

## Report and reflections on ISPS 2000



In this newsletter you find several pages with pictures and reflections on the ISPS 2000 congress in June in Stavanger, Norway.

*To the left:*

*Queen Sonja of Norway is leaving the congress building together with Jan Olav Johannessen after she has opened the congress.*

### ISPS book published in co-operation with by Gaskell

The book *Psychosis: Psychological Approaches and their Effectiveness* is published by Gaskell (UK) in cooperation with ISPS. Editors are Brian Marindale, Anthony Bateman, Michael Crowe and Frank Margison.

Please find more information and order form on page 13.

### ISPS website updated

The ISPS website is updated regularly with news on activities in ISPS and in the field of psychological treatments of psychoses. Look on page 15 for more information on how to use the website, - and visit it yourself at [www.isps.org](http://www.isps.org).

You are encouraged to take an active part in the development of the website by submitting information, joining discussion groups and making the website known to others.

### Subjectivity and Treatment of Psychosis

This was the theme for the first Nordic ISPS workshop, arranged in Copenhagen. Read more about it on page 8.

ISPS encourages you to become a member of a local ISPS group by offering the benefits of ISPS membership through the membership in local groups. More on page 11.

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## Dear friends and colleagues

It is with deep respect that I thank the members of ISPS for electing me your new chairman of the International Society for the Psychological Treatments for Schizophrenia and other Psychoses.

The ISPS has gradually developed into an important organisation, with an important role to play internationally when it comes to providing decent treatments for people suffering from psychotic breakdown. In our time, at least in the western economy, time in itself has become maybe the most expensive element in the treatment of people with psychiatric disorders, as well as somatic disorders. The ISPS will continue to be a strong force in maintaining and developing effective psychological treatments, without being uni-dimensional or segregationistic in our approaches.

We lean on a proud tradition, and at the 13<sup>th</sup> International symposium for the psychological treatments of schizophrenia and other psychoses, the ISPS 2000 in Stavanger 5.-9. June 2000, doctors Benedetti and Siirala were active participants, and marked the connection back to the start of the ISPS in 1957. At the meeting in Stavanger more than 300 presentations demonstrated a broad range of interests in psychological and psychosocial treatment strategies, and it will be no secret to you that the new chairman takes a special interest and hope for the psychological treatments in relationship to stage specific or early intervention strategies. We think that we already have some indications that early intervention makes it more meaningful to provide psychological treatments, and that the patients can participate more actively and benefit to a greater degree than later in the illness development.

For the organisation ISPS, the most important challenge in the nearest future will be to build the organisation into a strong and influential force, in co-operation with international organisations such as WPA, WHO and other organisations building on a psychosocial platform. Here we will build on the work by the former

chairman, Johan Cullberg, who has done a tremendous job in this field, both for the patients and for us working within this area.

We will encourage the national chapters of the ISPS to organise national symposia, leading up to the next international symposium, the 14<sup>th</sup> international symposium, the 14<sup>th</sup> ISPS, in Melbourne 2003, where the main theme will be around the therapeutic relationship.

*Jan Olav Johannessen  
Chairman*

## From the ISPS 2000 and forward...

At the ISPS 2000 in Stavanger was an important event, where ISPS members and others met and shared their interest and experiences in psychological treatments of psychoses. Several pages in this newsletter is devoted to present some impressions and reflections from the congress. We need such international congresses where we can be inspired and where we can develop a worldwide network.

But we also need local networks to help each other keep psychological treatments of psychoses alive, to put such treatments methods into practice and to develop them further to the benefit of those who need it. One of the important steps taken during the ISPS 2000, was that several national or regional groups met to work on the development of local groups of ISPS. We encourage all members to take an active part in creating and developing such local networks and groups.

Another way to keep in touch between international congresses, is to use the ISPS newsletter and the ISPS website. The website is updated frequently as news become available on international and local activities of ISPS, and increasingly also on other information of interest to members. The newsletter is distributed two times a year and is reaching all members, including those that do not have access to the website. We encourage you all to visit the website regularly, and to use the website and the newsletter to share your experiences and information with others.

*Torleif Ruud, Editor*

## ISPS secretariat

The ISPS secretariat is a link between members and the executive committee, updates the website, prints and distributes the newsletter, keeps a database of ISPS members and local networks, and helps the society and the members with information and other services. Mail to the ISPS and the executive committee may be sent to the secretariat, who will forward it to the right persons.

The secretariat is hosted by the Centre for Psychotherapy and Psychosocial Rehabilitation of Psychoses (SEPREP), which is a non-commercial foundation and a network of clinicians and researchers promoting psychological treatment of psychoses in Norway.

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## ISPS honorary life time members

Yrjö Alanen, Finland  
Gaetano Benedetti, Switzerland  
Bryce Boyer, USA  
Stephen Fleck, USA  
Murray Jackson, UK  
Jarl Jørstad, Norway  
Theodore Lidz, USA  
Christian Müller, Switzerland  
Barbro Sandin, Sweden  
Helm Stierlin, Germany  
Lyman Wynne, USA

## Reports from The 13th International Symposium for the Psychological treatments of Schizophrenia and other psychoses

June 5 – 8, 2000 in Stavanger, Norway

When the ISPS 2000 was opened by Queen Sonja of Norway in the morning of June 5, most of the more than 700 participants from forty countries had found their seats in the plenary auditorium of the congress building.

The welcome reception was the night before in the Rogaland Art Museum, with music and access to the exhibitions, including those arranged in relation to the ISPS 2000. Several sessions during the congress also took place in the auditorium of the Rogaland Art Museum. A concert with a choir and a chamber orchestra was arranged in the Stavanger Cathedral on the first evening of the congress.

But there were also a blend of cultural events in the main congress program every day. Each plenary session started with a , including classical music, blues, dancing, or reading from a novel on the life of the Norwegian painter Lars Hertervig, a well known artist from Rogaland who suffered from psychosis.

One evening more than half of the participants had the unforgettable experience of a long boat trip on the fjords in the light summer evening of Norway, combined with delicious sea foods in a restaurant at the fjord.

The general assembly of ISPS met on June 7 in the lunch break, and the minutes from the meeting is on page 7 of this newsletter.

