



"THE ROAD IS MADE BY WALKING"

LETTER FROM THE CHAIRMAN, *MANUEL GONZÁLEZ DE CHÁVEZ*

"There is no favorable wind for the sailor who does not know where he is going."

This warning given by Lucio Anneo Séneca does not apply to the ISPS. We do know where we want to go: to achieve that all patients with psychotic disorders are offered psychotherapeutic help. We have known where we have come from since the First Symposium of Psychotherapy of Schizophrenia and the road we have covered over this half century. This is described in detail in the ISPS History Book distributed at the Madrid Congress.

Fifty years ago, there were few professionals in the world dedicated to the psychotherapy of psychotic patients. At present, we are many more and we are present in many more countries, although only a little more than 1000 of us travel in the ISPS ship. The ISPS is still a very fragile ship. It needs to overcome the unfavorable winds of such a simplistic and dogmatic as well as limited, poor and despairing biologicism for the patients. The ISPS is a very small ship in this rough sea of the great financial benefits of a pharmaceutical industry which, with no limits by the regulatory authorities, inundates as a tsunami, all the coasts of professional training. We accept an adequate and responsible psycho-pharmacology, but not this rampant marketing that blinds the professionals and is silenced to the patients.

We want to let those persons who suffer psychotic disorders speak out because we know that this listening holds the keys to the true help of their own understanding and recovery. That is, that the professionals learn to listen to them and enlighten them so that they can overcome these serious biographical episodes that are the psychotic experiences. We want to make known, motivate and teach all of the forms of psychotherapy of the psychoses and the most complex, integrating and scientific ways of understanding these disorders because those models that ignore

the life and the word of the patients, and make them equivalent to caged laboratory mice or broken down and disposable computers, cannot be considered scientific.

This is the final door. There are many ways of reaching this objective. A Spanish poet from the 20th century, Antonio Machado, stated

"Walker, there is no road. The road is made by walking."

Or by navigating.

The ISPS is opening the road with its international organization and local societies, congresses, book collection, e-mail lists and the ISPS Newsletter. We hope we will soon have a regular and printed ISPS Journal, which will allow us to influence many more professionals, facilitating our growth and reinforcing our identity and coherence. In order to continue this trip, we need the active participation of all the members and also to financially reinforce and organizationally extend the ISPS ship.

We should be many more and we should be aware that we all participate in making the road by walking.



ISPS Madrid Workshop



Editorial

BY KLAUS LEHTINEN

ISPS has grown into an active international network existing also in between the Congresses. The local groups organize a multitude of events that can be seen on our website and in the newsletter. There are already six books in the ISPS book series and the latest task taken on is to launch a journal. Not to mention the enthusiastic atmosphere we had at the Madrid Congress.

When looking from the everyday work perspective where psychotherapeutic help for psychotic patients and their families is scarce, or when reading psychiatric journals where papers dealing with psychotherapy of schizophrenia are almost totally lacking, the importance an active ISPS becomes most clear.

The high quality of the ISPS newsletter, established during the ten years Torleif Ruud served as the editor, sets a challenging goal for the new editors to achieve. The editorship is shared by two new board members, Brian Koehler and I. Fortunately Antonia Svensson continues doing the major part of the practical work and Ellen Jepson manages the beautiful layout.

As those present at the general assembly could notice, the financial situation of ISPS has become more difficult and the new board has looked into several possibilities for making savings. A major regular cost has been printing and mailing the newsletter. Unfortunately we cannot afford this practice at present. That is why the board has decided that the newsletter will appear only as an electronic version to be printed locally if needed.

Objectives of ISPS

- Promote the appropriate use of psychotherapy and psychological treatments for persons with schizophrenias and other psychoses
- Promote the integration of psychological treatments in treatment plans and comprehensive treatment for all persons with schizophrenias and other psychoses
- Promote the appropriate use of psychological understanding and psychotherapeutic approaches in all phases of the disorders including both early in the onset and in longer lasting disorders
- Promote research into individual, family, group psychological therapies, preventive measures and other psycho-social programmes for those with psychotic disorders
- Support treatments that include individual, family, group and network approaches and treatment methods that are derived from psychoanalysis, cognitive-behavioural, systemic and psycho-educational approaches
- Advance education, training and knowledge of mental health professionals in the psychological therapies

ISPS secretariat

The ISPS secretariat is a link between our members and the executive committee. Until recently, the secretariat was partly hosted by the Centre for Psychotherapy and Psychosocial Rehabilitation of Psychoses (SEPREP), a non-commercial Norwegian foundation and network of users, clinicians and researchers promoting psychological treatment of the psychoses. Since the end of 2006, and after the election of a new ISPS board, SEPREP no longer provides secretarial services to the ISPS. We are very grateful for the secretarial help of Wenche Løyning over the past years.

Antonia Svensson in Athens continues to work part-time as ISPS Organiser. She continues to do most of the work of the secretariat that can be done electronically, as well as maintaining the website, assisting the Editor of the ISPS Newsletter, managing the databases and contact with ISPS members and local groups, as well as answering any queries.

Antonia can be contacted on the isps@isps.org e-mail address.

Website: www.isps.org

THE ISPS EXECUTIVE COMMITTEE OF 2006 - 2009

- Manuel González de Chávez (Spain), Chair
- Chris Burford (UK)
- Lyn Chua (Singapore)
- Brian Koehler (USA)
- Klaus Lehtinen (Finland)
- Ann-Louise Silver (USA), Treasurer
- John Read (New Zealand), Secretary
- Bent Rosenbaum (Denmark)

Co-opted Board Members:

- Ivan Urlic (Croatia)
- T K Larsen (Norway)

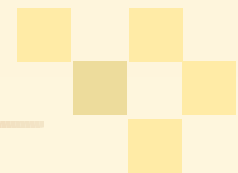
ISPS HONORARY MEMBERS

- Yrjö Alanen, Finland
- Gaetano Benedetti, Switzerland
- L. Bryce Boyer, USA
- Luc Ciompi, Switzerland
- Johan Cullberg, Sweden
- Stephen Fleck, Germany
- Murray Jackson, UK
- Jarl Jørstad, Norway
- Julian Leff, UK
- Theodore Lidz, USA
- Christian Müller, Switzerland
- Barbro Sandin, Sweden
- Harold Searles, USA
- Helm Stierlin, Germany
- John Strauss, USA
- Endre Ugelstad, Norway
- Lyman Wynne, USA

Do you subscribe to the ISPS-INT information/discussion group?

