



## THE LANGUAGE OF THE ISPS

LETTER FROM THE CHAIR

BY MANUEL GONZÁLEZ DE CHÁVEZ

An epigram by the XVIII century Spanish writer, Nicolás Fernández Moratín began by stating that *"A Portuguese man was surprised when he saw that every little kid in France could speak French"* and continued with: *"Wicked art that is," he said, twisting his moustache "that to speak French, a gentlemen in Portugal grows old, and barely speaks it; and here a little boy speaks it swiftly"*.

Will those clinicians dedicated to psychosis, who are mostly biologicists, admire the new integrating, psychosocial and psychotherapeutic language of "Psychosis," the journal recently launched to the world by the ISPS?

It will not be a "wicked art," nor a miracle, that of establishing a new language in psychosis. It will be a product of our effort, of the long one hundred year history of many professionals who have contributed, with a humanistic approach, to understanding and helping the psychotic patients, and of a society such as ours, that began organizing symposiums dedicated to psychotherapy of schizophrenia more than fifty years ago. It has continued to grow and now exists in more than 25 countries with members who are motivated by more effective and encouraging experiences and by more extensive and complete views of these disorders.

The language of the ISPS has a global concept of psychosis and a predominantly psychotherapeutical practice in common. And it has a diversity of many local, innovating and multidisciplinary teams, with a constant desire to teach and to learn from each other. This can be seen in our meetings and in all the books of ISPS, which will also be true for "Psychosis."

However, is it enough to offer a new language and a different perspective to the knowledge and to the solution of these problems? Obviously not. There are two priority tasks to improve the care of psychotic patients: we should create new scientific methodologies that break with the ideological restraint of evidence-based medicine and we should influence the local political policies with new cost-benefit equation models.

I recommend the reading of the magnificent book by Jaakko Seikkula and Tom Erik Arnkil "Dialogical Meetings in Social Networks," not only as an introduction to two forms of innovating therapy, "Open Dialogues" and "Anticipation Dialogues," but also as an intelligent reflection on the need for new naturalistic designs that overcome the limits of the so-called evidence based research and on the conditions of generalization and transferability of our psychotherapies, that are complex, dialogical, interactive, multifactorial and multidirectional practices.

I have a recent example. With a group of investigators from the University of Tenerife (Canary Islands), we are about to finish a monograph on the efficacy of group psychotherapy in schizophrenic patients. More than one thousand publications in recent decades have been reviewed. Only about 25 of these meet the Cochrane Library criteria based on experiments and randomized trials. Are these 25 out of more than one thousand the best, the most scientific, those which show us which pathway to follow, those that should construct guidelines on the valid practices? No, they are simply

artificial research studies, that have a shorter period of the patients' evolution and they also consider few study variables. We should demolish the myth of some research methodologies that do not even serve to predict the effect of many drugs outside of the clinical trials and when they are used in the true contexts. This is that which the pharmaceutical industries in our field call the "schizophrenia market."

This "schizophrenia market" has a yearly worldwide benefit of five billion dollars. Each neuroleptic prescription fattens the financial interests of hundreds of thousands of employees and stockholders, while psychotherapies hardly benefit those patients and their families. We need to change the language of this market, stressing persons and not medications, adequately using them and pointing out their abuses and limitations. Furthermore, we need to increase membership in the ISPS, including medical professionals, so that the biological model does not monopolize the power and so that psychotherapies are not relegated to a secondary position, following medication.

We need to change the language used, increase our knowledge and change our ways of giving help. We must become aware that spreading psychotherapy of psychotic patients does not depend on the evidence alone of the results of experimental designs but more so on the training and motivation of the professional workers and users and on the local initiatives. At present, it is possible to offer better health care quality to persons with psychotic disorders and this should be our priority objective.



## Editorial

BY KLAUS LEHTINEN

The first number of the ISPS journal *Psychosis* has just been published. An extraordinary accomplishment and the praise goes mainly to the editor John Read who has put in an enormous amount of work. The ISPS series now contains eight books thanks to the industriousness of Brian Martindale and the many active editors. As can be seen from this newsletter our fourteen national local groups are flourishing, organizing a multitude of local seminars and workshops. Not to forget the active list, our new web pages, nor our active organiser, Antonia in Greece. ISPS has been developing rapidly during the last years it has become a true, most lively international network with plenty of activities also in-between the triennial symposia.

The work done under the umbrella of the ISPS network around the globe is most important in promoting development of truly integrated treatment for psychoses. Now you have a great opportunity to help sustain the development. While I am writing this we have only 47 days to the opening of the 16th ISPS Symposium, Copenhagen 2009: "Differentiation, Integration and Development". The long and arduous preparation is nearing its fulfilment. I have had the pleasure to attend all symposia since 1988 and have never been disappointed. To attend is a win-win situation, it gives us the opportunity to get involved in the vitalizing dialogue and we can help our colleagues in the Danish organizing committee to make the Symposium a success. Attending is win-win also as an excellent way to support the work of ISPS for the next three years. Understandably the global depression and cuts in budgets cast doubt whether to attend; do not let depression take over, come to Copenhagen.

Beyond Medication, the new ISPS-book contains among great clinical two most interesting chapters that allow us to enter the world of the patient. Extending our network to include more consumer wisdom is the future. During the last year I heard for the first time of a training for consumers to become evaluators of the services. Since then, I have been most excited of the work. It offers a totally different and most important perspective for development and certainly promotes the psychological approaches.

The tide is changing; the bio-diagnostic-medico dominance is giving way to a more comprehensive psychiatry. Now it is time for us in ISPS to push for our goals: see you in Copenhagen!