Several groups of participants from the same country or region met in separate rooms one afternoon to discuss formation and developments of local ISPS chapters or groups. This is an important issue related to the objectives of ISPS, and we hope to report from an increasing number of local groups in future newsletters.

Prof. Gaetano Benedetti, one of the pioneers starting the ISPS symposia in the 1950s, gave an honorary lecture and showed that he still can inspire his listeners. With the theme *Two faces of dreams in the psychotherapy of psychotic patients* he discussed how working with pairs of opposites in the patient is an important part of the psychotherapeutic process in psychosis.

Most participants of the ISPS 2000 seemed to be very pleased with both the professional and cultural contents of the congress. However, a criticism raised by many participants, was that the plenary sessions on the last day on integrated treatment, turned out to focus too much on schizophrenia seen as a biological illness and gave too little attention to psychological approaches.

The Swedish publishing company Natur och Kultur held a book launch where two new books on treatment of psychoses were presented. Brian Martindale and co-authors presented the book *Psychoses: Psychological Approaches and Their Effectiveness*, which is published by Gaskell in co-operation with ISPS (see page 13 for information and order form). Johan Cullberg, presented his book *Psykoser: Ett humanistiskt och biologiskt perspektiv* (Psychoses: A humanistic and biological

On pages 3-7 you can read reports and reflections from the ISPS 2000, as well as see some pictures. All photographs are by Courtenay Harding. You may submit your own reflections on the symposium to the website or to the next newsletter.

perspective, currently available in Swedish). ISPS thanks the publishing company Natur och Kultur for kindly including the ISPS book in their book launch.

The abstracts of all the presentations at ISPS 2000 is published in a supplementary issue of the journal *Acta Psychiatrica Scandinavica* (see page 12 for the complete reference). This means that the abstract book of ISPS 2000 also was distributed to 1 700 subscribers worldwide and is available in many institutions and libraries.

It is not possible in a short space to mention even a small portion of all the important issues that were addressed during the ISPS 2000, - or the approximately 350 presentations in plenary sessions, symposia, workshops, free paper sessions and poster sessions.

But on the following pages some of the speakers have described briefly their experiences and reflections from taking part in the ISPS 2000, - bringing back some memories to those who attended and giving a taste of the congress experience to those that could not participate.

In the next newsletter we may have more reflections on the state of psychological treatments of schizophrenia and other psychoses, as presented at the ISPS 2000 in June this year. Even when moving on after the congress, it may still be useful to spend some more time reflecting on the knowledge and experiences shared in the worldwide network of ISPS during a few intensive days in June.

*Torleif Ruud, Editor*



*Gerd Regna Bloch Thorsen in the welcome reception*

## Thoughts after the Stavanger conference and before Melbourne 2003

*By Johan Cullberg, Sweden*

Returning home after the Stavanger conference I just want to confirm what so many others have stated: This conference was a top manifestation of our Society but also of Norwegian hospitality and culture. A generous atmosphere - every day starting with a "morning prayer" including ballet, jazz music or theatre - providing the necessary oil in the machinery for this huge logistic and scientific endeavor. The relaxed attitudes of the conference chairman Jan Olav Johannessen and the vice chairman Gerd Ragna Bloch Thorsen symbolized this atmosphere.

Personally I was not able to freely choose among the many of the workshops and free papers, since as a board member I was assigned to chair many sessions. Thus I missed many of the other presentations, which according to the abstracts also seemed interesting. However I wish to mention one workshop, a dialogue between the psychotherapist Annbjörg Haran and her former patient Halvar, where Professor Tom Andersen from Tromsø and myself were also taking part. Halvar had suffered from a paranoid schizo-phrenia during several years, with dominating auditory hallucinations, anxiety, and ineffective neuroleptic treatment. Annbjörg, who has since been successfully treating many psychotic patients, approached Halvar with an amalgamation of a dynamic thinking and a cognitive method. In contrast to previous therapeutic efforts with Halvar, they developed a working alliance. Halvar could gradually take control over the voices and his different emotional problems could be dealt with. Today Halvar has no psychiatric diagnosis, he is a full time professional and he sometimes takes part in conferences like this to support Annbjörg. This kind of demonstration which to many proved moving and inspiring, is not less important than randomized studies to counteract the pessimistic attitudes, which often are prevailing about dynamic psychotherapy of psychoses.

To me this conference was the last in my capacity as chairman of the board of the ISPS. Our idea has been that the Society shall become an international umbrella for the different professional psychological treatments of psychosis. This will be achieved mainly through formation of national groups, a conference every three year, and reading and writing in our newsletter. Thus an arena will be created, where exchange about theoretical and practical thinking on the psychological treatments of psychosis takes place. If we are successful in this, I am convinced that it will have vast and positive consequences for the care of psychotic patients around the globe. It will make a practical implementation of today's knowledge necessary and it will provide an integration of a humanistic and a biological perspective without destructive reductionism. Whether this will prove possible, however, depends on how successful we will be in keeping alive our interests both to subjective, dynamic, and relational aspects of psychosis, and to cognitive, functional, and methodic aspects. Both sides are equally important for our patients

in a dialectic interplay. And both perspectives have tried to fight the other since decades. The success of our strivings however will be totally dependent on every member's local work - also in enrolling new members. The choice of the new chairman Jan Olav Johannessen will be a grant for the society's balancing on its difficult course.

I know that we may rely on the deep professionalism and the high standards of those arranging the Melbourne conference in 2003. They will provide a program which



*Wayne Fenton, Loren Mosher and Johan Cullberg*

pays tribute both to our concern with the psychotic person as an experiencing subject, and as a person whose mental capacities are disturbed in a way we yet know too little about. I look forward to the Melbourne conference and I wish the organizing committee good luck in their work. Besides, Australia is a fantastic continent for a visitor! So prepare for September 2003.



*Reidar Larsen playing and singing blues*

## A unique combination of scientific and clinical presentations

*By Frauke Schultze-Lutter, Germany*

Having participated in the ISPS this year for the first time, I was impressed by the extraordinary combination of scientific presentations, treatment reports and cultural events the organisers of the symposium managed to accomplish, which was highlighted by the beautiful surrounding and - in the true sense of the meaning - the long-lasting daylight.