The international email group ISPS-INT, which was set up after ISPS Melbourne 2003, is available to all ISPS members. There are over 230 members from over 20 different countries who share announcements and discuss current issues relevant to our field. The group is well moderated and posts are limited to 3 per day.

If you want to join, e-mail [Antonia Svensson isps@isps.org](mailto:Antonia.Svensson@isps.org)



ISPS Executive Board 2006-2009



Manuel González de Chávez

is Professor and Chief of the Psychiatry Service of the General University Hospital "Gregorio Marañón" of Madrid and the Complutense University. He was Chairman of the Organizing Committee of the 15th ISPS International Congress for The Psychotherapy of the Schizophrenias and other Psychoses, which took place in Madrid in June 2006. He served on the ISPS Executive board of 2003-2006 and was elected Chair of the ISPS in June 2006.



Chris Burford

a consultant psychiatrist, is a new member of the ISPS Executive board who has served on the local board of the ISPS UK local group since 1998. In 2003, following the ISPS Melbourne conference, he set up an international e-mail information/discussion list (ISPS-INT) of which he is the group moderator. The ISPS-INT group now has over 200 members from over 20 countries.



Lyn Chua

is currently an Assistant Professor in the Department of Psychological Medicine at the Yong Loo Lin School of Medicine, National University of Singapore. She has established a local ISPS group in Singapore and is working to establish a network of like-minded professionals in other countries in the Asian region. She was one of the pioneers/founding members of the Early Psychosis Intervention Programme in Singapore and is the consultant psychologist and psychotherapist to this national programme. Her special interest lies in the area of cultural issues in psychiatric disorders and psychotherapy.



Brian Koehler

has been a very active member of ISPS-US for many years. He organized and has led the New York Branch of ISPS-US for the past 10 years. He also proposed the ISPS-US newsletter and has edited it since its inception seven years ago. He is a professor at New York University in the Postdoctoral Program, as well as in the NYU graduate social work program. He is a new member of the ISPS Executive board and is co-editor of the ISPS Newsletter, together with Klaus Lehtinen.



Klaus Lehtinen

is the director of the Department of Adult Psychiatry at Tampere University Hospital. Since 1980 he has been involved with the development of the need adapted approach where his interest has been especially in family interventions and the integration of different therapeutic modalities into the need adapted approach. He is a new member of the ISPS Executive board and is co-editor of the ISPS Newsletter, together with Brian Koehler.



Ann-Louise S. Silver

served on the ISPS Executive board of 2003-2006. She is an Adjunct Clinical Professor of Psychiatry at the Uniformed Services University of the Health Sciences, and Clinical Assistant Professor of Psychiatry at the University of Maryland. In June 2006 she took on the task of being the new ISPS Treasurer. She is also President of the ISPS-US local group.



John Read

is Director of Clinical Psychology at the University of Auckland in New Zealand. He has served on the ISPS Executive board since 2003. He established the ISPS-NZ local group in late 2003 and helps to organise the local group's annual conference "Making Sense of Psychosis". He is currently leading the group that is working on developing the new ISPS journal and is the new ISPS board Secretary.



Bent Rosenbaum

is Associate research professor at Copenhagen University and Head of the Unit for Psychotherapy Education and Research, Psychiatric University Hospital Glostrup. He is also a training analyst in the Danish Psychoanalytic Society and currently president of that society. He recently established a local ISPS group in Denmark, of which he is Chair. He is a new member of the ISPS Executive board and is Chairman of the Organizing Committee for the 16th ISPS International Congress which will be held in Copenhagen in 2009.



T K Larsen

has been co-opted to work with the ISPS Executive board of 2003-2006 on the new ISPS Journal. He has been selected to serve as the first Editor for the journal. TK Larsen is professor of psychiatry at the University of Bergen, Norway. He has conducted research on early psychosis during the last 15 years. He has written papers on conceptual matters, pre-morbid functioning, drug abuse and the positive effects of early treatment of psychosis. He is also in charge of studies on primary prevention of psychosis and narrative competence in psychosis.



Ivan Urlic

served on the ISPS Executive board of 2003-2006 and has been co-opted by the 2006-2009 board to help the ISPS to spread throughout the Mediterranean region. He helped with organizing ISPS Slovenia and ISPS Greece and is in contact with several other groups of psychiatrists and psychologists of psychodynamic orientation to foster new local ISPS groups. He is a co-organizer of the "International School of Psychotherapy of Psychoses", the annual meeting held in Dubrovnik by ISPS Croatia. He is also the reviewer of the ISPS book editions, and is member of the group that is preparing the new ISPS journal on psychoses.



The ISPS Madrid 2006 was a great success

BY KLAUS LEHTINEN

Writing this in the middle of winter (it is -17C outside) makes the warm and beautiful days spent in Madrid during the week in mid June seem quite distant. There were some 1200 of us from different countries participating in the 15th International Congress for the Psychotherapy of Schizophrenia and Other Psychoses. My overall impression was that this Congress was a great success both in terms of organization and content.

At the previous congress, in Melbourne, the "thing" that came out strong was trauma. Though the idea of psychosis and early traumatization had always been there, the strong and obvious connection between severe traumatic experiences and mental disorders was most striking. In Madrid the "thing" was the peaceful coexistence of different therapeutic modalities.