*See you in Copenhagen!*

## 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



Antonia Svensson in Athens works part-time as ISPS Organiser. She is doing 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. In addition Antonia will answer any queries and can be contacted on the [isps@isps.org](mailto:isps@isps.org) e-mail address. Website: [www.isps.org](http://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)
- David Kennard (United Kingdom)

### 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)

# The name of ISPS

DAVID KENNARD  
Chair ISPS UK, Member of ISPS Executive Board

The question of changing the full name of ISPS has been on the Society's agenda for a few years now, at least since our last international conference in Madrid in 2006, and in Copenhagen this June we will come to a final decision

The ISPS Board has thought a lot about how to manage the process in order to give full opportunity for members to be involved but also to give a clear lead, and I am writing on behalf of the Board as a brief preamble to the Formal General Meeting where the decision will be taken.

The arguments for removing the term 'schizophrenia', which are summarised briefly in the first issue of *Psychosis* (Kennard 2009) include: the concept of schizophrenia no longer has scientific or clinical credibility; it is misleading as it suggests a single illness where there is none; and it has stigmatising effects which could be lessened (though not eliminated) by a change of name. On the other hand we know that some clinicians and service users prefer it to more general terms like psychosis and that, whatever we decide, the term will go on being used as long as it appears in diagnostic manuals.

The view of the board is that the Society's name should be changed, but that this should still allow us to maintain our link with those who have a diagnosis of schizophrenia in a 'mission' statement following the name. In choosing a new name two important criteria are that it should be short and easy to remember and tell people, and it should be compatible with the title and subtitle of the new journal.

Several suggestions have emerged from a survey of local networks last year and in the recent discussion on the International Yahoo list and on the ISPS Executive. These include:

- Keep the name as it is -
- **International Society for the Psychological Treatments of the Schizophrenias and other psychoses**
- **International Society for the Psychological Treatments of Psychoses**
- **International Society for Psychological and Social Treatment of Psychosis**
- **International Society for the Integrative Treatment of Psychosis**
- **International Society for the Psychotherapy of Psychosis**
- **International Society for Psychological Approaches to Psychosis**
- **International Society for Psychological and Social Approaches to Psychosis**
- **International Society for Psychosocial Approaches to Psychosis**

- **International Society for Psychosis**
- **International Society for Psychosis Studies**

Following the name, the proposed mission or banner statement would be:

*'Promoting psychological and social approaches to the treatment and understanding of people who experience psychosis, including those with a diagnosis of schizophrenia.'*

The ISPS Executive intends to bring to the General Meeting a list of names together with its own recommendation(s). A vote will be taken on the names suggested. If none of these gets 50% in the first vote, there will be a vote between the leading contenders so that the final choice has majority support.

We realise that deciding the Society's name is not just a matter of logical arguments, but is also to do with what the Society means to each of us individually. Any collective decision about a new name is bound to involve some compromises between strongly held different views and passions, and we ask members to hold in mind in making their choice the broader interests of ISPS being able to present a clear position to the wider mental health community.



THE INTERNATIONAL SOCIETY  
FOR THE PSYCHOLOGICAL TREATMENTS  
OF THE SCHIZOPHRENIAS AND OTHER PSYCHOSES





# See you in June in Copenhagen



WELCOME TO **ISPS 2009**  
COPENHAGEN, DENMARK



In Madrid 2006, in my invitation speech to the coming ISPS congress in Copenhagen, I mentioned the great Danish philosopher, Soeren Kierkegaard's, central hypothesis about helping others:

*When one truly shall succeed in leading a human being somewhere, one must be careful to find him there, where he is and start there. This is the secret of any art of helping. If you cannot do that you only deceive yourself and others when you believe you can be of help to the other.*



This is of course the core idea of being experienced and having empathy and acknowledging its importance - not only in the start of a helping relation and treatment with persons in a psychotic state but throughout the whole process of therapy. It is also an unpredictable and almost insurmountable demand on the therapist who is trying to find ways of getting in contact with existential feelings of another person grounded in a psychotic universe.

Moreover, I am sure that Kierkegaard would have been vehemently against the idea that an organisation of professional helpers was a meaningful concept in the above perspective - he was too much of an existentialist to believe that institutional training could guarantee the positive outcome of a human relationships. His mind taken into consideration, he might even have believed the opposite.

However, reading the abstracts for our coming congress in Copenhagen

one really gets a sense of presenters who want to find ways to the kernels of psychotic experiences - primarily, but not only, in order to understand how the mind of the psychotic person works and to use this understanding in adapting with the right words and the right framing to the specific situation the therapist and the psychotic person is placed in. From the abstracts you also get the impression of therapists struggling with the hard questions: How does one move on and develop from where one is situated in life - mentally and socially? What are the first steps, and what are the following ones? How do we know we have done the right thing? Etc. In short: one gets the impression from the abstracts that clinical knowledge and experiences are at the base of the presentations.

Participants have by now submitted approx. 190 abstracts for oral presentation and almost 40 poster abstracts for poster presentation. The website for the congress, [www.isps2009.ics.dk](http://www.isps2009.ics.dk), is open for further submission of abstracts for posters, but abstracts submitted from now on may not be included in the special supplement issue of the new journal, "**Psychosis: Psychological, Social and Integrative Approaches**". The submitted abstracts are now being sent to the publishers in order to be published at the right time for the congress. However, we encourage submission of posters beyond the previously announced deadline, since poster presentations give great opportunity for the presenter to get into contact and discussions with colleagues; we hope you will make use of this possibility. Besides panels, symposia and posters the programme will include workshops with more mutual interplay between presenters and audience, and some films.

*Cont. next page*

The Local Organizing committee also wants to direct the attention to the pre-congress workshops. They are taking place Monday, June 15th, from 10:30-17:00, and their purpose is education, i.e. giving newcomers and already experienced therapists the possibility of going more deeply into a treatment approach of one or the other kind. Participation in the pre-congress workshops is independent of participation in the congress. At the moment we have six different topics for the workshops, but one or two might be added. So, please, look at the website [www.isps2009.ics.dk](http://www.isps2009.ics.dk) and make others, who might benefit from participation, aware of that possibility.

