

# ISPS Newsletter

Volume 6 #2

November 2017

## Dear members and friends of ISPS

First of all, on behalf of all participants in Liverpool, I want to express my warmest thanks to the Liverpool organizing committee, with Alison, Rai and all others at the forefront, for giving us "an experience for life". Thank you. It was a week with the best mixture of people with different experience and background; users, relatives, psychologists, nurses, occupational therapists, researchers of different kinds, doctors, psychiatrists, poets, painters, musicians, patients, singers, voice-hearers etc. What a wonderful mixture!

We had plenary lectures and a variety of important symposia, workshops, posters, debates, all focusing on how to help, how to be of use, either as a friend, a colleague, a therapist or a family member.

I really think that this conference, and the work you all put into ISPS around the world, slowly but steadily, contributes to change. Change in the direction of more psychosocially oriented approaches to and for people suffering from psychotic disorders. The valuable contributions from people with lived experience brings new hope to all of us.

For me personally, it was a very exciting experience to visit Liverpool for the first time (but not the last...) and the social events were, as always, invaluable.

So I am sure we all got back from Liverpool with new energy, with new inspiration.

I will also use this opportunity to thank the outgoing EC members, John Read, Klaus Lethinen and Ingo Lambrecht for their contributions, for the many years of work they have given to ISPS. I am sure they will continue to support ISPS also in the future. And I welcome the three new members of the EC: Ludi van Bouwel from Belgium, Melissa Connell from Australia and Michael Garrett from the USA.

And we all should thank Antonia Svensson for her ongoing work and enthusiasm, contributing to bring ISPS forward, towards our goals.

We are now starting to plan the activities of the new EC for the coming two-year period, and hopefully we will present a new action-plan to the membership early next year. The EC will continue to have regular monthly meetings via the internet, but will also have a meeting in-person in January next year.

We are, of course, very much looking forward to the "Stranger In The City" conference in Rotterdam, 28 August-1 September 2019. I think the ISPS-Netherlands has chosen a very

exciting theme for our next conference, and I hope that each and every one of our members can start spreading the word already now, about this important event. Looking forward to seeing you in Rotterdam.

Best wishes

Jan Olav Johannessen

ISPS Chair



## **ISPS Executive Committee 2017-2019**

The ISPS EC is composed of eight members who are elected by ballot, by the ISPS membership, at least once every three years. The current chairperson is Jan Olav Johannessen. The EC is made up of people with a wide range of interests and experience, all of whom donate their time voluntarily, and all of whom are highly committed to the common aim of advancing education, training and knowledge of mental health professionals in the treatment and prevention of psychotiental disorders for the public benefit.

Here is a little background information about us...



**Jan Olav Johannessen**

**- Chief Psychiatrist**

Jan Olav Johannessen is Professor of Psychiatry at the Faculty of Social sciences at University of Stavanger, Norway. He is chief psychiatrist at the Division of Psychiatry, Stavanger Universtity Hospital. Jan Olav is the current chair of the ISPS Executive Committee and past chair of the ISPS Norway Executive Committee.



**Ludi Van Bouwel**  
*- Psychiatrist and Psychotherapist*

Ludi Van Bouwel has been a psychiatrist and psychotherapist since 1987. She is the head psychiatrist for an inpatient ward for young adults with psychosis at the University Psychiatric Hospital of the Catholic University of Leuven, Belgium. Ludi joined the ISPS Executive Committee in September 2017.



**Melissa Connell**  
*- Clinical Psychologist*

Melissa Connell is a clinical psychologist working in the area of psychosis research in young people. She also works in private practice and as a senior psychologist on the Early Psychosis team at a public mental health service in Brisbane, Australia. Melissa is also a founding member and chair of ISPS Australia. She joined the ISPS Executive Committee in September 2017.



**Michael Garrett**

*- Psychiatrist and Psychoanalyst*

Michael Garrett is a psychiatrist and psychoanalyst with a long-standing interest in the psychotherapy of psychosis. He is Clinical Professor of Psychiatry and Director of Psychotherapy Training at SUNY Downstate Medical Center in Brooklyn, NY. Michael joined the ISPS Executive Committee in September 2017.



**Julie Kipp**

*- Clinical Social Worker*

Julie Kipp is a Clinical Social Worker/Therapist from the USA who works with people who have been given challenging diagnoses including psychotic disorders. She co-chaired the ISPS 2015 congress in New York. Julie joined the ISPS Executive Committee in March 2015.