Psychoanalytic, cognitive-behavioural, group, and family therapists gave their presentations in same sessions complementing rather than opposing each other. The sessions worked as true learning experiences on what the different approaches were about and how they might augment each other.

It became clear that our field has taken major steps in providing more and more sophisticated psychotherapeutic approaches. I felt quite humble and somewhat worried that getting an overview becomes more and more difficult. Maybe at the next Congress the "thing" will be a synthesis i.e. on what are the common elements in effective approaches.

It was also most memorable to see so many honorary members present and still going strong. I want to especially mention Christian Müller. A quotation from our web page reads:



"In 1956, he founded with Gaetano Benedetti from Basel/ Switzerland an international working group on this topic which organised periodic international symposia on the psychotherapy of schizophrenia, first in Zurich and Lausanne, and later abroad. This group marked the very beginnings of the later International Society for Schizophrenia Psychotherapy."

The Madrid Congress acted as a large stone that falls into a pond, it created waves of enthusiasm in our organization and hopefully also in all the countries where the participants returned. For those, who feel that the 16th ISPS Congress in 2009 in Copenhagen is too far away, the more and more active local ISPS groups provide plenty of learning opportunities in the form of workshops, seminars, mailing lists, and whatever else they manage to develop.

Goodbye Madrid, we will meet again in Copenhagen! As you can read in Bent's invitation later in this newsletter edition, once again there will be plenty to wait for.



ISPS Madrid Auditorium





We will meet in Copenhagen



Dear friends
and colleagues,

The preparations for the ISPS Congress are step by step getting into a shape where the framing of the congress can be discerned, including the organizing committee, the program committee and the scientific committee. **The Copenhagen Congress Centre** has been chosen as the base of the event. It is large and flexible enough to make room for the many different presentations and activities that will emerge from the registered participants. We expect that more than 800 clinicians, therapists, researchers, organizers and others will participate.

Concerning a title for the Congress, we have not yet come to a final decision. But as mentioned in the first flyer, key-words of the content of the congress will encompass

- 'integration and differentiation',
- 'person, group and society',
- 'the meaning of cultural and social integration',
- 'the creation of relations and networks',
- 'the importance of neuroscience',
- 'cognition, emotions and the mind-brain unit',
- 'old values and new trends',
- 'the meeting of scientific and clinical realities',

and many other important topics. The fundamental ideas that body, mind, person, group and culture all count in the work with persons in psychotic conditions will prevail as guideline for the process of our planning of the congress. It will be important to combat reductionism, highlight and clarify the complexities and the development of the relationships of emotionally speaking minds. We believe that such high ideals for a congress make it both an attractive and a meaningful event to look forward to.

Copenhagen is a cosy and relaxed city, and distances in the town are small. Coming to and going from the congress events will thus be an easy task for you.

A Congress service centre with a good reputation, the International Congress Service (ICS), has been chosen. We assume that we can match the high standard and quality of service that was given to the participants in the Madrid Congress.

Announcements and messages in the ISPS Newsletter and on the website will keep you informed of our thoughts about themes and the content of the congress, and, of course, at any stage we are open to suggestions and input from all of you.

*I am looking forward to the event
and to seeing you all there.*

Bent Rosenbaum
Congress Chairman



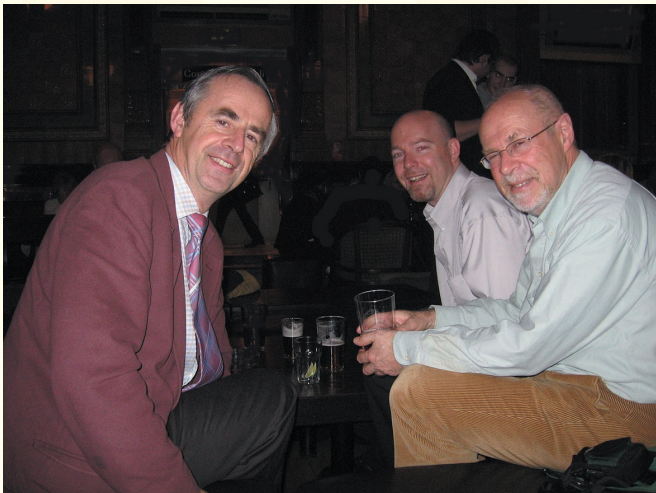
News from ISPS Local Groups

ISPS UK

Following a quiet post-Madrid summer it's been a pretty busy autumn for ISPS in the UK. Two successful day conferences have closely followed one another. In November 'Working with Emotion in Psychosis' was jointly hosted with the British Psychological Society's new Complex Mental Health Faculty and was enthusiastically attended by around 80 at the new BPS premises in London. The speakers were four very experienced clinical psychologists who wove theoretical and clinical accounts together from a mix of cognitive, psychodynamic and integrative perspectives. One delegate was overheard phoning a friend saying this was the best conference ever, and Kathy Taylor and Alf Gilliam who led the planning are to be congratulated.



Then in December we held our first conference in the heart of the north east of England in Newcastle (about 300 miles north of London). This was convened by Brian Martindale following his own move there (you can see us both relaxing at the end of the day with one of the speakers John Hanna). It was a resounding success attracting some 170 participants to the ever-topical theme of 'Making your inpatient settings therapeutic', enlivened by the combination of presentations from professionals and service users that is one of the hallmarks of ISPS UK events. The day included much about what good practice should be and the new system of national accreditation for inpatient wards, and workshops on innovative approaches to environments, family work and non-verbal therapies.



Brian Martindale, John Hanna and David Kennard

True to form Brian is already planning the next Newcastle conference in what we hope will become an annual event.

Personally I have been preoccupied with putting together the programme for our next residential conference, which will be at Bath University on March 26 and 27. The programme for 'Psychosis: Experiencing; Understanding; Recovering' is brimming with good things, including a host of excellent speakers - Peter Chadwick, Johan Cullberg, Courtenay Harding, Douglas Gill, Glynn Harrison and Douglas Turkington - plus an exciting range of workshops. Naturally I am keen that we get as many people as possible to come and I would warmly encourage members from outside the UK to spend a delightful weekend in the beautiful atmosphere of Bath followed by a most stimulating conference.



