosis'. It builds on the recommendation in the Guideline that 'Healthcare professionals may consider using psychoanalytic and psychodynamic principles to help them understand the experiences of people

with schizophrenia and their interpersonal relationships.'

On November 18 we're co-hosting a conference in Birmingham with Meriden on 'Implementing NICE standards for Family Interventions and Arts Therapies.' We think these will be key issues in particular for commissioners faced with the recommendations for both these approaches and with little idea how to do it.

Further details are in this mailing - please pass the word around your network to all those who may be interested.

Our next two-day residential conference is also on the horizon - coming to an attractive conference centre near Nottingham on March 9-10, and co-hosted with the Nottingham based Institute of Mental Health. Plans are in the early stages but already we have an exciting line up of keynote speakers including Richard Warner from Colorado, Kam Bhui, Andrew Gumley, Mike Slade and (hopefully) Paul Gilbert. Plus some possible surprises.

Conferences don't happen



on their own. The energy behind these three respectively is being generated by Alison Summers, Grainne Fadden, and Dan Pearson. They have our members' great appreciation and our support.

As I mentioned in the last Newsletter, I will be standing down from the role of Chair at the next AGM after five exhilarating and rewarding years. The AGM takes place on September 29 at our conference in Warrington. This will also be when Brian Martindale, who founded the UK network of ISPS in 1997, steps down from the committee. It's a time of change and opportunity. As I write we are actively looking for members to stand for these positions. Nomination papers are included with this mailing, so please give some thought to who you would like to see on the ISPS UK committee.

David Kennard

ISPS Conference Report **Monica Meinrath**

A glance through the regular emails sent to me by the Institute of Group Analysis in February, threw up a real eye-catcher: The ISPS conference on Improving the Experience of Inpatient Care to be held on March 26th in London.

I had, in the previous couple of weeks, been charged with the task of setting up reflective practice groups for nursing staff on 2 of the acute inpatient wards within Surrey and Borders Mental Health Foundation Trust, where I work as a psychotherapist. Preliminary meetings with a

“He left us in no doubt about the challenges we face.”

senior manager responsible for inpatient care were being set up and I was hungry for inspiration. Within a couple of days I had joined the ISPS, sent off my application and persuaded my line manager, Dr Neelima Reddi, Consultant Psychiatrist in Psychotherapy, to join me.

We were not disappointed. The ORT House Conference Centre in Camden, North London is spacious and well-

appointed and the chance to exchange ideas with such a wide range of like-minded delegates, including ward managers, psychologists, service users, psychiatrists and OT's was both exciting and an enormous relief.

David Kennard provided the welcome and introduction, informing us that the conference took, as its starting point, the book 'Experiences of Mental Health Inpatient Care', of which he was an editor.

In the opening presentation, Consultant Psychiatrist, Lenny Fagin, set the scene by explaining the particular difficulties faced by inpatient settings in the current political climate that has placed such a great emphasis on Community Care.

Additionally, the government directive 'New Ways of Working', in which consultant psychiatrists are expected to work either exclusively on an outpatient basis within CMHTs, or with patients once they have been admitted onto a ward, has created significant problems of continuity of care. He left us in no doubt about the challenges we face.

The keynote speaker was Professor Dinesh Bhugra, President of the Royal College of Psychiatrists. His talk entitled 'Therapeutic Milieu on Inpatient Wards: Contexts and Challenges', reminded us of the age of the asylum, of Goffman's work on Total Institutions (1961) and of more recent research that continues to inform us of the loss of liberty, social isolation and stigma that can

be the lot of many of our patients that remain confined. He engendered some hope for the future by moving on to discuss a model proposed by Farquharson in 20004, in which good leadership, clear roles and a real understanding of the nature of authority could become the core of good practice. He presented a vision of improved physical ward environments, regular community and staff meetings and the development of proper channels whereby patients and carers can feed back to their Trust details of the treatment that they had received. We were heartened to learn of the Star Wards project which works with MH Trusts to enhance inpatients' daily experiences and treatment outcomes.