**Debra Lampshire**

*- Experience-based Expert*

Debra Lampshire is an experience-based expert at the University of Auckland and project manager for Auckland District Health Board in New Zealand. Debra is the current chairperson of ISPS-NZ and joined the ISPS Executive Committee in May 2012.



### **Margreet de Pater**

*- Family Therapist*

Margreet de Pater specialises in work with families. She has recently retired. As a member of the Executive Committee (2006-present) she is involved in the development of the ISPS website learning tools pages and the email discussion groups.



### **Rachel Waddingham**

*Experience-based Expert*

Rachel Waddingham is a survivor who manages Mind in Camden's London Hearing Voices Project and is also an independent trainer, speaker at conferences and trustee for the UK National Hearing Voices Network. Rachel joined the Executive Committee in March 2015 and is also Vice Chair of ISPS UK.

Our contact details can be found at the [ISPS website](#), or alternatively you can communicate with us via the ISPS-INT email discussion list. If you are not a member of the email group but would like to join please contact [isps@isps.org](mailto:isps@isps.org)

## **News from our members**

### **Voices of family members**



Family members are connecting more and more. At the conference this summer in Liverpool we had an impromptu meeting (of a dozen or so of us) to do several things including: Discuss ways of sharing our family voice e.g. on the listserve, advocacy efforts within isps, as well as in our communities, and how to support each other with issues concerning our roles as family members. Several of the sessions at the ISPS

Liverpool conference were focussed on family issues, and the ISPS-US chapter will be offering a family plenary again this Fall as they did last Fall in Boston at the annual US meeting.

We are being encouraged by the EC of ISPS for family members to take our place at the table, including having formal representation on the Executive Committee, to be voted in at the next election.

If you are interested in joining the ISPS family members and carers network please email [isps@isps.org](mailto:isps@isps.org) for further information.

Pat Wright  
ISPS-US member  
[patwright@usiwireless.com](mailto:patwright@usiwireless.com)

## **Postpartum Psychosis Survey**

Greetings!

We are soliciting ideas for research from women who have experienced postpartum psychosis as part of the TRP Collaborative. TRP--Transforming Research on Psychosis--is an initiative that aims at substantially increasing stakeholder, end-user or experienter involvement in research on all aspects of psychosis, including epidemiology, phenomenology, clinical interventions, service models and community integration. Our current focus is on women's experiences of postpartum psychosis and treatments.

Please spread the word to any mothers you know that might have some input!

To view the survey click here:  
[https://yalesurvey.qualtrics.com/jfe/form/SV\\_5iON8C5XGSfAmOh](https://yalesurvey.qualtrics.com/jfe/form/SV_5iON8C5XGSfAmOh)

Thank you

Marie Hansen

[mariehansen@me.com](mailto:mariehansen@me.com)

## **Obituary**

### **Matt Stevenson, ISPS Member**

Like so many people that knew Matt, either more personally or distally through social media, I am feeling quite sad on his passing. Upon hearing the news, I felt a certain feeling of unreality, perhaps akin to depersonalization, a definite feeling of sadness and loss... and guilt. I looked up my emails to see if I missed a personal email from Matt or failed to send a draft to him. I could clearly see his face and person in my mind as I met him last Fall at the ISPS-US Annual Conference in Boston. Matt and I, after a rocky start, became digital friends. We exchanged information, ideas, references, feelings, etc.

I grew to care about Matt and I think he felt similarly. He was a passionate seeker of knowledge. Matt was an active participant on ISPS listserves. Matt was particularly interested in psychoanalytic approaches to the experiences and self-states which we have called "psychosis." He was a voracious reader and learner. I believe he majored in English literature in college (Marymount). Matt made his living partly from being a tennis instructor and partly from real estate investments. He seemed to enjoy both.

After reading his goodbye letter to friends and family members, I felt a deeper sadness and resolve to continue working on a subject he and I often discussed and which was very important to both of us, i.e. the responsibility people have who work in the "mental health" field to not give false information to the people they are working with, especially not to take away hope, agency, self-esteem, etc. Matt was very attuned to the importance of being tuned in to the impact of one's words and beliefs on others. We agreed so much misinformation was being taught to mental health disciplines and/or speculative information being packaged as hard facts, e.g., biochemical imbalances, non-recoverability, the overriding role of genes, etc.