University of Bath

On the organizational front we have also been busy. Annabel Thomas our administrator has decided to concentrate on her conference work (for us and other organizations – we are glad not to lose the link) and Marianne Taylor our membership assistant has decided to concentrate on other priorities. We have been fortunate to recruit a very able successor, Denise Rolland, as our new administrator who will also be dealing with membership. And the committee is gearing up for elections in the spring – but more of that in the next Newsletter.

David Kennard, ISPS UK Chair

ISPS NEW ZEALAND

This has been an important year for ISPS-NZ, as we formed ourselves into an incorporated company. We began with an executive committee of 10 members elected at our 2005 conference: Mike Ang (Psychiatrist), Jim Burdett (Mind and Body Consultant – service user), Helen Hamer (Nurse Specialist), Jim Geekie (Psychologist), Mary O'Hagan (Mental Health Commissioner – service user), Patte Randal (Medical Officer in Rehabilitation Psychiatry),



John Read (Psychologist), Dale Rook (Occupational Therapist), Mike Trott (Psychotherapist), and Susan Tawhai (Consumer Consultant). Melissa Taitimu (Psychology PhD student) provided much appreciated organisational support, and we elected a nominal chairperson (Patte), treasurer (Jim) and secretary (John), but the duties of each office were shared amongst us all in true democratic fashion.

In June 2006 a group of about 20 New Zealanders, including several service users, flew to Madrid for the 15th international ISPS conference. ISPS-NZ provided grants to four members to assist with travel costs. Many of us presented papers, with one special paper presented by Patte, and another by New Zealand colleague Malcolm Stewart. As always it was inspiring to meet so many like-minded people from around the world.



ISPS Madrid delegates

The executive committee decided to increase our Australasian profile this year by presenting two very successful symposia at the Australasian Psychology conference in Auckland in September 2006. To make ourselves more widely recognised, we designed and created a poster, which was displayed both at the Psychology conference, and at the 4th annual ISPS-NZ conference and which will hopefully be made available at different venues in the New Year.

Much of the year was taken up with planning for and organising the three day 4th annual ISPS-NZ conference – with the theme “Sharing What Works”, which was in held in Auckland in November 2006, with speakers from Germany, Norway and Australia, and skills based workshops on Hearing Voices and Spirituality.

A new committee was elected at the AGM during the conference, consisting of Jim Geekie, Patte Randal, John Read and Dale Rook, and new members Sue Beresford (Psychotherapist), and Janette Symes (Nurse Specialist). We are pleased to have Angus Maxwell as our new committee organisational support person, in place of Melissa, who we will greatly miss.

Patte Randal and John Read
(on behalf of the 2005/6 ISPS-NZ Executive Committee)



ISPS ISRAEL

ISPS-IL started its second year in July 2006. We have 16 paying members who are psychiatrists, clinical psychologists, social workers, occupational therapists and art therapists. All are, in one way or another, working with schizophrenic patients.

Last month we had an unplanned, very exciting, visit from Anita Buzzi, from ISPS Norway. She was our guest for the day in Shalvata Mental Health Center, and gave a talk about the historical and current trends in the therapies of schizophrenic patients in Norway.

Since the conference in Madrid, where our group gave 7 talks, we have held one meeting and its title was "Transitional apartments as transitional space". Ofer Amit, who is a clinical psychologist, working with adolescents in Jerusalem "Summit" institute, presented the paper, and Galia Nativ, who is a clinical social worker, whose expertise is analytical oriented group therapy, was the discussant.

We also introduced the work being done internationally and mentioned Galia's invitation to Slovenia by the local ISPS group there. Dr. Mendlovic, who is a very active member will give a talk in the IPRS in Rome in February and I am giving a talk in the EFPP in Copenhagen in May 2007.

We have planned 4 more prospective meetings this coming year:

1. Art therapy in the work with psychotic patients (January 2007)
2. The fight against accepting the disorder. (March 2007)
3. A visit by Dori Laub from Yale (June 2007)
4. A visit by Joseph Berck who worked with R.D. Laing in Kingsly Hall. (May 2007)

We are publishing each of these meetings on the Hebrew Psych site on the net, a very popular site for therapist.

Orna Ophir-Shacham

ISPS HELLAS

During 2006, ISPS Hellas has accomplished the following:

1. The group already numbers some 35 members, and there are application requests from all over the country.
2. We are becoming better organised all the time. We are currently involved in the process of becoming a legal entity, drafting our statutes etc.
3. Our first Board was elected as follows:
 - Anastassios Koukis, President
 - Manolis Kozadinis, Vice President
 - Panagiotis Drolias, Treasurer
 - Eleni Andreadou, Secretary
4. We are preparing for our second Annual Meeting around the end of May 2007, in conjunction with our usual conference.
5. Many members of ISPS Hellas took an active part in the most recent international ISPS symposium that was held in Madrid in June of this year.
6. Dr Anastassios Koukis wrote a review of Johan Cullberg's book *Psychoses: An Integrative Perspective* for publication in this edition of the ISPS Newsletter.



Anastassios Koukis, President of ISPS Hellas



Members of ISPS Hellas

ISPS INDIA

ISPS-India has held two fullday workshops this year. Three meetings in total, one with a small cultural in-house programme which made it more interesting. A group of Psychiatrists, Psychologists and Social Workers have been formed.

ISPS-India is trying to focus its discussion on the difference in therapies between East & West and the client-psychologist relationship in India. We also encourage the sharing of any new findings or experiences of psychologists in the process of therapy. In India sharing experiences in a group where psychiatrists, psychologists & social workers are together on a common platform is rare, so until now people are apprehensive about the work of ISPS and also about becoming a member. We have yet to increase the number of members to make the group more effective. People eagerly participate in the workshops, but so far the number of members is far lower than the number of persons who participated in the workshops.