Personally doing research on the early detection of schizophrenia, I enjoyed the opportunity to broaden my knowledge of the wide variety of psychotherapeutic approaches for psychoses and their accompanying problems that nowadays are available. The unique mixture of presentations of controlled treatment studies and personal experiences of psychotherapists gave a vivid picture of the psychotherapeutic and psychological work with persons with psychoses and their families and offered starting-points for fruitful discussions not only for therapists.

As for the early detection of psychoses and the intervention in their early stages, not only a thorough overview of the present state of the art was given and most of the leading researchers in this field of research from Australia, the United States, Canada and Europe were assembled but also a compelling basis for the discussion of conceptual and ethical questions was provided. Especially the symposium "Ethical issues in early intervention research on psychosis" with presentations from Dr. Markus Heinimaa from Turku, Finland, who has received a psychiatric as well as



*Svein Friis and T.K. Larsen*

philosophical education, and from Prof. Evert van Leeuwen from Amsterdam, the Netherlands, who is specialised in ethics in medicine, lay the foundation for a less emotion-driven, more objective discussion of the social and individual consequences of an early detection and intervention in psychoses and their often stated potential dangers like an early and possibly unnecessary stigmatisation of patients prior to the first psychotic episode - an assumption which, according to Prof. van Leeuwen, is not yet empirically proven or even studied.

In all, the symposium and its combination of scientific and clinical presentations very much emphasised the importance of a constant and critical exchange between researchers and clinicians of different specialisation to find the best possible and broadly acceptable way to treat, delay or even prevent mental illnesses that are of so much burden for the person affected, their families and society as psychoses.



*Discussions at the posters were an important part of sharing and exchanging views and experiences*

### The David Feinsilver award

The David Feinsilver Award was given to Zgantouri Konstantia from Greece in a session where she presented her paper *Toward a better understanding of hallucinations and delusions*. The award is given by the David Feinsilver Fund, and Davids widow Miriam and their son and daughter came from the USA to present the award and be present. David Feinsilver gave many significant contributions to psychological treatments of schizophrenia in his work at Chestnut Lodge, and also in ISPS as one of the founding members of the society, as chairman for the ISPS symposium in Washington in 1994 and as a member of the ISPS executive committee.

## A meeting of minds and dreams

By John Read, New Zealand

My overwhelming reaction to ISPS 2000, on a personal level, as I said goodbye to new friends, was a high of exhausted excitement. Through a fog of jet-lag, exacerbated by the short Norwegian nights, I had met some wonderful people and heard so many beautiful stories of our various attempts to connect to madness person to person. So a huge thank you to all of you who made this tremendous meeting of minds and dreams possible.



*Jay Neugenboren and Jan Olav Johannessen*

I felt really encouraged and supported by reactions to my own work demonstrating the link between childhood trauma and schizophrenia. So many folk said something like: “Yes I’ve always thought that was true from my own experience but over the years I’ve stopped raising it because of negative reactions” or “Thanks for providing the evidence for what I’ve always felt was right but could never convince my colleagues.”

My major criticism of the Symposium was the incongruity between the exciting and creative psychological work being presented in seminars and workshops and the depressing and inaccurate claims for a strong biological and genetic etiology of schizophrenia coming from the stage in some of the plenary sessions. That’s why I thought it important that someone challenge these old myths from the floor. What I tried to convey, on that Thursday morning, was the spirit of the conference as I experienced it from the presentations and conversations. If all the intellectual creativity and emotional commitment demonstrated by the presenters are ever to take a central role in the so-called “bio-psycho-social” model we must, unfortunately, challenge the current view, based largely on methodologically naïve and woefully biased research, that psychological and social factors are merely triggers or exacerbators of some underlying genetic/biological predisposition to madness. ‘Schizophrenics’ do have childhoods and what happens to us as children can, in it’s

own right, create the hypersensitivity to additional stressors later in life that can tip us over the edge into psychosis. Judging by the strong reaction to my comments in that plenary session I am far from alone in believing that to ignore or minimize the life events of our clients is bordering on the negligent.

One of the most poignant moments of the Symposium, for me, was being reminded, in a seminar by Loren Mosher, of the only genuinely drug vs. drug-free study ever undertaken – at Soteria House, and of the demonstrated (but ignored) benefits of human-based vs. chemical-based treatment. This contrasted starkly with mistaken assumptions from the stage such as “Of course it’s now a given that all psychological treatments must be underpinned by medication.” Thankyou Loren for still sparkling with your cynical optimism after all these years.

There were too many other inspiring contributions to mention individually. Perhaps one theme to be developed (at Melbourne ?) is how to achieve a greater integration between the various strands of our work - psychodynamic, cognitive, phenomenological, socio-cultural etc. (the last of these being largely unaddressed at this Symposium). I sometimes felt there were more language barriers around than those based on our 43 different nationalities. A greater understanding and valuing of our various psychological approaches and how they can fit together for the benefit of our clients seems a goal really worth striving for. As I once said to one of the leading figures in the invaluable advances with cognitive approaches – when he described the process of helping a client reattribute their voices from an external to an internal source, “That’s wonderful work. The client is now ready to begin therapy”.

Back in New Zealand now it is truly comforting to know that there are so many people ‘out there’ working away in your different ways trying to understand and stand under people whose lives have been so painful that they have withdrawn, temporarily, from the external world only to become lost in an internal chaos full of symbolic representations of the madness outside them that caused their ‘psychosis’ in the first place. It was a genuine honour and a pleasure to have been in Stavanger with you all. See you in Melbourne, if not before.



*Patrick McGorry invites to ISPS 2003 in Melbourne*

## Minutes from the ISPS general assembly, Stavanger, June 7, 2000

Approximately 70 members came to the general assembly held in the plenary room in the lunch break Wednesday June 7 during the congress ISPS 2000 in Stavanger. Johan Cullberg (chairman) welcomed the members to the general assembly and to the following issues:

1. Report from the executive committee: A report on the work of the executive committee from November 1997 to June 2000 was presented by Johan Cullberg (chairman) by using a overhead projector and commenting key issues. Much of this is found in the last newsletter. Brian Martindale (treasurer) showed an overview of the ISPS finances and commented on specific issues. Torleif Ruud (editor) described the development of the ISPS website. The report from the executive committee (including finances) was approved by the general assembly by acclamation.