We hope that we can be of help to all of you both before and during the congress so that your contribution to the congress can be of high quality and your participation can be a pleasurable experience.



### Dear Colleagues

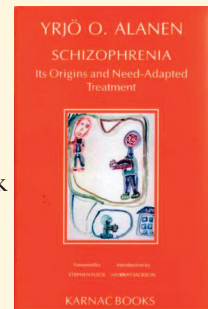
I am very pleased to inform you that our esteemed colleague and ISPS Honorary Life Member Professor **Yrjö Alanen of Finland** has been awarded the **Pinel Prize** by the World Psychiatric Association and this will be presented at the WPA triennial congress in Prague later this month following which he will give his prize lecture.

The Pinel is one of highest prizes awarded by the WPA and is given as the outstanding contributor to a Psychiatry for the Person – Articulating Psychiatry's Science and Humanism.

I happen to know that the President of the WPA, Juan Mezzich, has been particularly taken in recent years by the approach of Yrjö's need-adapted psychotherapeutically orientated approach to working with psychotic patients, developed over several decades in Finland and now well known and adopted through out Scandinavia and beyond.

Juan Mezzich has been promoting a new way of classifying and formulating mental health disorders which includes a much more personalised statement about their condition – which – for all its limitations could shift psychiatric thinking and practice.

For those of you not familiar with Alanen's work (he has been retired for some 15 years or more) - his work and approach is well described in his book **“Schizophrenia - and it's need adapted treatment”** (Karnac books).



In the last perhaps three years Yrjö has been hard at work as the lead editor on two further ISPS books. One beautiful book was given to all participants at the ISPS Madrid conference to mark 50 years of ISPS and the second book will come out next year in our ISPS series **Psychotherapeutic approaches to schizophrenic psychoses: History, development and prospects – a masterly overview of the field past present and future.**

I am sure the whole ISPS community will want to congratulate Professor Yrjö Alanen and know how proud we are of him.

Dr Brian Martindale  
Consultant Psychiatrist, Early Intervention in Psychosis Service  
Northumberland, Tyne and Wear NHS Trust, UK



Professor Yrjö Alanen

## 2009 ISPS Executive Board Elections

The following candidates will be standing in the 2009 ISPS board elections. The elections will take place during the ISPS 2009 Copenhagen Congress, June 15th-19th, and the results will be announced at the end of the Congress.

The statements of the nominees can be found at our website [www.isps.org](http://www.isps.org) along with details of the procedures for voting. In order to retain the right to vote in the upcoming elections please ensure your ISPS membership fees are paid up to date. If you are unsure if your fees have been paid for 2009 please check with the Organiser/Administrative Assistant of your local ISPS group. If you are an individual member of ISPS international please contact Antonia Svensson on [isps@isps.org](mailto:isps@isps.org)

**Chris Burford**, nominated by Michael Robbins and seconded by Isabel Clarke

**Martin Cosgro**, nominated by Ann Louise Silver and seconded by Brian Koehler

**Brian Koehler**, nominated by John Read and seconded by Ann Louise Silver

**Klaus Lehtinen**, nominated by Jaakko Seikkula and seconded by Birgitta Alakare

**Brian Martindale**, nominated by Jan Olav Johannessen and seconded by David Kennard

**Margreet de Pater**, nominated by Ludi Van Bouwel and seconded by all the members of the local board of ISPS Netherlands/Flanders

**John Read**, nominated by Brian Martindale and seconded by Jan Olav Johannessen

**Michael Robbins**, nominated by Chris Burford and seconded by Gustav Schulman

**Bent Rosenbaum**, nominated by Chris Burford and seconded by Brian Koehler



## Our new web pages

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

You have most probably noticed the new look of our web pages. The need for a major renovation was noticed some years ago. A major concern was the expensive platform we were using. When the work was started it became clear that the old pages needed a new layout, checking of the content, and improving of their visibility on the Internet.

The practical task was carried out by Lorraine Ellis from The Web Woman Design, she has been responsible of transferring the pages and of the layout with help from Marty Crosco, not to forget the impact of Antonia, our ISPS organizer.

When starting the work, it became clear how much information the ISPS site already carries; it has 86 pages. This includes the pages of 14 local groups, some in native languages like Hebrew, Swedish, Spanish and Dutch. Just maintaining and keeping the pages up-to-date is a major task.

When we add together the pages at [www.isps.org](http://www.isps.org), the extensive pages of ISPS-US at their own site – [www.isps-us.org](http://www.isps-us.org) – the discussion lists – there is the one of ISPS that is actively monitored by Chris Burford and of the local at least ISPS-US and ISPS-UK have their own, and the newsletters it becomes clear that as a society we have managed to produce a wealth of information into the web. To give an example, I have followed the ISPS-INT list from 2004 and have to date 2314 counted postings.

The new platform makes it easier to develop the pages in the future once we get a touch of the possibilities. Today it is hard to picture how ISPS has managed to survive for the decades before the web was there. It is going to be interesting to see what the future years will bring with them; maybe “let’s meet every three years in the congresses” will be replaced by “let’s meet in the web”!

Klaus Lehtinen

# ISPS local groups

## ISPS Danmark

The board of ISPS-Denmark is spending most of its organisational time preparing **ISPS-2009: The 16th International Congress of Psychotherapy for Schizophrenia and other Psychoses which will take place in Copenhagen, Bella Center, June 15th – 19th, 2009.** We do hope that this event will attract many colleagues from all over the world in spite of the financial hard time we are going through. Funding, planning of pre-congress workshops and social events, hotel reservations for invited speakers and other practicalities take a lot of time, as does the work in the scientific committees selecting all the important abstracts for this exciting meeting in June.