Like so many colleagues and friends, when I noticed that Matt was not his usual active self on listserves, social media, etc., I wondered what happened. I feel guilty and sad for not outreaching to Matt. His beautiful and poignant goodbye letters clearly ask people not to feel guilt about his taking his own life. The excruciating pain he describes in these letters, what some suicidologists have called "psycheache," is heartbreaking. I so wish that Matt could have found relief from his persistent and severe emotional-psychobiological pain in ways other than having to end his life. We in ISPS need to address this issue at our conferences, local meetings, etc.

I have an irrational/rational hope that the essence and soul of Matt survives and is at peace-but also is still passionately involved in continuing the good fight!

Brian Koehler

New York

## **ISPS Israel News**

ISPS Israel has a new and improved website! Please visit <https://www.isps-il.org/>

The second piece of news from ISPS Israel is that we have recently started a course on different approaches to psychosis in one of the largest mental health institutes in the south of the country. We are giving 10 lectures (all by ISPS members of all different professions) to all psychologists and interns in the "Be'er Sheva mental health center" . This is our first attempt at planning and organizing a complete course and we hope to start marketing this format to more institutes to broaden the view of mental health professionals on treating and understanding psychosis.

Alex Magnus

Secretary, ISPS-IL

isps.israel@gmail.com

## Recently published in the ISPS series

### Art Therapy for Psychosis: Theory and Practice

Edited by Katherine Killick

Art Therapy for Psychosis presents innovative theoretical and clinical approaches to psychosis that have developed in the work of expert clinicians from around the world. It draws on insights that have emerged from decades of clinical practice to explain why and how specialised forms of art therapy constitute a particularly appropriate psychotherapeutic approach to psychosis.

The contributors present a diverse range of current theoretical perspectives on the subject, derived from the fields of neuroscience, phenomenology and cognitive analytic theory, as well as from different schools of psychoanalysis. Collectively, they offer insights into the specific potentials of art therapy as a psychotherapeutic approach to psychosis, and describe some of the specialised approaches developed with individuals and with groups over the past 20 years. Throughout the book, the meaning and relevance of art-making as a medium for holding and containing unbearable,

unthinkable and unspeakable experiences within the psychotherapeutic setting becomes apparent. Several of the chapters present detailed illustrated case studies which show how making visual images with an appropriately trained art psychotherapist can be a first step on the path into meaningful relatedness.

This book offers fresh insights into the nature of psychosis, the challenges encountered by clinicians attempting to work psychotherapeutically with people in psychotic states in different settings, and the potentials of art therapy as an effective treatment approach. It will be essential reading for mental health professionals who work with psychosis, including psychiatrists, psychoanalysts, psychotherapists and arts therapists, and those in training.

*"This book represents a compelling case for contemporary art therapy to have a substantive place in community psychiatry for people who experience psychosis. It contains an impressive range of international contributions with detailed clinical and theoretical accounts, some by psychiatrists.*

*The book deserves careful attention from practitioners of all mental health disciplines who work with psychosis."*

**Dr Brian Martindale, Psychiatrist and Psychotherapist, Past Chair of the ISPS and Honorary President of the EFPP.**

[Buy now](#)

enter the code **IRK71** at checkout\* for a **20% discount**

\* Offer cannot be used in conjunction with any other offer or discount and only applies to books purchased directly via the Routledge website.

EDITED BY KATHERINE KILLICK

## Art Therapy for Psychosis

THEORY AND PRACTICE



PUBLISHED FOR  
**ISPS** THE INTERNATIONAL SOCIETY  
FOR PSYCHOANALYTICAL AND PSYCHOSOMATIC APPROACHES TO PSYCHOSIS





Full colour versions of the illustrations can be viewed (after purchase) at <http://isps.org/index.php/publications/book-series/publication-photos>

***There will be a meet the author session with Katherine Killick at the 20th International Congress of the ISPS in Liverpool this summer.***

[Further information](#)

## **Reflections on ISPS Liverpool 2017 by Mao Fong Lim**



I am an artist, medical student and an aspiring psychiatrist and global mental health practitioner. Psychosis fascinates me, given the often extreme and bizarre nature of the experience. However, I've come to realise how much of multifaceted, human experience it is. Through my psychiatry rotation I've learnt that while medication can help sometimes, it is inadequate - and more is needed.