2. Revision of the constitution: Two minor changes in the constitution were presented as necessary to have the ISPS registered as a private foundation in Norway. The executive committee also asked to be authorised to make any other additional minor changes that may be necessary for the same reason. The general assembly approved these changes by acclamation.

3. Election of new members of the executive committee: As Pier Maria Furlan was leaving the executive committee, there were two positions free (one was left free at the inaugural meeting in 1997). The nominating committee presented its nominations, which were to elect Franz Resch (who had been co-opted by the committee a year ago) and Ann-Louise Silver as new members of the executive committee. A member of ISPS asked why Pier Maria Furlan was leaving the committee, and Johan Cullberg told that this had been suggested by the nominating committee in order to make room for new members in the executive committee. Johan Cullberg also told the general assembly that he also had planned to leave the executive committee, but that he had been encouraged by the rest of the committee to continue for some time, and that he had accepted this. A member of ISPS asked the executive committee to increase the number of women on the committee as soon as possible. After these questions and comments, the general assembly by acclamation elected Franz Resch and Ann-Louise Silver as new members of the executive committee, and approved that Johan Cullberg, Courtenay Harding, Jan Olav Johannessen, Brian Martindale, Patrick McGorry and Torleif Ruud continue in the committee.

4. ISPS newsletter: Torleif Ruud (editor) gave a brief orientation on the newsletter, and informed that the spring issue had to be delayed until after the congress due to lack of material from other areas than US, UK and the Nordic countries. He encouraged members to contribute to the newsletter and the website.

### The new executive committee

Jan Olav Johannessen, Norway (chairman)  
 Johan Cullberg, Sweden  
 Courtenay Harding, USA  
 Brian Martindale, UK  
 Patrick McGorry, Australia  
 Franz Resch, Germany  
 Torleif Ruud, Norway  
 Ann-Louise Silver, USA

5. ISPS 2003 in Melbourne: Johan Cullberg informed the general assembly that the committee had asked Patrick McGorry and his co-workers to organise the ISPS 2003 in Melbourne, and that they had accepted. Patrick McGorry gave a brief orientation on this, and the general assembly approved by acclamation the choice of site for the next congress.

6. Report and discussion on local groups: Courtenay Harding gave an orientation on the current situation with two local groups in US, one in UK and one in Scandinavia. She showed an overhead of the guidelines for forming local groups as they are found in the newsletter and on the website, and informed that the ISPS executive committee and secretariat can give some assistance and information for those forming local groups. She encouraged people to join the meetings for the local groups later in the afternoon. Members in the general assembly representing local groups shared news and ideas. The Nordic group has a successful meeting in Copenhagen in 1999. The US groups will have a panel in the Institute of Psychiatric Services in October this year. The Washington chapter expressed the importance of supporting each other in this work and promoting it. In the US Joel Kanter had set up a successful and useful list serve for e-mail contact between members of ISPS, and a new local group is being formed in Philadelphia. The New York group encouraged other local groups to seek institutional sponsorship, as they have done. Some members wanted ISPS to seek representations in WHO and to be in contact with main psychiatry and drug companies to influence the developments in the future.

*Minutes by Torleif Ruud (secretary)*



## News from the ISPS networks

*This column is intended for report on activities in the ISPS groups and networks throughout the world. We encourage members to share events and developments for mutual inspiration, - networking between networks*

### **First Nordic ISPS-Workshop: Subjectivity and Treatment of Psychosis**

**October 30-31, 1999 in Copenhagen, Denmark**

#### **Introduction**

The theme of the ISPS-conference is "Subjectivity and Treatment of Psychosis" and the focus is on the "inside perspective", i.e. the experience of the psychotic person, the experience of psychosis seen from the professionals point of view and the psychotherapists experience in the treatment situation. Theories on phenomenology is central too.

The above standing paragraph was the official presentation of the workshop and *workshop* is precisely the right word for this dynamic arrangement. The interest has been great and 200 participants, mainly from Scandinavia, had found their way to Schaeffergaarden. This inter Nordic mix-up contributed to the good atmosphere and vital discussions.

All presentations had a high quality and the following discussions demonstrated clearly that it was a *working* conference, which was reflected in lively dialog between presenters and participant, and among participant. The workshop was characterised by an informal, dynamic and workgroup-like (Bion) atmosphere. Form and content supplied each other in a nice way.

#### **Phenomenology and the prodromal phase**

Josef Parnas made a concentrated presentation titled "Phenomenology, the Self and Schizophrenia". He demonstrated, that the phenomenological approach to schizophrenia and especially to the early phases of the disease, called the prodromal phase, can be of great value for early detection and intervention programmes. Historically schizophrenia has been termed "the disease of the self", which refers to fundamental disturbances in the self-consciousness, i.e. the experience of been an integrated person, the locus of thoughts and actions and the basic feeling of being alive. It is especially the passive

aspects of the self-consciousness, i.e. the feeling of "being me" (and not another), that time and experiences are streaming but coherent and that our senses are reliable, which are relevant here.

Parnas want us to understand, that young adults, which find themselves in at-risk states for developing schizophrenia, can rapport of fundamental changes in their view on them self, their experiences and their perceptions *long time before* they will show manifest symptoms associated to schizophrenia. The implication is, that clinicians engaged in early detection and intervention-programs must focus more on the experiential aspect and self-consciousness during examinations and diagnostic interviews, because it seems that the very early manifestation of the disease reflects discrete, but at the same time robust changes in the phenomenological dimensions.

Paul Møller presented the results from a Norwegian prodromal study, which supplied and exemplified the ideas that Josef Parnas had developed. Møller and Husby has interviewed forty young adult about their experiences during the prodromal phase and again it is confirmed, that the subjective changed set in long time before the psychotic manifestations. Møller termed this phase "the silenced phase", a very illustrative metaphor in that it reflects the discrete symptomatology, the tendency to withdrawal and finally because it is so hard for the young persons to verbalise and communicate their experiences to friends, relatives and professionals.

#### **Applied phenomenology**

Anne Stefenson has in collaboration with Johan Cullberg interviewed schizophrenic patients which has attempted to suicide. It is a epidemiologic and clinical survey, aimed at describing risk factors and factors which can prevent suicidal events. This study shows, among others, that suicidal behaviour among schizophrenic patients predispose for later suicide, that most of these suicide are among patients with a chronic development and that most of the suicides are committed in non-psychotic states.