As part of the PR-work preceding the ISPS Congress, a national seminar is planned in cooperation with another Danish psychiatric organisation: PsykiatriFonden. The aim of this organisation is to spread knowledge to the public and mental health workers about mental illness, treatment possibilities, the Health system, and to fight against the stigmatisation of individuals with mental illness. The joint seminar is planned for March 25th 2009 and invited speakers are Bent Rosenbaum, Birgitte Bechgaard, Allan Fohlmann, Fransisco Alberdi, Ulrik Haahr, Susanne Harder and Irene Oestrich. The theme is psychological-psychosocial understanding and treatment of schizophrenia.

We shall, in relation to the congress, also plan how we may reach the mass-media in the best way, not only in Denmark but also in the other Nordic countries.



Copenhagen

ISPS Denmark's annual general assembly was held on March 12th. Invited speaker for this meeting was Professor Poul Møller from Oslo, Norway and the title of his speech was: "Self-Experience and Self-Understanding in Schizophrenia/ psychosis". Poul Møller has for a number of years done research on subjective dimensions of psychopathology and psychosis, and he has in 2005 published the EASE-scale (Examination of Anomalous Self-Experience) together with professor Josef Parnas from University of Copenhagen and others.

More information about ISPS Denmark can be found at our local webpage: [www.ISPS-dk.dk](http://www.ISPS-dk.dk)

Anne-Marie Christensen, Secretary of ISPS-Denmark  
a.m.r.christensen@dadlnet.dk

## ISPS Croatia

ISPS Croatia will be holding the 14th School of Psychotherapy of Psychoses at the Inter-University Centre in Dubrovnik (Croatia) on May 13th–16th, 2009. The main topic is: "Empowerment and Recovery". This annual event attracts both international lecturers and an international audience. The official language spoken will be English.

Ivan Urlic

For further information about the above event, or about the local ISPS group in Croatia, e-mail: [ivan.urlic@st.t-com.hr](mailto:ivan.urlic@st.t-com.hr)



Dubrovnik

## ISPS Hellas

ISPS Hellas this academic year is holding its Annual Seminar (2nd cycle) entitled "Psychosis, neurosis and perversion". The Seminar will cover two academic semesters each of which contains one course (one unit every month) and may contribute to the prerequisites for a training programme in the psychotherapy of psychoses.

In December 2008, ISPS Hellas successfully organised its 3rd Annual Meeting on the theme "Psychodrama with masques" conducted by Mirella Firrao. Planning has already begun for our 4th Annual Meeting entitled "Preventing early episodes in psychosis" which will be conducted by an eminent person from abroad (to be decided soon).

Dr. Anastassios Koukis has already submitted his article on depression in psychosis and the therapeutic impact of the group-analytic group for publication in PSYCHOSIS. Many members of ISPS Hellas are planning to participate in the ISPS Congress in Copenhagen in June 2009. And finally, ISPS Hellas has increased its annual membership fees to 45 euros, which includes members receiving the two annual issues of the new ISPS Journal PSYCHOSIS.

Anastassios Koukis,  
Chair ISPS Hellas  
[a\\_koukis@otenet.gr](mailto:a_koukis@otenet.gr)



## ISPS India

We held a workshop in India in the past year. The report of one of our workshops was published in The Telegraph - the leading newspaper in India. In India, people are slowly realising the need to join a group like ISPS; now-a-days the younger generation wants to learn more and update themselves with the knowledge of recent developments going on throughout the world.

We are hoping to get some new energetic members very soon! Apart from holding regular meetings we are focusing on organizing more workshops on a regular basis which could draw new professionals in to our ISPS group.

Ishita Sanyal  
ishitasanyal@hotmail.com



## ISPS Israel

The Israeli group of ISPS is organizing a series of lectures open to the public this year on the topic: "Therapeutic models in working with Psychosis". In the first lecture Dr Ilan Treves, a psychiatrist, psychoanalyst and president of ISPS-IL, discussed his experiences as a therapist in Chestnut Lodge along side a presentation of the theoretical thinking of Harold Searles and Frieda Fromm-Reichmann. Mr Daniel Steinberg, head clinical psychologist at the Summit Institute, presented three theoretical models that underlie the idea and practice of the therapeutic community while connecting the model applied at the Summit Institute to Winnicott's thinking.

The second lecture in the series was given by Mrs Riki Frankel, a clinical social worker at Abarbanel Mental Health Center, who presented her group work with inpatients at the hospital. The group's focus is on contemporary Art, Cinema and Philosophy, topics that enable the patients to enrich their cultural world, as well as to discuss their identification with problems and dilemmas reflected in art.

A second project, open to therapists and students, is a peer study group held by Mrs Renana Elran, chairperson of ISPS-IL. The members of the group read together psychoanalytic texts on theory and treatment of psychosis. Renana has taken over the chair from Orna Ophir, who is now pursuing her psychoanalytic training in New York. We wish to thank Orna for her dedicated work in building and maintaining the group and send our hearty congratulations on the birth of her daughter, Alma-Johanna. We are looking forward to an interesting and eventful year.

Renana Elran, chairperson ISPS-IL  
renana.elran@mail.huji.ac.il

## ISPS Netherlands-Flanders

On October 10th 2008 our local conference was held in Kortenberg, about early intervention in psychosis. Kathleen Lacluyse made a report, what follows is an excerpt.

Prof Dr M. De Hert stated that early intervention in psychosis is very important. International consensus has been achieved in developing clinical guidelines for intervention in the early stages of psychosis, i.e. the possible pre-psychotic phase, the first episode, the recovery phase and the critical phase up to 5 years after. A clinical staging model, i.e. phase specific treatment, outreachment, and providing continuing and integrative care are seen as crucial. Still, a critical reflection on this topic should be maintained. Stating an ARMS ['at risk mental state'] does not necessarily predict psychosis (transition rates remain rather low, cf. risk of false-positives), so treatment effects (medication side effects, stigma,) can be detrimental. From an ethical point of view, it can be questioned whether people always want to know if they are at heightened risk ('a right not to know?').