Geoff Brennan, Nurse Consultant for Psychosocial Interventions, provided a sobering and moving analysis of life on an inpatient ward, in which individuals who are in intense psychological pain are admitted into a ward environment that is often, itself, demoralized and overstretched. He reminded us that treatment is both painful to receive and to administer, that life is raw, and that "love is of the hard variety". He suggested further, that to reduce the pain we need to be prepared to fight for recognition and resources and to stop believing that every inpatient admission is a failure. He finished by making a heartfelt and direct, emotional connection to us by quoting the simple words of Basho, Japan's greatest haiku poet, who lived in the 17th century.

ISPS Conference Report continued

In these words he seemed to convey to us the respect that is due to the precious experience of each individual patient:

“come, see real flowers of this painful world.”

Marion Janner was unable to be with us, but Janey Antoniou, service user and mental health professional, stepped into the breach to provide a rich and lively account of the positives and negatives of life on a ward. She described a myriad of interactions that could

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engender feelings of powerlessness, such as having all your worries continually dismissed as being a part of your illness. She balanced this by outlining some more helpful aspects such as the availability of a quiet area, having clear rules and boundaries and the beginnings of psychological therapy on the ward.

After coffee, we divided into smaller groups for workshops, a chance to learn in some detail about innovative projects which may inspire us.

The first workshop I attended was a presentation of the work of Susan Grey, Consultant Clinical psychologist, supervisor of the PATHS project at the Maudsley. The PATHS project (Psychological Approaches Throughout Hospital Stay) used interventions with patients that were based on CBT principles, in order to help staff to develop their interviewing skills and make meaningful contact with patients using a collaborative, client-focussed approach. Three interventions were developed; an Admissions Account in which the patient is assisted in producing their own account of hospital admission, a weekly Activity Planning session and a Staying Well Plan. The presentation was full of rich details of the guidelines to practitioners and examples of patients' responses and provoked lively debate and questioning about the project's application and outcomes.

The second workshop I attended after the lunch break was on Wards as Therapeutic Communities. Weronika Kocikowska took us through a brief history of TC practice, TC structures and the importance of staff support and training.

Following this, Terry Saftis introduced us to the 10 new Standards of Practice devised by the Royal College of Psychiatrists' 'Community of Communities'. As an old TC

practitioner myself, I hope that such respectful and key values as 'The nature and quality of relationships are of primary importance' and 'All behaviour is understood as a form of communication,' will find their way back into our day to day work with patients, adapted sensitively, of course, to the demands and aims of particular therapeutic settings.

The final plenary session was chaired by Chris Holman, Clinical Director of The Retreat and Chair of the ATC, with contributions from the panel of Catherine Gamble, Kay Sheldon and William Travers. The delegates, who included many service users, carers and ward staff engaged in lively debate with the panel in an attempt to balance 'realism with idealism' in an environment that is challenging on so many levels.

That the speakers may have been 'preaching to the converted' did nothing to detract from the importance of the day, as ideas, hopes and anxieties were explored by colleagues from all parts of the country, with the aim of creating more humane and therapeutic environments for those experiencing inpatient care. Surely it is only the 'converted', and I count myself among them, that have a chance to move the process forward in their own Trusts. I am delighted to have stumbled across the details of this conference in my inbox, and even more pleased to have joined an organisation of like-minded colleagues from whom I know I can draw support in the future.

Book Review

Schizophrenia: The Positive Perspective (second edition) by Peter Chadwick. Published by Routledge (2009). 174pp. £21.99.

Those who came to the ISPS UK Bath conference in 2007 won't have forgotten the virtuoso opening address by Peter Chadwick, who explained psychosis (his own and others') as a 'concatenation of normal psychological processes' and lampooned the 'pathological blandness' or those who are 'no trouble to themselves or anybody else'. This lecture forms the basis of the opening chapter of the new edition his book, which sets out to present the positive aspects of psychosis, in particular what Chadwick calls the 'borderline realm' on the edge of psychosis, with its closeness to mystical and spiritual thought and experience.

To support his case Chadwick presents the biographies of three men who lead positive lives on the edge of psychosis - a 'street mystic' and comedian, a spiritual healer, and a transsexual. Personally I was not so convinced that their lives were all that positive. What I did find enlightening was Chadwick's description of his own experiences of 'getting into' and

'getting out of' psychosis. He shows very clearly how persistent experiences in childhood and youth of having one's value and 'right to exist' undermined can lead to an increasingly extreme and marginalized lifestyle where psychosis is not far away. But Chadwick challenges any pessimism about outcomes with the clever inversion, 'Where there's hope there's life'. He has found different therapies helpful at different times, including medication that 'helps to surf the stressful waves of life', and his proposal that CBT could and should be expanded to include existential questions is brilliant.