The professional outlook of Indian psychologists is different from Western psychologists. ISPS-India is trying to research whether high professionalism is necessary for the effective development of a client or whether it is a hindrance in the prognosis and development of persons suffering from mental illness. Adaptation of different therapies and their effects are also discussed in detail.



ISPS India

We are not only making people aware of ISPS-India and its work, but volunteers coming from different countries are given the reference and web address of ISPS and encouraged to join the group in their respective countries.

Ishita Sanyal, SPS-India

Report of recent activities of the new local group in

BUENOS AIRES, ARGENTINA

This project is framed in the activities of professorship Psychopathology at the State Faculty of Psychology of the UBA (Buenos Aires University), Buenos Aires - Argentina.

The work's objective is to offer contributions to the field of the bibliography specialized in the psychoses from the conceptual and perspective of these authors. It is a selective bibliographical repertoire based on the contributions of the classic and current psychoanalysis.

We want to underline the complexity of field of Psychopathology, ignored by the reductionist tendency to find "a key of the illness" in the biological or psychological field with simplistic approaches regarding the etiologic agent's formulation.

We intend to revise the contributions of different psychoanalytical conceptions, since these theoretical models offered an opportunity to penetrate into the deepest corners of the mind, as well as the hope that many of the most serious psychiatric dysfunctions, could be understood and treated using a dynamic approach. Psychoanalysts of very different positions about the pathogenesis are convinced of the certainty of their formulations and they are guided by these convictions in their treatments. It is the interest of this investigation to put them again in debate.

Title of the Project: "Diagnostic Investigation in Psychopathology: Psychoanalytical Conceptions of Schizophrenias. Study of the contributions of psychoanalytical theoretical models: Abraham, Auglanier, Bleuler, Fenichel, Federn, Freud, Klein, Lacan, Racamier, Rosenfeld, Searles, Tausk".

Project Manager: PhD. Prof. Amalia Baumgart.

Members of the investigation team:

- Alazraqui, Hugo (psychiatrist)
- Kwint Doménech, Maria Enriqueta (clinical psychologist)
- Belucci, Gabriel (clinical psychologist)
- Reynal, Lucrecia Reynal (clinical psychologist)
- Ruiz, Marcelo Ruiz (clinical psychologist)
- Spátola, Gerardo (psychiatrist)

Amalia Baumgart



NEWS FROM FINLAND

The ISPS Finland is still in the planning phases, but we had a beautiful congress with over a hundred attending in the honour of Yrjö Alanen's 80th birthday. Brian Martindale was invited to be the keynote speaker and gave an interesting presentation on shame. Yrjö Alanen himself is



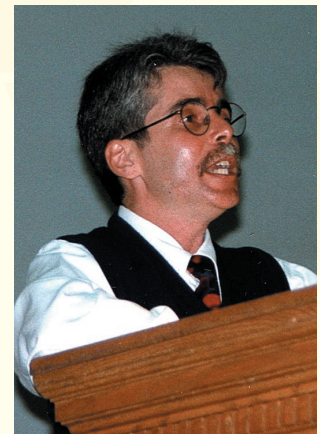
Yrjö Alanen, Pirjo Härmävaara and Brian Martindale

still going strong and there was a memorable feeling of shared understanding around the Need Adapted approach. Hopefully we will get ISPS Finland going this year.

REPORT FROM ISPS-US

ISPS-US remembers Wayne Fenton, who was murdered this past September by a patient he was meeting with in consultation.

Wayne had been the Director of Research and then Medical Director at Chestnut Lodge and was second in command at the National Institute of Mental Health at the time of his death. He gave a wonderful talk at our first ISPS-US meeting. We miss his vivaciousness and far-reaching intellect.



Wayne Fenton

Meanwhile, ISPS-US continues to thrive. I am especially grateful to Brian Koehler for his extraordinary scholarship and his great generosity. He has built our New York branch into an impressive group. His contributions to our listserve make this a vital ongoing seminar. Dan Mackler, as moderator of the listserve is facilitating as well, posing questions that spur thoughtful exchanges.

We held a strong eighth annual meeting in Santa Monica, California October 6-8, 2006, chaired by Martin Cosgro and Mary Madrigal. Julie Wolter, who is also the ISPS-US treasurer, has great capability as our program director. Our keynoter, Dori Laub, presented videos of his interviews with chronically hospitalized holocaust survivors. He demonstrated the power of asking questions. The patients came alive; the hospital staff saw them in a new and vital way, and the progress initiated with these single interviews

was still continuing when Dr. Laub returned six months later. For further details on this meeting, visit our website, www.isps-us.org.

June 28-30, about forty ISPS-US members will go to a meeting in Paris, France and Vevey, Switzerland, hosted by our French members, Françoise Davoine and Jean-Max Gaudilliere, who have presented at many of our meetings. Our theme is "Transference and Symptoms of History." Dag Söderström is chairing the Vevey portion. We look forward to the time for bonding.

Jessica Arenella is chairing our fund-raising and grant-seeking committee which meets by conference call monthly. Its first project will be chaired by Leslie Wolowitz and Marty Cosgro, a fund-raising dinner at which the comedian Jonathan Winters will be our featured speaker. And in March of 2008, Brian Koehler and his committee will chair our next annual meeting in New York City. We have a book proposal submitted to Routledge for the ISPS series, and other books in the planning stages. We have launched a lifetime membership, for \$1000 and four people have joined in this category, a strong sign of the great commitment very many of us have to ISPS and its mission. And we are very grateful to Karen Stern for her dedication and careful, attentive style she gives to every bit of work she does; the workload keeps growing as our projects multiply.

Ann-Louise S. Silver, M.D.