Dr Brian Martindale stated that in the treatment of early psychosis, ISPS sets out 3 main objectives: Promoting appropriate use of psychotherapy and psychological treatment; integrating different psychotherapeutic approaches; enhancing the psychological understanding and approach of psychosis. Interventions in early psychosis are phase-specific. Immediate priority is the engagement of the patient and his family in the treatment process, reduction of stress and reduction of psychotic symptoms. In a next phase, relapse prevention becomes an important goal. Restoration of developmental trajectories and focusing on quality of life, this means working on 3 domains (vocational, recreational and relational), is the main target of the third phase.

Prof. I. Myin-Germeys stated that psychosis traditionally has been defined in categorical terms ('you have it or you don't') epidemiological research contradicts this assumption and reveals continuity of Psychotic-like experiences (PLEs) at population level. In the majority of cases PLEs appear to be transitory phenomena and in that way 'benign', but in a small group PLEs persist, and an even smaller group eventually develops a psychotic disorder. The epidemiological model states that genetic susceptibility ('proneness') underlies the onset of PLEs, but it is the accumulating gradual exposure to environmental factors (urbanisation, cannabis use at young age and trauma are the 3 factors consistently found in research) that leads to 'persistence' of PLEs and eventually to the onset of psychotic disorder. 'Sensitization', the repeated exposure to environmental risk factors that leads to progressively greater responses over time, thereby causing psychological and physiological alterations (cognitive biases and/or altered dopamine neurotransmission) and finally resulting in a lasting change in response amplitude is presumed to be the crucial mechanism.



**D**r L. De Rijdt has experience in analytic therapy of adolescents with psychosis. She stated that psychosis – in general, but certainly when it occurs during adolescence – can be seen as a way of showing that reality is in some way too painful to cope with. It can be conceptualised as a fracture in ‘being’, as some kind of falling apart of what always has been certain, as a confrontation with emptiness and chaos, as becoming estranged from one’s self. Help-seeking behaviour can occur as a cry for help to escape from isolation of frightening experiences. Therapy is giving people space to balance between two different kinds of spaces, i.e. ‘the daily life’ and ‘the safe spot someone has created to escape’.

**D**r S. Moritz has developed metacognitive training for schizophrenic patients (MCT). MCT attacks cognitive biases in psychosis. These biases (jumping to conclusions, attributional biases, bias against disconfirmatory evidence, overconfidence in errors, and theory of mind difficulties) play an important role in the onset, aggravation or maintenance of positive psychotic symptoms. Through practical exercises on each bias and group discussion, participants are learned to recognize cognitive biases (as they are beyond conscious reflection) and counter them (by offering alternative strategies to avoid cognitive ‘traps’). Preliminary studies show MCT to be an effective way to diminish psychotic reasoning and psychotic symptoms, but long-term maintenance of these effects is still to be evaluated.

**D**r H. Demunter & Dr L. De Coster developed systemic therapy integrated in the Leuven early psychosis project. They used the ‘open dialogue model’, proposed by Seikkula. In this treatment model, meetings are to be organised with the patient and the people he/she is familiar with. Providing an open and transparent surrounding and creating a safe atmosphere are of mayor importance, when the main aim is to facilitate communication. Encouraging family members – including the patient – to communicate openly, provides an opportunity to find a common language to describe one’s self, one’s relationships with each other, shared family history, individual or shared hopes and wishes, an so on (‘narrative approach’, ‘interactional model’).

The reactions of the participants of the conference were enthusiastic.

**O**n October 8th 2009 [date needs to be confirmed by all the speakers] we are planning a conference on ‘Relations between psychosis and identity formation’. That there is, perhaps, a relation between psychosis and identity formation is not a strange idea. It is a very old idea in fact. Erik Erikson for instance proposed that serious identity confusion can be a starting point for a psychosis. Murray Bowen talked about a psychosis as a state of lack of differentiation. Patients have always talked about finding and/or losing their identity in a psychosis. In the decade of the brain it was not proper to see it in that way. Science was about finding genes and neurotransmitters.

But when science progressed it was found the brain works in circuits with many neurotransmitters involved and that genes alone are not enough to induce a psychiatric disease. There must be environments which make genes express. Also it was found that the brain is changing all the time and needs experiences to develop. Epidemiologic research revealed that schizophrenia is more common in socially fragmented neighborhoods. So science stands no longer in the way of picking up again from the past the ideas of wise clinicians and patients. In fact research on identity is carried out in many places; this research is not known to many psychiatrists and it is done in different domains. Different research groups publish in different journals.

**I**nvited speakers:

- David Fowler, from the University of East Anglia, does research of different aspects of self-concept, that persons who once were psychotic have
- Wim Veling wrote a dissertation about second generation Moroccan emigrants. People who don’t regard their Moroccan roots become more often psychotic
- Koen Luyckx is researching the identity formation among normal adolescents
- Rudy Vandenborre is a psychotherapist who works with adolescents
- Wouter Kusters is a philosopher and had a psychosis himself, he experienced that his identity became liquid and mythic in his psychosis

**W**e have also invited Arend Jan Heerma van Voss, who was editor of the Dutch Journal of Mental Health, to ask intriguing questions like:

- Is it possible that a disturbed identity formation is a risk factor for developing a psychosis?
- Can a strong identity protect against a psychosis?
- Are there ‘liquid identity states’ in which self concept and concept of the world shift in the normal development of some adolescents? [if so, maybe a psychotic state is a exaggeration of such an identity shift]
- Is it possible to acquire a stronger identity enduring a psychotic state?
- If yes – what can patients, family members, clinicians do to help?
- Maybe that is all rubbish, but can sufferers of psychosis do something when they are not psychotic to become stronger and what can other do to help?