Klaus Lehtinen talked about the experiences of psychotic patients and presented the ideas behind the Finnish psychosis treatment-model, known as "need-adapted treatment" (Alanen 1997), aimed at adapt the treatment to the specific needs of the patient and his family. Lethinen is inspired by Falloon's identification and intervention-study (Falloon et al. 1996), in which stress management and psychoeducation are central elements.

Finally Svein Haugsgjerd presented results and reflections from his work with schizophrenic and psychotic patients at Gaustad Hospital near Oslo. Haugsgjerd is known by Scandinavian clinicians from several inspiring books, all revolving around psychological treatment (psychotherapeutic and milieutherapeutic) of psychotic conditions (Haugsgjerd 1972, 1985, 1987; Haugsgjerd & Engelstad 1977). Among others Haugsgjerd discussed pro and cons for working psychoanalytic

with schizophrenic patients and one of his answers was, that we need help (i.e. theories) to understand the ambivalence that our patients are trapped in: on the one side they deeply need contact, but on the other side they are often (psychotic) anxious for their own needs.

This inspiring and dynamic workshop was the first organised by the Nordic local comité, *but* hopefully not the last and I'm sure that many will look forward to future ISPS-arrangements.

Jan Nielsen, Denmark

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## Local ISPS group in the Netherlands

Jan Leijten and other ISPS members in the Netherlands are working to establish a local group there.

In the next newsletter we hope to bring more information on this group and other local groups, - as well as addresses to contact persons for all local groups.

## Obituary: Henri Rey

The death of Henri Rey last winter has brought to an end an unusual career dedicated to the psychoanalytic understanding and treatment of psychotic patients within the hospital sector of British Psychiatry.

He was Consultant Psychiatrist at the Maudsley Hospital and Institute of Psychiatry from 1945 – 77. Born in Mauritius of French ancestry he worked as a sugar chemist before emigrating to England where he trained in Medicine, psychiatry and psychoanalysis.

In addition to making fundamental contributions to psychoanalysis Rey had a profound influence on a succession of young psychiatrists who trained under him during his 32 years at the Maudsley Hospital. There he was in some ways an anomaly in an institution which was essentially hostile to psychoanalytic ideas, but working at first in psychophysical research, then in the psychotherapy department he became an established, respected and influential figure. He strongly supported the work of the in-patient unit for psychotic patients where the 'need-adapted' principles of Alanen and his group and other Scandinavian workers had long been pursued.

Profoundly influenced by the work of Melanie Klein, he contributed significantly to the understanding of the psychological sources of human destructiveness, and of the acquisition of the capacity for reparation, gratitude and forgiveness.

His enthusiasm, his willingness to challenge conventional dogmas, his humour, his evident intelligence and his uncompromising efforts to understand the deepest workings of the human mind inspired many young psychiatrists and aroused in some of them a personal interest in psychoanalysis and its applications to psychiatry.

Rey's psychoanalytic ideas are not as well known as they should be and his major work, *Universals of Psychoanalysis in the treatment of psychotic and borderline states* was not published until 1994 and has yet to be fully assimilated by psychiatrists and psychoanalysts.

Rey's clinical observations convinced him that many patients are unconsciously entrapped in an attitude of undying grievance, resentment, desire for revenge and withdrawal into negativity. The perpetuation of such attitudes may cripple the personality and prevent the possibility of emotional growth which might eventually lead to the sense of forgiveness, both of the self and of the offenders.

His dedication to the psychoanalytic psychotherapy, individual and group, of psychotic patients continues to offer an inspiring model in these times when the recognition of the importance of internal object relations and unconscious mental processes in psychosis is becoming rare in many quarters.

Murray Jackson, United Kingdom

## US chapter of ISPS

The US chapter of ISPS is having its Second Annual Meeting on October 7, 2000. The meeting is in The Washington School of Psychiatry in Washington D.C., and it is in memory of L. Bryce Boyer, who has been active in the ISPS symposia and has been an honorary member of ISPS. The program is on reflections of history of asylums, psychotherapy and psychoanalysis in the U.S., current challenges in providing psychological and psychosocial treatment to persons with schizophrenia, reflections on the PORT project, and a meta-analytic review on the benefits of individual psychotherapy for schizophrenic patients. Speakers are Christine Lynn, Wayne Fenton, Ann-Louise Silver, Betty Oakes, Sue von Baeyer, Anthony Lehman, Bonnie Oppenheimer, Wilfried ver Eecke and William Gottdiener. Information can be obtained from Christine W. Lynn, Phone (202) 362-4852 or L699@erols.com.

The US chapter has published several newsletters, and these are now made available under Local groups on the ISPS website [www.isps.org](http://www.isps.org). You may read, print and download the newsletters using Acrobat Reader.

*Ann-Louise Silver, USA*

*(Short version by Torleif Ruud, Editor)*

## UK chapter of ISPS

### Conference announcement

The UK chapter of ISPS will arrange a conference at Reading University September 13-14 2001. The theme of the conference will be The therapeutic relationship in individuals and families affected by psychosis.

For further information contact Bell Howe conferences at the e-mail address [isps@bellhowecon.demon.co.uk](mailto:isps@bellhowecon.demon.co.uk)



**We do research in Schizophrenia**

## Guidelines for the formation of national / regional / local ISPS networks

As an international society, ISPS makes membership available through national, regional and local networks (groups).

ISPS encourages and supports formation of such groups and networks and will keep the organisation of networks as bureaucratically light as possible.

Each group or network may decide its geographical and/or professional boundary (see note at the bottom of this page).

ISPS networks contribute 20 % of their annual total dues to ISPS, with the minimum amount of £2 per member of the network.

Contact ISPS secretariat if you have any questions concerning forming a local group or network. An information package is available for those who want to form local groups or networks, and the ISPS secretariat may give you information on local groups and members in your area.