ISPS SINGAPORE

Members of the Singapore Chapter send our warmest greetings to all fellow ISPS members worldwide. Our Chapter is currently on a membership drive to recruit more new members, particularly from amongst the users of the various psychiatric services and voluntary organizations. Psychotherapy has not been a traditional method in the treatment of schizophrenia and the psychoses here in Singapore, but with greater professional and public awareness of the benefits of a holistic approach through community psychoeducation, a change in mindset is gradually taking place. This is where our local ISPS Chapter hopes to contribute. By organizing events that include both mental health caregivers and consumers here in Singapore and in other countries in the Asian region, we hope to be working together for the benefit of all concerned.

Lyn Chua, Chair of ISPS Singapore

ISPS to launch a new scientific journal

In 2005 the Executive Committee established a working party (Jan Olav Johannessen, Ann-Louise Silver, Ivan Urlic and myself) to explore the idea of establishing an ISPS scientific journal. After many e-mails and a meeting of the working party in Madrid, we entered negotiations with Routledge, the publisher of the ISPS book series. I am delighted to be able to report that in November 2006 the new Executive Committee decided to sign a contract with Routledge. ISPS will therefore have a journal, with the first edition appearing in late 2008 or early 2009, in time for the Copenhagen Congress.

One of the main purposes of the journal will be to help fulfil one of the six ISPS objectives: 'To promote research into individual, family, group psychological therapies, preventive measures and other psychosocial programmes for those with psychotic disorders.'

Thank to all of you who filled out questionnaires in Madrid about the content and title of the journal. There was a strong preference that the title should use the term 'Psychosis' (or 'Psychoses') rather than 'Schizophrenia'. There is less agreement about a possible subtitle. We may end up with something like 'Psychosis: Psychological, Social and Integrative perspectives'. About 90% of questionnaire respondents agreed that the journal should include first person accounts as well as research papers.

We are very pleased that Professor TK Larsen (Norway) has agreed to serve as the first Editor. Others who have already agreed to serve on the Editorial Board include: Richard Bentall, Doug Turkington and Frank Margison (UK), Brian Koehler and Ann-Louise Silver (USA), Johan Cullberg (Sweden), Bent Rosenbaum (Denmark), Jan Olav Johannessen (Norway) and myself (New Zealand).

The journal will be sold to all ISPS members, with the cost included in membership fees. We have managed to keep the cost to members down to £4 per edition. We will start with two editions a year and build up gradually to three or four. To keep the cost this low we will need 1,500 members. So get recruiting!

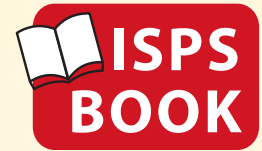
This is a most exciting development for ISPS, which, we hope, will enhance the reputation and influence of the organization.

John Read



Psychoses: An integrative perspective

BY JOHAN CULLBERG (2006). LONDON/NEW YORK: ROUTLEDGE, ISPS SERIES



In this book, Johan Cullberg has made a systematic synthesis of conclusions from a broad range of research, to which he contributes views derived from his own extensive clinical work with first-episode psychotics. The book is unique in the sensitivity with which the author has considered the treatment of psychosis from the patient's viewpoint, and the originality with which he has effectively conceived, handled and reconciled a large amount of material.

Cullberg explores in depth the complex nature and triggering processes of psychoses and, as indicated in the title of the book, has proposed ways in which they can be better treated clinically using an "integrative perspective". He has constructed a comprehensive model of the phenomenology and aetiology of psychosis as a psychosomatic disorder, arguing that its nature and manifestations, and therefore its treatment, can be attributed to a combination of biological, psychological and social factors, while recognising that much research has yet to be done in the field.

The author has structured his work into two parts that cover a total of 27 chapters. In Part I, entitled "The psychotic crisis and the schizophrenic disability", he studies the development of the symptoms of psychosis, progresses through a description of how the psychotic gradually loses contact with reality, then goes on to explore the concept and characteristics of psychosis and to discuss acute phases of the disease. He considers the various neurobiological, genetic and psychodynamic vulnerability factors, as well as the specific and non-specific factors that can give rise to psychotic illness. Different types of psychotic disorders, including schizophrenia, are described in detail.

In Part II with the general title "In support of recovery", Cullberg examines all the methods that have been used to treat psychoses at different periods of history. This leads to his examination of what is required for the humane treatment of psychotics, their need for a family support system and the use of medications and his outline of the various projects that have been undertaken worldwide to deal with psychosis.

The book concludes with chapters on the pharmacological and psychological treatment and prevention of psychosis and on the problems of being a patient's relative or carer.

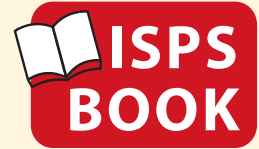
This book, then, is undoubtedly a major and concise synthesis of biological and humanistic perspectives which, despite the fact that its very nature and viewpoint presupposes a certain selection, with the fragile balance this implies, is not perceived as eclectic. Notwithstanding his aim of proposing an integrative approach to the issue, the author has a firm personal viewpoint around which the material in his book is structured. His overall view, which takes due advantage of the theoretical and clinical arsenal of psychoanalysis, is that functional psychoses can be triggered by the collapse of the area in between primary and secondary process thinking. (pp. 10-11).

It is, however, worth noting that, according to the author, psychoanalysis does not appear to constitute a recommended therapy, at least for schizophrenia or depressive psychoses. The psychotherapy method which, in his view, could prove to be particularly effective in this case is the combination of "psychodynamically orientated" psychotherapy and cognitive psychotherapy (pp. 283-284).

To this end the author utilises Freud's second (structural) model of the mind on which the latter based his view of the ego as being subject to three categories of demands: from the external world, the id and the super-ego. Combining this with the appropriate biological data, Cullberg puts forward a "bio-psycho-social" or "psychosomatic" model of psychoses. This model is based on the view that the "ego coordinates external stimuli with those from both the inner physiological world and the inner world of memories and experiences", (p. 204) in such a way that whenever this is achieved, it leads to a "synthesising interpretation of reality", which contributes to the subject's mental health; but wherever it fails, it disturbs the function in question, and paves the way for psychosis. This, then, is a model that aspires to provide some insight into the phenomenon of psychoses, while at the same time demonstrating a better way to treat them. (pp. 196-204).