The conference will be mainly in Dutch.

Margreet de Pater,  
Chair ISPS Netherlands-Flanders  
mdepater@planet.nl



## ISPS New Zealand

The 6th Making Sense of Psychosis Conference was held at St Johns Centre in Wellington this year and attracted a number of people keen to hear not only from our distinguished overseas guest Richard Bentall but also eager to see what is happening at a national level. The theme of the conference was the power of relationships and participants were exposed to a diverse range of presentations including using yoga practice with people experiencing psychosis to working collaboratively to make a crisis into an opportunity to build resilience.



Richard Bentall opened the conference with ‘The Evolution of Psychological Therapies for Psychosis: the power of relationships’ which set the flavour for the day and participants enjoyed a collection of thought provoking and inspiring presentations. Half of the presentations were from service users which gave a different perspective on clinical approaches and provided the necessary balance to ensure that service delivery is working to best able to meet the needs of clients. The adolescent and youth services were represented by the team from Auckland who presented their work with voice hearing experiences with hospitalised young people. It was also pleasing to see two psychiatrists presenting their way of developing skills with their clinical team to enhance practice when working with young people who are acutely psychotic.



From left to right - tired but happy ISPS NZ conference organisers Gary Platz, Janette Symes, Debra Lampshire (chair) and Patte Randall, with Professor Richard Bentall

Participants were inspired and deeply moved by the presentation from the CCDHB’s Capital & Coast District Health Maori Services and the exploring of a cultural explanation for peoples distress.

The feedback from those attending was overwhelmingly positive and many left invigorated and more determined to continue to embrace the psychological approach in their work. The committee would like to thank all those who contributed to make this a successful conference and special thanks to all those people behind the scenes.

John Read, ISPS NZ j.read@auckland.ac.nz

## ISPS Spain

We have been promoting the development of psychotherapy and integrative treatments in psychosis for many years. Furthermore, with the support of the Fundación para el Tratamiento e Investigación de la Esquizofrenia y otras Psicosis (Foundation for Treatment and Research of Schizophrenia and other Psychoses) and under the coordination of Dr. González de Chávez since the year 1995, we have been organizing annual courses to promote the interest in this field among the Spanish professionals.

A historical milestone was the organization in Madrid of the 15th Congress of the ISPS in the year 2006. Since then, our efforts seem to have taken form and this year we have managed to gather more than 30 persons of different professions (psychologists, psychiatrists, nurses, social workers, etc) and to constitute the Spanish group of the ISPS. We are aware that this is only the beginning of a long journey towards spreading the principles of this society, with the added difficulties of a country in which the care and understanding of the psychotic patient is predominantly biological and where the public officials do not include these approaches among their priorities. However, the greater the challenge, the more enthusiasm we have to approach our patients in a humane and comprehensive way.



Dr. González de Chávez and Ignacio García Cabeza

Being able to belong to a Society having the tradition, importance and recognition as does ISPS makes us proud and gives us the opportunity to continue working from the within the clinical area, research and spreading of information with the support of those who have been doing so for years. It provides us with the opportunity of sharing your experience in this field and the evidence that we were not wrong when we began along this pathway more than ten years ago, that being none other than offering the best treatment possible to those who suffer a psychotic disorder.

We want to continue growing from this small and still embryonic group and with it, its activities and interests that we will become aware of through this Newsletter. This announcement is only a way to introduce ourselves, to say that "finally Spain has its own local group and to send our greetings to all the members of the ISPS.

Ignacio García Cabeza  
 igcabeza456@gmail.com

### ISPS Sweden

The 2009 General meeting of ISPS Sweden was held in Stockholm on the first weekend of March. The invited speaker was Anna-Karin Neubeck, PhD, who presented her doctoral dissertation just before Christmas entitled "The Prodromal phase of What; A meta-psychiatric analysis of the prodromal phase of schizophrenia". She found, by retrospective in-depth interviews of 11 persons diagnosed as schizophrenic, that seven of them carried more or less severe traumas in their early history. A fact well known by clinical psychotherapists. Nevertheless important to establish it (again in these days) scientifically!

The following day we planned an open discussion on "Research and the Future". At this meeting we also made attempts to correct the male imbalance in the board; there were women of good standing approaching.



Stockholm

Our autumn meeting in 2008 gathered a small but alert audience listening to and discussing with Helge Malmgren (philosopher) and Sverker Belin (psychotherapist) on the theme "Relation-Brain-Psyche-Method: The problems of diagnosis and how to meet those who are diagnosed". Finally, we are looking forward to the ISPS Copenhagen meeting and await with excitement the first issue of the journal.

Kent Nilsson, Chair ISPS-SE  
 kent.e.nilsson@hotmail.com

### ISPS Switzerland

After our second congress in May 2008, on the theme of "Teamwork and psychotherapy", the committee has met regularly. Our contact with the local university department has been broadened. The problem of delusion, and more specifically its possible meanings, will be the topic for our next congress, to be held on 29th May 2009 in Lausanne. Amongst other speakers, Louis Sass (New York) and Vassilis Kapsambelis (Paris) will be present. Apart from the organisation of the congress, the committee is working on several projects. Among them, we plan to set up a document archive relevant to our history and practice, alongside listing bibliographical references. A protocol for clinical supervision of institutional practice by ISPS members is in progress, and also the publishing of four papers on psychotherapy with psychotic patients. The existing research project consisting of interviewing patients and therapists on the working alliance is now looking for collaboration with others to continue. Furthermore, we have organized the project followed by a discussion of a documentary road-movie by Edgar Hagen: "Someone beside you", where psychiatrists and their patients tell about the experience of psychosis. At present, we also are also preparing for the Copenhagen congress, finding time and resources to contribute to it.