### The conditions of being a member network of ISPS

1. **The primary aim of the network** must be the promotion/development of psychological therapies for persons vulnerable to psychotic disorders.
2. **The network pays the ISPS network fees.** Membership of the international ISPS and its benefits will only be available through networks that pay the expected contribution to ISPS for its members. These network fees to ISPS will be kept to the absolute minimum to allow for a maximum growth potential of local networks.
3. **The network keeps a reliable, up to date membership list and sends this to ISPS.** For communication and ratification of membership purposes, it is required that each network has a reliable and regularly updated list of members with each member's address, telephone, fax and as far as possible e-mail address. A named person in each network must have the responsibility for the membership address list and for regularly sending updates of this list to the ISPS secretariat (with an easy way of notifying the secretariat of additions and deletions). The ISPS secretariat will make available different formats of data files as a common way of recording and submitting this information.
4. **The constitution of the ISPS is accepted.** The constitution is available from the ISPS secretariat and on the ISPS web site.

#### Members of local/national ISPS groups or networks will

- receive the ISPS newsletters through the network twice a year
- be entitled to reduced fees at ISPS international conferences
- be able to be involved in other activities of the ISPS as these develop

Organisations other than ISPS networks are welcome to affiliate to ISPS for an affiliate fee of £100 per year or £250 for three years. The organisation will receive ten copies of the newsletters and is encouraged to make ISPS events known to their members. Please contact the ISPS secretariat for further information.

In addition to ISPS membership through such national/regional/local networks, there is also individual membership available in the international society (see the last page of the newsletter).

#### Notes:

*In some areas it might make sense to have a national network or a network covering several small nations or those with a common language if meetings or other forms of dialogue were realistically able to happen. Large networks might have local subgroups. In other areas, a city or county or region within a country may want to form its own network with direct membership of ISPS.*

*Some networks form to promote skills or knowledge etc in one particular therapeutic modality eg cognitive therapy, the application of psychoanalytic understandings to psychosis, family interventions, arts therapies. Networks of users (clients, patients, consumers) and family members may wish to join. Other networks may want to aim to bring together different therapeutic modalities - as well as user movements and administrators.*

## Book review



### **The recognition and management of early psychosis - A preventive approach.**

Edited by Patrick D. McGorry and Henry J. Jackson. University Press, Cambridge 1999. 495 pages

The EPPIC team in Melbourne, based around Professors Pat McGorry and Henry Jackson is widely looked upon as world leading regarding theorizing and practical work around early intervention and first episode psychosis. Therefore it is an important event when they publish a book which summarizes and concludes their and other researcher's experiences up to now.

The book is structured around a primary and secondary preventive framework. It starts describing the early onset and detection of psychosis where the concept of "at-risk-state" is logically introduced in stead of "prodromal state". Treating this stage could potentially help to prevent or attenuate the onset of full-blown psychosis. The full evidence is not yet there but the early experiences are favorable. The risk of delay of treatment is discussed in a nuanced way. The period between one and six months is looked upon as critical after which there is some evidence that the psychosis is more difficult to treat. The alternate theory is not discussed, namely that many of those psychotic patients, which are treated late, had shown less alarming early symptoms. Do they belong to another subtype, with a well-known lower response to treatment and worse outcome?

Of course the way of organizing, detection and treatment of early psychosis may be solved in different ways depending on local prerequisites. However the unit must have a good cooperation with those care agencies which meet

adolescents and one must be able to offer adequate contact and treatment facilities both for those who are at risk and for those who are psychotic.

The absence of any specific biological markers for psychosis is evident as follows from the extensive review of the biomedical research frontier. This absence is not too surprising since the psychosis is a phenomenological concept. The expectation find an exact biological "translation" of the phenomenon of psychosis, or even of schizophrenia, is perhaps illusive. This inability is intriguing since almost all psychosis research is done in a biological frame of reference. This book is an exception to that.

The main part of the book deals with the assessment and management of the treatment of early psychosis. Here the reader is impressed by the broad range of research based individual and family work, and the structured psychological treatments of a cognitive-dynamic direction. The careful low dose strategies for neuroleptic treatments, supported with an intensive treatment of affective components are noteworthy. The authors seem to regard neuroleptics as an obligatory treatment. There is, however, in my experience an important fraction of first episode psychotic patients who do better without such medication provided they are provided with an optimal milieu, and psychological support.

The chapters on how to apply psychotherapy and family work are excellent, and about the best one can read on the topic today. It is a pragmatic amalgamation of self-psychological theory and cognitive working methods, which will fertilize our psychotherapy discussion in the ISPS. The EPPIC system has been extremely important for the dissemination of a humanistic and still medically informed model for working with this group of patients.

This book is very rich – sometimes a little too rich. Since there are many contributors, the overlappings and the many reiterations of references are sometimes disturbing to the reader. However, the editors have been concerned to make the book as

evidence based as possible. Such an ambition must be praised in these days when the power to define what is evidence based treatment is so heavily exerted by the interests of the pharmaceutical industries. I hope that this book will read and discussed in every psychiatric clinic of the world. That would make a major contribution to the necessary change of the care of psychotic patients.

*Johan Cullberg, Sweden*

### **Review of ISPS book in the next newsletter**

In the next issue of the newsletter you will find a review of *Psychosis: Psychological Approaches and their Effectiveness*, - published by Gaskell (UK) in cooperation with ISPS.

Please find information and order form on the next page.

### **Reference to the ISPS 2000 abstract book**

Abstract book 13th International Symposium for the Psychological Treatment of Schizophrenia and other Psychoses. ISPS 2000, Stavanger 5-9 June 2000. Acta Psychiatrica Scandinavica. Supplementum No.404. Vol.102. ISBN 87-16-16411-3

## Psychosis: Psychological Approaches and their Effectiveness Putting Psychotherapies at the Centre of Treatment

Edited by Brian Martindale, Anthony Bateman, Michael Crowe & Frank Margison

This is a most timely book as there is increasing recognition by both professionals and users (and also service planners) that psychological approaches for people with psychotic conditions can be effective, and indeed, are often much sought after by users and their families. However, these were rarely considered and often disparaged in the ascendancy of the 'decade of the brain'. The book updates psychiatrists, psychologists and nurses in a range of psychological therapies that should be available in every modern mental health service. It both outlines the approaches and provides or reviews evidence for their effectiveness.

The authors are selected expert clinicians and researchers from around the globe who describe in clear language the differing contexts, aims and methods of the psychological treatment interventions and evidence for their effectiveness.