It would, therefore, not be an exaggeration to argue that Johan Cullberg has given us a work that combines the virtues of an excellent overview with the advantages of an in-depth study. Its value will, in my opinion, be increasingly recognised, as it paves the way for the more effective and sensitive treatment and care of people suffering from psychotic disease.





Family and Multi-Family Work with Psychosis: A guide for professionals

BY BLOCH THORSEN, G.-R., GRØNNESTAD, T. & ØXNEVAD, A.L. (2006) LONDON: ROUTLEDGE, ISPS SERIES.

There has been a resurgence of interest lately in using Multi-Family Groups (MFG's) for a range of problems including eating disorders, alcohol and substance misuse, and 'multiproblem', socially marginalized families, as well as psychosis. This most recent addition to the ISPS Book Series is therefore a timely and welcome English translation of a text that was initially published in Norway in 2000. The model described in the book builds upon the pioneering work from the early eighties onwards of McFarlane and colleagues in the USA, in which several families with a member experiencing psychosis are brought together by therapists, for the sharing of information, mutual support and enhancement of coping strategies. In a foreword to the book, McFarlane describes MFG's as "the most cost effective psychosocial treatment for schizophrenia that has yet been developed", in view of its demonstrated efficacy in reducing relapse and improving quality of life for families.

The content of the book pretty much does what it says on the tin, in that it is very much a 'how to' book, offering clear and practical guidelines for running MFG's. The authors draw upon their extensive experience of using this approach for first-episode psychosis in Stavanger, Norway, providing guidance regarding both content and organization of MFG's in a straight-forward and authoritative style. I came to the book as a family therapist who has worked with single families in adult mental health services for many years, but with no experience of MFG's. Together with a group of colleagues, we are planning to begin implementing this approach for families in contact with Early Intervention in Psychosis services in the coming year, and I will be keeping this handy little book close by me during the months to come.

The basic format for MFG's described in the book involves two trained group leaders bringing together four to six families for fortnightly meetings over a two year period. There are two basic strands to the MFG approach, as developed by McFarlane: psychoeducation and enhancing families skills in solving problems associated with the psychotic disorder. The book offers advice on all phases of the two year process, from initial engagement with families, detailed guidance regarding how to structure initial sessions, psychoducational content, and facilitating satisfactory endings. There are sections by guest contributors discussing particular practice issues, including a chapter by Christine Barrowcough on working with people with substance misuse problems and psychosis. Useful case examples are provided throughout the text, including brief commentaries by families on their experience of being part of a MFG. In keeping with the collaborative spirit of MFG's, the final comments in the book are provided by a family.

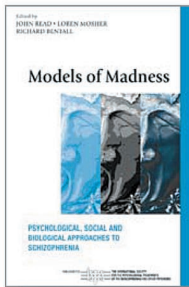
The necessity of creating a shift in the managerial culture of psychiatric services to successfully implement and sustain family work has been frequently stressed by experienced clinicians, trainers and researchers (see, for instance, Leff 2006), and the final chapter of the book provides an invaluable discussion of implementation issues. The authors emphasize that senior organizational support for MFG's is required because of the longer term commitment to families that the model requires. It is therefore crucial for managers to be informed of the advantages that this approach offers to families, and of the need for staff to be properly trained and supported to work in this way, including support for flexible working hours to run MFG's in the evening.

Because the major strength of the book lies in the straightforward, authoritative guidance it provides for practitioners, this is, perhaps inevitably, also at times a potential source of discomfort for some readers. An occasionally rather austere emphasis on adherence to the model developed by McFarlane, as in the following quote, "for treatment to prove effective, the methodology must be strictly followed" (p. 106), can be rather jarring. My systemic training has led me to value the improvisational aspects of therapy, and to feel suspicious of tightly manualized therapeutic procedures. The creativity and energy that can be generated when larger networks of people are assembled together is in part associated with the spontaneity and unpredictability of such gatherings (see, for instance, Asen & Schuff 2006), and I would have liked to have seen this aspect of MFG meetings described a little more in the book.

Psychiatric services generally have a poor record of positive working with families, a deficit that is starting to be addressed in many areas. It is likely that interest in MFG's will continue to grow over the next few years in the psychosis field, as the approach is collaborative, effective, and an efficient means of supporting several families at the same time. This text provides an invaluable resource for teams who are intending to develop MFG's as part of the range of services offered to families, and will be of interest both to practitioners who are new to family work as well as those who have experience of working with single families but new to running MFG's. As an important catalyst for promoting meaningful services for families internationally, the book represents part of the rich legacy provided by first author, Gerd-Ragna Bloch Thorsen, who sadly died just prior to the publication of this translation, (see the Obituary by Jan Olav Johannessen).

References: Asen, E. & Schuff, H. (2006) *Psychosis and Multi-Family Group Therapy*. *Journal of Family Therapy*. 28(1): 58-72.
Leff, J. (2006) Guest Editorial. *Journal of Family Therapy*. 28(1): 1-3.

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PSYCHOSES
An Integrative Perspective
JOHAN CULLBERG

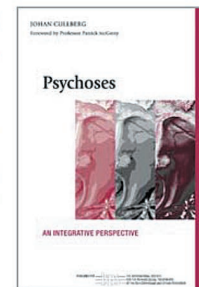
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A Guide for Professionals
GERD-RAGNA BLOCH THORSEN,
TROND GRØNNESTAD and ANNE LISE ØXNEVAD

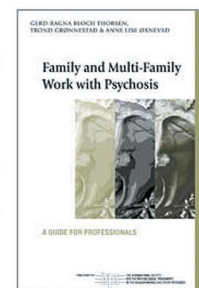
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This accessible, jargon-free guide will be of great interest to anyone interested in investigating the potential for using family work to treat those with psychosis.