I was fortunate to be one of few medical students enabled to attend the congress through the initiative of the ISPS as well as the generosity of the Royal College of Psychiatrists. There is something about being a minority - sometimes it can be a privilege, or otherwise. At the ISPS congress, it was indeed the former. Of course, it made so much sense. The typical medical school curriculum hardly touches upon psychological or social treatments for psychosis, often limited to mentioning CBT for psychosis as per the NICE guidelines (and perhaps, a passing mention of art therapy). I was most struck by the richness of the conference. The diversity of the audience and presenters was inspiring - experts by experience at the forefront, alongside academics and clinicians. Some of the most moving sessions were for me, brave and passionate accounts of personal experiences of psychosis, especially Debra Lampshire's (literal) call to stand with those going through the distress of psychosis. I set out to learn more about different practices like Open Dialogue and the Hearing Voices Network, which I am sure I will continue learning about as they grow in the UK. I put my innovation cap on to learn about digital therapies for psychosis. I met some amazing people. I plunged my inner artist into a Mentalisation-based art therapy workshop. I joined the rest of the audience in being awed, moved and inspired by Crazywise. Last but not least, I rediscovered Liverpool for the vibrant and progressive city it is.

I have come away from the ISPS congress with much to consider and reflect upon. A broader understanding of psychosis. Not just a symptom that needs to be dampened down with medication - but a phenomenon that needs to be understood and made meaningful in the context of one's self or culture, whether rooted in complex life events or read as a spiritual call of duty. A broader knowledge of possible therapies and interpretations, each one a glimmer of hope and meaningful recovery that perhaps one day I might be able to point someone towards - whether in the context of clinical, therapeutic or personal relationships.

Mao Fong Lim  
maofong.lim@kcl.ac.uk

## **Reflections on ISPS Liverpool 2017** **by Carolina Alcantara**

I am a clinical psychologist from Brazil. If I define my experience at the 20th ISPS meeting in Liverpool in just two words, I could say: life-changing.

My very first impression about the meeting was the sense of democracy: in ISPS all participants are invited to share their personal and professional experiences and they are all treated equally with respect and dignity. The organisers gave us all possible support to make us feel comfortable and welcome. And I really felt this way. As the only

Brazilian at the conference, I felt recognized and comfortable to share my work experience with teenagers in conflict with law and under use of psychotropic medications in a juvenile hall.

In Liverpool I also could meet other participants from Chile and Argentina. As a result, we are trying to form an ISPS Latin America group to make a real change happen in our countries. Despite the differences between Latin countries, we support the same principles: the emphasis on psychological and social interventions and the need to decolonize mental health. I could say the ISPS experience is more than a great opportunity to build a network. I'm glad to have had the opportunity to listen to professionals who guided my perspective about psychotic suffering like John Read. I also could learn more about different approaches to work with psychic suffering, especially the Multi Family Group Therapy and the Open Dialogue interventions.

Finally, I could recognize the main personal change when I assumed "I'm a family member" for the very first time. There, I didn't feel judged or shamed. I felt proud of being a survivor and trying to do something useful with all the pain involved in being a daughter of someone who suffered from mental illness. Because of all this, I want to share my gratitude for all the support which helped me to integrate my shadows and virtues, making me a better human and a better psychologist.

Carolina Alcantara  
carolmalcantara@gmail.com

### **ISPS Learning Resources**

Dear friends,

Please click on the [Learning Resources](#) of our website. They do not only provide a lot of information, but in doing so you also help to advertize ISPS.

The more clicks on this link, the higher these pages are ranked by google! Learning resources need to be updated constantly, so if you have interesting information to share about psychological and social approaches for psychosis please let the editors know.

Margreet de Pater margreetdepater@yahoo.com

Brian Martindale bm@bmakm.plus.com

Brian Koehler bk64@nyu.edu

**ISPS Liverpool memories...**  
**photo credits and thanks to Jens Roved**



see more photos at [www.facebook.com/isps.org/](http://www.facebook.com/isps.org/)



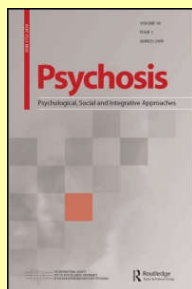




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ISPS members receive 4 issues per annum of our journal 'Psychosis'  
(plus online access to all issues!)



ISPS members pay reduced delegate fees at the biennial ISPS Congress, receive a 20% discount on all books in the ISPS series when ordering through our publisher Routledge, plus many other benefits...