There is a wide-ranging introduction then a section based on cognitive approaches, then another on family, group and psychosocial approaches, followed by a psychoanalytic approach. The penultimate section describes the integration of a range of these approaches used in early interventions, designed to improve the chances of full recovery in the community and minimise chronic disability. The authors of this section are Scandinavian where these approaches are increasingly widely practiced. Finally, there is a comprehensive overview from Australia that gives an encouraging vision of modern mental health services for those vulnerable to severe mental disturbance and also valuable pointers to further research likely to be fruitful.

**Gaskell, London 2000, Paperback, £25.00, ISBN 1 901242 49 8**

### Foreword John Cox Preface

**1 Introduction** *Brian V. Martindale, Frank Margison, Anthony Bateman and Michael Crowe*

### Cognitive approaches

2 Cognitive-behavioural therapy for people with psychosis  
*Philippa A. Garety, David Fowler and Elizabeth Kuipers*

3. Compliance therapy: a collaborative approach to psychiatric medication  
*Peter Hayward, Roisin Kemp and Anthony David*

### Family, group & psychosocial approaches

4 Psychoeducational multi-family groups: adaptations and outcomes  
*William R. McFarlane*

5 Bringing into clinical practice skills shown to be effective in research settings: a follow-up of the 'Thorn' training in psychosocial family interventions for psychosis

*Ian Baguley, Anthony Butterworth, Kieran Fahy, Gillian Haddock, Stuart Lancashire and Nick Tarrier*

6 Group therapy and schizophrenia: an integrative model  
*Nick Kanas*

7 Preventing relapse and re-admission in psychosis: using patients' subjective experience in designing clinical interventions

*Larry Davidson, David A. Stayner, Matthew J. Chinman, Stacey Lambert and William H. Sledge*

8 Crisis residential care for patients with serious mental illness  
*Wayne S. Fenton and Loren R. Mosher*

### Individual psychoanalytic psychotherapy

9 Patients with psychosis, psychotherapy and reorganisation of the self: one model of individual therapy. Description and pilot study  
*Roberta Siani and Orazio Siciliani*

### Early interventions using need-adapted psychological treatment models

#### Sweden

10 Integrating intensive psychosocial and low-dose medical treatments for all patients with first episode psychosis compared with 'treatment as usual': a three-year follow-up  
*Johan Cullberg, Greta Thoren, Sonja Abb, Agnes Mesterton and Bodil Svedberg*

#### Norway

11 Early intervention in psychosis: the TIPS-project, a multi-centre study in Scandinavia  
*Jan Olav Johannessen, Tor K. Larsen, Thomas McGlashan and Per Vaglum*

#### Finland

12 The Finnish integrated model for early treatment of schizophrenia and related psychosis  
*Yrjo O. Alanen, Ville Lehtinen, Klaus Lehtinen, Jukka Aaltonen and Viljo Rakkolainen*

#### Australia

13 Psychotherapy and recovery in early psychosis: a core clinical and research challenge  
*Patrick McGorry*

To order copies, return the form below (with payment) to: Book Sales, Royal College of Psychiatrists, 17 Belgrave Square, London SW1X 8PG, United Kingdom. Telephone +44 (0) 20 7235 2351, extension 146. Fax +44 (0) 20 7245 1231. Credit card orders can be taken over the telephone.

Please send me ____ copies of Psychosis: Psychological Approaches and their Effectiveness, at £ 25.00 each. Total £ _____	Name
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( ) I require air mail delivery at the additional cost of £ 4.	Expiry date
Cheques (sterling only) should be made payable to the Royal College of Psychiatrists	Date and signature

## Top 20

### Suggested list of Top 20 papers on the psychological treatments of the schizophrenias and other psychoses

For the clinician interested in psychological treatments of schizophrenias and other psychoses, it may be difficult to discover new papers, easy to forget good earlier papers published earlier, and important to find out which papers that may be most useful.

The Top 20 list below has been contributed by Chief Psychiatrist Jan Olav Johannessen, psychiatrist Eivind Haga and Medical Director Gerd Ragna Bloch Thorsen at Rogaland Psychiatric Hospital, Stavanger, Norway. It is their present list of papers that they give to professionals training in psychological treatment of psychoses. Not all the papers have been published in international journals.

ISPS members is challenged to comment on the list from Stavanger, and to present their own list or changes in the list below. Perhaps we later would be able to put together a joint list of recommended papers on psychological treatments of the schizophrenias and other psychoses. You may contribute by sending messages by e-mail to [isps@isps.org](mailto:isps@isps.org) or by post or fax (address and fax number on page 2).

1. Wayne S. Fenton and Thomas McGlashan: We can talk: Individual Psychotherapy for Schizophrenia . Am J Psychiatry 154:11, November 1997
2. Veikko Tähkä: Psychotherapy as phase-specific interaction: Towards a general psychoanalytic theory of psychotherapy Scand. Psychoanal. Rev. (1979) 2, 113
3. Frieda Fromm-Reichmann: The academic lecture – Psychotherapy of schizophrenia Am J Psychiatry 111: 410, 1954
4. Susan M. Hingely: Psychodynamic perspectives on psychosis and psychotherapy I: Theory. British Journal of Medical Psychology (1997), 70, 301-312
5. Susan M. Hingely: Psychodynamic perspectives on psychosis and psychotherapy II: Practice. British Journal of Medical Psychology (1997), 70, 313-324
6. Silvano Arieti: Psychotherapy of Schizophrenia: New or Revised Procedures. American Journal of Psychotherapy, Vol. XXXIV, No. 4, October 1980
7. Yrjö O. Alanen: Vulnerability to Schizophrenia and Psychotherapeutic Treatment of Schizophrenic Patients: Towards an Integrated View. Psychiatry, Vol. 60, Summer 1997
8. Alberta B. Szalita-Pemow: The “intuitive process” and its relation to work with schizophrenics. Journ. of American Psychoanal. Ass. 1955, vol 3, no 1
9. Ralph R. Greenson and Milton Wexler: The non-transference relationship in the psychoanalytic situation. Professional Psychology: Research and Practice 1997, Vol. 28, No 5, 448-456
10. John Read: Child Abuse and Psychosis: A Literature Review and Implications for Professional Practice. Professional Psychology: Research and Practice 1997, Vol. 28, No 5, 448-456
11. Thomas McGlashan: Long-term psychotherapy with schizophrenia. American Psychiatric Association, 1988. Paper read at Schizophrenia Days, Stavanger, Norway, 1989
12. Christopher Bollas: Expressive use of countertransference; notes to the patient from oneself. Contemporary psychoanalysis, Vol. 19, No 1 (1983)
13. Luc Ciompi: The concept of affect-logic: an integrated psycho-socio-biological approach to the understanding and treatment of schizophrenia and related disorders. Psychiatry, Vol. 60, Summer 1997
14. Ian R. H. Falloon: Early intervention in first episode schizophrenia – a preliminary study. Psychiatry, Vol 55, February 1992
15. Hogarty GE, Kornblith SJ, Greenwald D, DiBarry AL, Cooley S, Ulrich RF, Carter M, Flesher S. Three-year trials of personal therapy among schizophrenic patients living with or independent of family, I: Description of study and effects on relapse rates. Am J Psychiatry 1997 Nov;154(11):1504-13
16. G. Benedetti: Basic features in the relationship between therapist and patient. “Klinische Psychotherapie”, G. Bendetti, Huber, Bern, 1964
17. Sandor Ferenczi: The confusion of tongues between adults and the child. In “ Final contributions to the problems and methods of psychoanalysis” (1933). London, Karnac, 156-167
18. TK Larsen and Stein Opjordsmoen: Early identification and treatment of schizophrenia; conceptual and ethical considerations. Psychiatry, 1996; 59: 37-380
19. Karon Bertram P and VandenBos Gary: Psychotherapy of Schizophrenia: The Treatment of Choice. Jason Aronson, Inc 1981.
20. Burnham Donald L: Separation anxiety. A A factor in the objectrelationship of patients with schizophrenia. Arch Gen Psychiatry 13:346-358, 1965