Urs Corrodi, Secretary ISPS-CH  
 urs.corrodi@nant.ch

### ISPS UK

Following our conference last July on Psychological Therapies, Medication and Psychosis, much of our focus has been on spreading information about ISPS as widely as possible to promote the new journal and encourage new members. Over the past six months we have succeeded in recruiting around 40 new members, and are hoping to increase this.

One of the highlights in this endeavour was an 'interactive zone' at the annual Mental Health Today exhibition in Manchester in November, which is a national shop window for mental health organisations. We put on a rolling programme of talks and discussion on different aspects of psychosis throughout the day, given by local members of ISPS UK, including carers a psychiatrist, a family therapist, nurses, psychologists and occupational therapists, with exhibition visitors staying for as long or little as they wanted. It was a novel experience for me and a tribute to the commitment of our 'team', and seemed to attract a fair amount of interest from trainees and others. We even had an ISPS UK banner made especially for the occasion.

This year we have a full conference programme. On February 27th we held the third Annual North East in Newcastle on the theme of 'How families living with psychosis and professionals can interact to foster hope and change'. Around 100 attended including several carers.



Our photo shows Alison Brabban, who was able to share her experience of working on the revision to the NICE Guideline on Schizophrenia, to be published in March after two years work.

On March 26th we have a conference in London on the 'Improving the Experience of Inpatient Care', with Dinesh Bhugra, President of Royal College of Psychiatrists opening the day. And on September 29th our autumn conference will be in Warrington in the North West, on the theme of 'Understanding the experience of people with psychosis: making use of psycho-dynamic principles'.

This will be our first conference in the North West since our residential conference in Manchester in 2004, and helps with our goal of supporting local regions to develop their own ISPS networks. In this respect it is also pleasing to report that after a gap of two or three years an ISPS Reflective Practice group has (re)started in London, and that there are plans for an event in Glasgow to launch a local network for members in Scotland.

We look forward to seeing you in Copenhagen.

David Kennard, ISPS UK Chair  
david@dkennard.net

## ISPS US

The United States has currently eight local branches of ISPS-US. The following is a list of the individual branches, responsible chairs and contact information.

- **The Baltimore/ Washington DC Branch**  
- Ann-Louise Silver MD (DC@isps-us.org);
- **The Berkshires Branch**  
- Marilyn Charles PhD (Berkshires@isps-us.org)
- **The Chicago Branch**  
- Patricia Gibbs PhD (Michigan@isps-us.org)
- **The New England Branch**  
- Ron Abramson MD (NewEngland@isps-us.org)
- **The New York City Branch**  
- Brian Koehler PhD (NYC@isps-us.org)
- **The Northern California Branch**  
- Matthew Morrissey MA (NoCal@isps-us.org)
- **The Southern California Branch**  
- Martin Cosgro PhD (SoCal@isps-us.org).

Besides active branch meetings, e.g., the NYC Branch has been meeting on a monthly basis for 12 years at New York University, ISPS-US has newly established a research committee consisting of national and international representatives. Currently, the committee consists of Ron Abramson MD, Marilyn Charles PhD, Courtenay Harding PhD, Brian Koehler PhD, Yulia Landa PhD, Alice Maher MD, Kristina Muenzemaier MD, Lois Oppenheim PhD, and Dag Söderström MD. The research committee is planning to study the effects of psychotherapy and psychosocial treatments in persons with a psychotic disorder.

We are in the process of adding new members from the US and the international community. Please contact Brian Koehler at [brian\\_koehler@psychoanalysis.net](mailto:brian_koehler@psychoanalysis.net) should you be interested in joining us. The ISPS-US Executive Board held its annual retreat in November 2008 in New York City at a lovely space provided by ISPS-US member Ruth Rosenbaum. We are planning another retreat this summer in New York at the farm of Ann and Stu Silver. We continue to hold monthly telephone meetings in which we formulate our goals and discuss and plan activities. We discuss our website (managed by Marty Cosgro), listserv (moderated by Daniel Mackler), newsletter (edited by Warren Schwartz and Ayme Turnbull Lilly), annual conferences, relationship to the international group, etc.

Our ISPS-US Tenth Annual Conference is "Interpersonal Approaches to Treating Psychosis: The Living Legacy of Chestnut Lodge". It is being chaired by Ann-Louise Silver and hosted by ISPS-US Baltimore/DC. It will take place at the Red Brick Courthouse, 29 Courthouse Square, Rockville, MD 20850 from October 2-4, 2009. Continuing Education credits will be offered by the Lifespan Learning Institute. The keynote speaker is John Kafka, MD and our honoree is Daniel Mackler, LCSW.

Karen Stern continues to expertly guide us as our Executive Director. Ann-Louise Silver stepped down as President after many excellent years of service and devotion to our growing group. Brian Koehler is currently President, with Marty Cosgro as Vice President, Lori Kalman-McCartney is our Secretary, Kay Ellen Lowenthal is our Treasurer, and Jessica Arenella is our Membership Chair (contact information for these individuals can be found on our website [www.ISPS-US.org](http://www.ISPS-US.org)).

As a group we are hoping to extend the reach of comprehensive psychosocial therapies to all, including underserved, persons with a severe psychotic disorder. We are trying to build bridges between psychosocial and neuropsychopharmacological clinicians, between various psychosocial clinicians, between researchers, clinicians, families and patients, and to find helpful ways to integrate the latter into our activities.

For further information on the activities of ISPS-US, please contact Brian Koehler at [brian\\_koehler@psychoanalysis.net](mailto:brian_koehler@psychoanalysis.net) or 212.533.5687 (New York City).