[find out more](#)

(Annual Membership Fees vary across regional groups)



Have you signed the [ISPS Liverpool Declaration?](#)

## ISPS Regional Groups Meeting



On the last day of the Liverpool conference a meeting was held between the ISPS Regional Groups and the Executive Committee members. The photo shows Chairpersons and representatives from many different countries in which ISPS has a presence, including: Norway, the Netherlands, US, Poland, Belgium, Korea, Israel, UK, Australia and Italy. Topics discussed included the challenges and opportunities available for further developing ISPS regional groups, encouraging new networks and outreach, influencing policy makers, organisation of conferences and training events, and increasing diversity within ISPS. We hope that next time it will be possible to gather representatives from all 20 ISPS networks around the globe!

## Stranger in The City

ON THE CIRCULAR RELATIONSHIP BETWEEN ALIENATION AND PSYCHOSIS  
AND THE HEALING POWER OF HUMAN RECONNECTION

Pre-announcement of the  
**21st International ISPS Congress**

Date: 28 August - 1 September 2019

Place: Rotterdam

Psychosis is more common in big cities, defragmented neighborhoods  
and among migrants living apart

Why?

In this conference epidemiologic researchers, cultural scientists, clinicians and people  
with psychotic experiences and their families will discuss to answer this question  
and what to do about it

Do you want to work with us?

Mail: [info@ispsnederlandvlaanderen.nl](mailto:info@ispsnederlandvlaanderen.nl)

## Upcoming ISPS Conferences

### XXII Annual Course of Schizophrenia

Spain Thursday, 23 November 2017 - Saturday, 25 November 2017 Madrid

Organised in collaboration with ISPS Spain

"Hallucinatory Experiences and Therapeutic Possibilities"

[Further information](#)

### ISPS New Zealand AGM

New Zealand Friday, 24 November 2017 Auckland

Please join us for a screening of the documentary CRAZYWISE, followed by the AGM for ISPS-NZ

Venue: Grey Lynn Community Centre

510 Richmond Rd.

Auckland

Please arrive 18:45 for the MOVIE to start at 19:00.

There will be a PANEL DISCUSSION following the movie, beginning at 20:30.

We will hold our AGM for subscribed ISPS-NZ members 21:00-21:30. You can sign up and pay membership fees on the night. This is a free event.

Further information: [ispsnz@gmail.com](mailto:ispsnz@gmail.com)

### ISPS Norway annual conference

Norway Thursday, 01 February 2018 - Friday, 02 February 2018 Hamar

Gray areas in treatment - trauma, personality and psychosis- Insight for better a outlook

(Gråsoner i behandling - traumer, personlighet og psykose - Innsikt for bedre utsyn)

More information to coming soon!

Visit [www.ispsnorge.no](http://www.ispsnorge.no) and our facebook page

### ISPS Australia: Compassion in Psychosis

Australia Thursday, 22 March 2018 - Saturday, 24 March 2018 Brisbane

Speakers: Eleanor Longden and Charlie Heriot-Maitland

Call for Abstracts - deadline: 18th November 2017

This event includes a 2 day workshop and one day conference on the Saturday

[Further information](#)

Registration now open!



Discounted fees for ISPS members

## ISPS Rotterdam 2019 - The 21st International Congress of the ISPS

The Netherlands Wednesday, 28 August 2019 - Sunday, 01 September 2019 Rotterdam

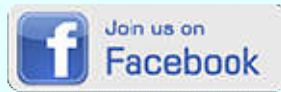
**SAVE THE DATE!**

### **Stranger in the City - On the circular relationship between alienation and psychosis and the healing power of human reconnection**

Psychosis is more common in big cities, defragmented neighborhoods and among migrants living apart. Why?

In this conference epidemiologic researchers, cultural scientists, clinicians and people with psychotic experiences and their families will discuss to answer this question and what to do about it.

Contact: [info@ispsnederlandvlaanderen.nl](mailto:info@ispsnederlandvlaanderen.nl)



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#### **Publication information**

ISPS Newsletter Editor: Antonia Svensson, ISPS International Organiser  
Second Editor: Rai Waddingham

Published 2-3 times per year.

The deadline to submit material for the next ISPS newsletter issue is

**Friday 26th January 2018**

Submit material for consideration or suggestions to Antonia Svensson at [isps@isps.org](mailto:isps@isps.org).  
Submissions should be in Arial 12 font without special formatting such as boldface, italic, color other than black, or capitalization of entire words. Items submitted in other ways may be returned.

[www.isps.org](http://www.isps.org)