There are several other strands to this book: two chapters on the benefits and the risks of cannabis; an attack on the conventions of evidence-based treatments and the materialistic perspective that discounts

spiritual aspects of existence; philosophical argument about the nature of reality and whether hallucinations offer an intimation of the intrinsic meaning of external events.

Overall I found much to value in this book. The author's openness, compassion and tolerance shine through - he cautions fellow service users against becoming too vituperative when expressing their views on mental health services. I would certainly recommend this book to anyone looking for a thoughtful bridge between conventional and poetic views of madness.

David Kennard

**Please remember
that all ISPS UK
members get a
20% discount on
all books in the
ISPS series.**

Book Review

Therapeutic Communities for Psychosis

By John Gale, Alba Realpe and Enrico Perali Published by Routledge (2008)
296pp. r.r.p.£19.99 (ISPS members £16.99)

The book provides a rich and diverse range of views reflecting cultural and therapeutic integration of a number of perspectives which in itself makes the book a good resource for those interested in this area of mental health care. Organised in three parts totalling twenty three chapters the first part starts with the history and philosophical context of TC's. The first chapter helpfully concludes that the synthesis of being respectful, harnessing the healing power of everyday relationships and having calm and containing quality environments are the common threads across all TC's. Following this are chapters critiquing the theoretical underpinnings of therapeutic practice, including Bion and Lacan. It was these which I found to be the greatest challenge and which almost prevented me from reading further. Initial frustrations arose from my difficulties in understanding the sometimes dense and incomprehensible writing style which hampered my ability to fully grasp the meanings behind the insights proposed. This might reflect my CBT and PSI informed training bias but nevertheless if this book is to be used as a useful guide for those seeking to better understand therapeutic communities (TC's) and establish them as sensible alternatives then it needs to be accessible and written in a way which everyday practitioners can understand, and not just 'experts' with

psychoanalytically informed knowledge.

The second part of the book provides nine chapters outlining mini case studies of various clinical models and treatment settings which have successfully applied TC thinking and psychological perspectives to their practice. The chapters in this part of the book were informative and enlightening providing some useful insights into how to go about thinking about TC's in real world settings. There were a number of themes throughout each of these including: the need to provide space and time for recovery and relationships to develop; the need to recognise the isolating and lonely effects of psychosis and how relationships with therapists bridge the gap from the inner world of the person to the outer social realities within which they live; the need to pay attention to developmental histories and the persons past when formulating interventions and understanding present behaviours; and the importance of integrating psychosocial approaches with medication, work and other meaningful endeavours important to the person. Finally, that reflective practice, and having space to think about and learn from working and living in close proximity with others is an important part of the therapy process.

The third part of the book encompasses alternative therapies and extended applications of TC's including multi-family interventions in Italy, The Farm House in

Pakistan, drama therapy in Poland, and supported community living in Germany. Each of these examples offers unique and culturally specific examples of how TC's have been applied. They provide useful insights on the importance of understanding local settings and relationships, working with existing systems as well as with individuals, and how to provide complimentary alternatives to existing services.

The final chapter offers a critique of research and makes useful suggestions on how to progress the lack of evidence in this area. Utilising Community Housing and Therapy in London as a case study, the authors highlight the importance of generating practice based evidence to support ongoing developments. Overall, I found this book to be a worthwhile read and complimentary to earlier works on integrated psychological approaches. It is not a therapy manual and will not tell you how to set up a TC in a 'painting by numbers' style. However, the principles and values underpinning the TC approach in working with people experiencing psychosis are evident throughout and should be able to be applied in thoughtful and creative ways by those responsible for the provision of therapeutic residential environments.

Steve Trenchard
Director Clinical Services,
The Retreat, York.

Conferences

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9th July 2009 (1-00 to 4-30pm)

“Telling Stories: users exploring their experiences to inform recovery based services”

The Psychologists in Psychosis (PIP) Network in Scotland.