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Schizophrenia, Advances in Psychotherapy

BY SILVERSTEIN SM., SPAULDING WD. AND MENDITTO A. (2006). WASHINGTON: HOGREFE & HUBER PUBLISHERS

This book reviews a large amount of information on psychosocial treatments of schizophrenia in a brief and practical way that is easy to read. The first three chapters are dedicated to general aspects of schizophrenia (description, theories and models and schizophrenia and diagnoses and treatment). The fourth and last large chapter is reserved for the review of psychosocial treatments. There are also four smaller sections that include a clinical case, other lectures, bibliographic references and a useful appendix with tools and sources.

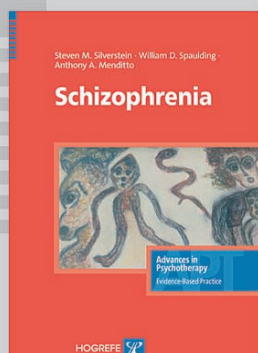
The authors are quite aware of the lack of efficacy of antipsychotics in many aspects of psychosis and especially in those related with functional recovery of certain diseases. They propose a global strategy for treatment of the disease and include also psychosocial approaches.

The first three chapters provide an academic review of the general aspects of the disease. Although these chapters aim to provide a complete approach to the origin of schizophrenia, significant weight is given to the medical model. Much more stress is placed on biological aspects than on those related with individual vulnerability and psychological stress of the patients. The book does not include a summary of global models integrating the different factors.

This is seen when we reach the chapter having the greatest importance and final objective of the book, psychosocial treatment of schizophrenia. Psychotherapy is almost totally combined with interventions related to rehabilitation/recovery of fundamental aspects of the patients, implicitly assuming that schizophrenia - in all its forms - is a deteriorating disease and assimilating the

psychotherapy concept to that of rehabilitation. While the review of several psychosocial aspects and interventions is detailed and varied, talking therapies including family interventions occupy a marginal place in the book. Those interventions that could prevent the disease from reaching its most chronic phases are not reviewed. Methods developed for "primary prevention" (interventions in prodromal and early phases of the disease) and "secondary prevention" are not reviewed either.

In summary, this is a basic book for therapists involved with patients who have functional limitations. It gives information on different rehabilitation interventions for psychoses. The book serves to clarify and compare the efficacy and efficiency of these already numerous intervention methods.



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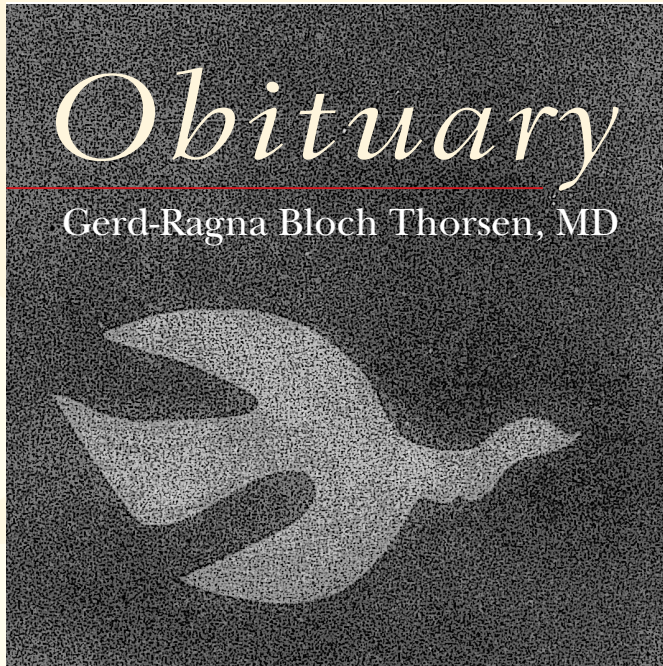
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BY JAN OLAV JOHANNESSEN, CHAIR, ISPS-NORWAY

*I*t was with shock and disbelief that the news reached us one Saturday early in August last summer, that Gerd-Ragna had suddenly passed away, due to an unexpected heart condition. It was such a lovely August afternoon, and Gerd-Ragna had just returned (she was the president of the Norwegian Psychiatric Association) that very same day from the Nordic Psychiatric Conference in Helsinki, Finland. As always, she had made a lively and spiritual contribution; talks, poems and had participated eagerly in the professional discussions and debates.

*G*erd-Ragna reached only 55, but achieved a lot, both professionally and privately. Professionally, patients with psychotic disorders were closest to her heart, and in her work as a clinician and a psychotherapy supervisor she saw to it that patients were allowed to tell and talk about their lives, their sufferings, their conflicts, their accomplishments and their hopes. She advocated psychotherapy, relational therapy like active and understanding milieu-therapy, family-work and users' participation. She strongly believed in information, education and empowerment, and always treated patients and relatives as equals.

*T*ogether with colleagues in Stavanger University Hospital, she founded The Psychiatric Information Foundation, which under her leadership has grown into a multimillion enterprise in publishing literature and popularized information on psychiatric disorders. Her first publication, an information brochure on Schizophrenia, has been translated to 6 languages, and has sold 100, 000 copies.

*G*erd-Ragna was a person of many talents, she wrote poems and novels, was an outstanding lecturer and teacher, always with a glimpse of humour and laughter. For the ISPS she was an important member and together with Endre Ugelstad she initiated the ISPS Newsletter back in the mid-nineties. For ISPS-Norway she was an active participant, inspiring us. Her last contribution to the ISPS society was the book on Multifamily work with First episode psychosis, published in the ISPS book series by Routledge.

*T*he loss is tremendous for us her friends and colleagues. Her children Joachim and Gyda Cathrine with their families, and Olav, her husband and best support, were the dearest on earth for her, and she for them, and we can barely understand their sorrow and grief.

*We will carry with us the memory and light,
Gerd-Ragna.*

Thanks.



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