## What you find on the ISPS website . . . . .

ISPS	<b>ISPS</b>	Literature
Newsletter	- the constitution of ISPS	- information on new books
Local groups	- the objectives of ISPS	- book reviews
News and events	- addresses to the executive committee	- lists of papers and books
Literature	<b>Newsletter</b>	<b>Research</b>
Research	- read, download and print the newsletters using Adobe Acrobat Reader	- information on research and present studies
Discussion groups	<b>Local groups</b>	<b>Discussion groups</b>
Membership	- information on local ISPS chapters and groups	- delayed start due to technical problems
Other websites	- any local newsletters made available through ISPS	- will start during the last months of 2000
	- news on local meetings and other events	<b>Membership</b>
	<b>News and events</b>	- information on membership
	- news and information on ISPS congresses and other events	- membership form to fill in and submit
		<b>Other websites</b>
		- links to other useful sites related to the objectives of ISPS

**Visit the website at**  
[www.isps.org](http://www.isps.org)

**Submit information to be published at the website by**  
- sending it to ISPS on a diskett  
- sending it as e-mail to [isps@isps.org](mailto:isps@isps.org)

## How you may contribute to the website . . . . .

**You can contribute to the development and the usefulness of the website by**

- sending information to be posted on the website
- participate in discussion groups
- suggest improvements
- tell others about the website
- suggesting links to other useful websites
- suggest that other websites make links to the ISPS website

## Visitors of the ISPS website

Statistics for the spring 2000 showed that there were

- more than two hundred persons visited the website during a month
- they spent on average three minutes on the ISPS website
- they visited on average seven different pages on the website
- many visited the website more than once during a month

Americans were the largest group of visitors, followed by Japan and several European countries.

**What is your contribution to the next newsletter?**

- your experience and reflections on ISPS 2000 ?
- your local ISPS group and its activities ?
- meetings, congresses or workshops ?
- new approaches in psychological treatments of psychoses ?
- research that you are involved in ?
- questions that you would like to discuss ?

Please send material to ISPS within November 20, 2000

**How to become a ISPS member and enjoy membership rights**

**Different ways to become a member of ISPS**

You may become a member of ISPS as a member of a local or national ISPS group or network. Members of such groups will receive the ISPS newsletter through their group and have reduced fees on ISPS congresses. ISPS encourage and support members to form local groups (see page 9).

You may also join ISPS as an individual member using the form to the left. The fee is NOK 250 (appr. £20) per year or NOK 625 (appr. £50) for three years. As a member you will receive the ISPS newsletter and have reduced fees on international ISPS congresses.

<b>Application form for individual membership in ISPS</b>	
Send or fax to:	ISPS c/o SEPREP Jernbanetorget 4A N-0154 Oslo, Norway
	Fax no. +47 2310 3779
Name	Membership: <input type="checkbox"/> New <input type="checkbox"/> Renewal
Street/address	Title: <input type="checkbox"/> Mr <input type="checkbox"/> Dr (med) <input type="checkbox"/> Prof <input type="checkbox"/> Ms <input type="checkbox"/> Dr (PhD)
City/town	Profession: <input type="checkbox"/> Medical doctor <input type="checkbox"/> Psychiatrist <input type="checkbox"/> Psychologist <input type="checkbox"/> Nurse <input type="checkbox"/> Social worker <input type="checkbox"/> Arts therapist <input type="checkbox"/> Student in:
Postal code	<input type="checkbox"/> Member of user org.:
Country	<input type="checkbox"/> Other:
Telephone	Are you a psychotherapist in your country? <input type="checkbox"/> Yes <input type="checkbox"/> No
Fax	If yes, please tick up to three orientations: <input type="checkbox"/> Psychoanalytic <input type="checkbox"/> Systemtic <input type="checkbox"/> Cognitive <input type="checkbox"/> Group <input type="checkbox"/> Integrative <input type="checkbox"/> Family <input type="checkbox"/> Milieu <input type="checkbox"/> Other:
E-mail	
Payment by credit card: <input type="checkbox"/> VISA <input type="checkbox"/> Am. Express <input type="checkbox"/> Master Card <input type="checkbox"/> Dibers Club Card no: Exp /	Place of work: <input type="checkbox"/> Private practice only <input type="checkbox"/> Institution / organisation: <input type="checkbox"/> Retired from: <input type="checkbox"/> Other:
<input type="checkbox"/> Payment by enclosed check	Membership for: <input type="checkbox"/> One year (NOK 250) <input type="checkbox"/> Three years (NOK 625)
Date (dd/mm/yy): Signature:	