The event is to be held at the Southern General Hospital (Glasgow)

Contact Ian Mark Kevan or Ross White on 0141 630 4940

email: IanMark.Kevan@ggc.scot.nhs.uk or Ross.White@ggc.scot.nhs.uk

Mon 13th and Tues 14th July 9.30 -4.30

Understanding Voices and Working towards Recovery
A 2-day training workshop in Hebden Bridge, West Yorks,
with Rufus May and Tim Gibbons
For further details see www.rufusmay.com

Capita's National Conference

Improving Adult Mental Health Services
Promotion, Equality and Inclusion
Wednesday 15th July 2009 – Central London
www.capitaconferences.co.uk

FAMILY WORK IN EARLY PSYCHOSIS

Venue: The Beeches Management Centre

Selly Oak Road, Bournville , Birmingham, B30 1LS

Dates: 21st – 25th September 2009

Sam Farooq on 0121 678 2712 or e-mail sam.farooq@bsmhft.nhs.uk

Joint one day ISPS UK and NWIDP Conference

Understanding the experience of people with psychosis

Applying NICE guidelines on using psychodynamic principles

Tuesday 29th September 2009 9.00 am to 4.45pm

Arbury Court, Warrington For further details e-mail admin@ispsuk.org

Implementing NICE Guidelines for
Family Interventions and Arts Therapies

18 November 2009 9.30am – 5.00pm

Novotel Hotel, Central Birmingham

For further details e-mail admin@ispsuk.org

The 12th Annual Northern Ireland Group Psychotherapy Conference
20th and 21st August 2009, Wellington Park Hotel, Belfast.

‘Terror, Trauma and transformation – skilled group work at the edge’

For info email: info@thresholdservices.com or contacting Avril Hunter on 028 90871313

2010 ISPS Residential Conference

What's New in Recovery in Psychosis? Making choices, developing resilience
and seeking resolution in complex environments

Tuesday 9th and Wednesday 10th March 2010

At The Hayes Conference Centre in Swanwick, Derbyshire

Regional Networks & Contacts

London

Sheila Grandison - Sheilagkiwi@hotmail.com

West Midlands

Gráinne Fadden - grainne.fadden@bsmhft.nhs.uk

Northern (York)

Garry Brownbridge - gbrownbridge@theretreatyork.org.uk

North West

Alison Summers - Alison.summers@lancashire.nhs.uk

For the North West network the main activity at present is preparation for our conference on September 29th – see information in this newsletter. We hope that this will be of interest to people outside the North West too! One of the products of our last North West event was a psychosis case discussion group, which has been meeting every 2 months in Preston, Lancashire. This group continues to flourish, and provides professionals working with people with psychosis a space to reflect in depth on some of our work. We have places at present for another one or two participants. If you are interested in finding out more about this, or would like to be included on the mailing list for the North West network, please contact Alison.summers@lancashirecare.nhs.uk.

North East (Newcastle)

Richard Duggins - duggins@doctors.org.uk

The North East

3rd July, 9.30am at Claremont House, Newcastle upon Tyne: Dissociation study group. Please bring ideas, cases and papers to reflect on the relationship and difference between psychotic symptoms and dissociative ones.

3rd Sept, 11.00am at Claremont house: David Kennard, Chair of ISPS, to speak to the group: 'Ward based staff groups: Overcoming the obstacles'.

6th Nov, 9.30am at Claremont house: Debbie McCoy, Art Therapist, to present: 'Faces, distant places and holidays with god'.

Scotland

Alf Gillham - alf.gillham@ggc.scot.nhs.uk

A start-up Scottish network meeting will be taking place in July e-mail Alf Gillham for details

Contact names for special interest groups

Families

Dan Pearson - dan.pearson@leicspart.nhs.uk

Social Work

Trish Barry - trishbarry515@hotmail.com

Nurses

Keith Coupland - Keith.coupland@btinternet.com
Keith.coupland@glos.nhs.uk

Arts Therapies

Sheila Grandison sheilagkiwi@hotmail.com

General Psychiatry

Chris Burford - cburford@gn.apc.org

Networking ISPS UK email group

Don't forget that you do not need to wait until the next Newsletter if you have something to say or want to hear what others have on their minds! The ISPS UK email discussion group is alive and lively - and for all members with email access. If you are not signed on contact Chris Burford: cburford@gn.apc.org or our Administrator, admin@ispsuk.org

DEADLINE FOR NEXT NEWSLETTER: 21st September 2009