## Beyond Medication. Therapeutic Engagement and the Recovery from Psychosis



EDITED BY DAVID GARFIELD AND DANIEL MACKLER.  
PUBLISHED BY ROUTLEDGE IN THE ISPS BOOK SERIES (2008)



I want to start by congratulating Bertram Karon and Ann-Louise Silver for their condensed summary of important findings in individual psychotherapy of psychoses during the last decades. *Beyond Medication* has thirteen short chapters that give an interesting view mainly into individual psychotherapy of psychoses. It is refreshing that the book includes a variety of different perspectives and quite a few descriptions of practical tools most useful for the therapist. When looking at years the references have been published it is striking how many years they cover. Important work and knowledge has been there for decades.

The book is divided into three major parts.

**PART I** is titled **Engaging the patient**. It contains four chapters: Strengthening the Patient by David Garfield and Daniel Dorman; the Initial Engagement in the Psychotherapy of Psychosis, with and without Asylum by Elisabeth Faulconer and Ann-Louise Silver; Making Contact with the Chronically Regressed Patient by Garry Prouty; and finally The Role of the Therapeutic Alliance in the Treatment of Seriously Disturbed Individuals by Warren Schwartz and Frank Summers.

All chapters include case descriptions that give depth to an interesting variety of practical techniques to engage the patient, to work in different contexts, and new perspectives to deepen the understanding. New to me were especially Prouty's Pre-Therapy methods that in my mind got linked with the mirror neuron findings.

**PART II** is titled **The Elements of Change** and has five chapters: Sustaining Relationships: Cure, Care, and Recovery by Frank Summers; Sustaining Relationships in Milieu Treatment: A Corollary to Summers by Julie Kipp. Then comes Brian Koehler's The Process of Therapeutic Change: Trauma, Dissociation, and Therapeutic Symbiosis; Patricia Gibbs's Technical Challenges in the Psychoanalytic Treatment of Psychotic Depression, and finally Daniel Mackler's Practicing the "Impossible Profession" in Impossible Places.

All chapters include quite interesting case presentations and also a glimpse to milieu treatment.

**PART III** is titled **Listening to the 1.5t chapter - Leaving Schizophrenia**: The Returning Home of the Awakened Mind by Catherine Penney - is an extraordinary personal account of recovery from schizophrenia. The second personal account is by Joanne Greenberg, the author of "I Never Promised You a Rosegarden"; the chapter is titled: Life in the Mines: A Retrospective on my Therapy. Finally comes Robert Foltz's chapter: The Experience of Being Medicated in Schizophrenia: A Subjective Inquiry and Implications for Psychotherapy.

It is extraordinary that so little attention has been paid to the patients' experiences of antipsychotics. These drugs have been used for half a century and the patients have not been thoroughly asked whether they get the help. It is like treating diabetes by observing whether the patient goes into coma or shock but never measuring the sugar!

The concluding chapter by Ira Steinman - Sustaining the Therapeutic Approach: Therapists May Need Help Too! - raises important issues. Working with psychosis in individual therapy is most often long term work with plenty of pitfalls and difficulties. Supervision and other possibilities to get our head at least occasionally above the water to check the course are most important.

*Beyond Medication* gives an in depth view to individual therapy of psychoses with a special USA flavour; the therapies do not appear to be part of the system but unfold more as separate and most courageous endeavours.

When reading the book it was surprising to find the amount of wisdom, skill and ongoing work expressed in these chapters. Most often when listening to American colleagues and reading journals my impression has been that work described in these writings does not exist. The editors have also done a great favour by including the important first person accounts.

The book can be highly recommended for both those beginning their studies in psychotherapy and for experienced clinicians.



## Therapeutic Communities for Psychosis: Philosophy, History and Clinical Practice



EDITED BY JOHN GALE, ALBA REALPE AND ENRICO PEDRIALI  
PUBLISHED BY ROUTLEDGE IN THE ISPS BOOK SERIES (2008)



Writing a book review several months after the book has been published allows you to process the different reactions to it in a much better way. As far as this book is concerned, we now have enough evidence to say that the editor's were quite successful in allowing many of us who have worked in relative isolation to come together and really get to know in depth what others have been doing. As far as the general public is concerned, the book allows any reader to realize that there are many options to take on the road to recovery if and when diagnosed with so-called schizophrenia. As one student said to me after studying the book in a seminar that we organized with the only purpose of reading the book thoroughly:

"Those of you folks (referring to the authors) who have been struggling for years to change the inhumanity of old asylums, finally got together, at least in a book. You were all supposed to belong to different schools of thought, but I now see that you have more things in common than differences. From now on you should begin to do some work together"

I said that I agreed with him entirely, and that in my opinion the book had been quite successful in achieving that. In fact after reading the book, one realizes that it is time for all of us to take the next step, which in my opinion, is to do some research together. That would really allow us to integrate our

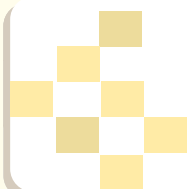
different experiences in the benefit of our clients, our institutions and caregivers in general. We are already working in that direction with some colleagues. The Editors can be proud to know that this is happening thanks to their incredible effort. Some of us must accept, that even being contributors to the book, we only got to learn in detail about other fascinating experiences of several colleagues around the world, once we read all the wonderful chapters. The same thing has been happening to mental health professionals, caregivers and to the general public.

It is good to know that the book will probably be translated to other languages soon. The forward by Bob Hinshelwood was crucial to give context to the book. The polysemy of the two words, Therapeutic and Communities, has indeed created some confusion. It was therefore very important to clarify, as it is also done in the title, that this book is dedicated to psychosis and more specifically to so-called schizophrenia. The book is not dedicated to Therapeutic Communities for Borderline personalities, nor to the ones dedicated to addictions. In the near future, most likely Therapeutic Communities for Old people will continue to develop, again out of necessity, as was the case with all the others.

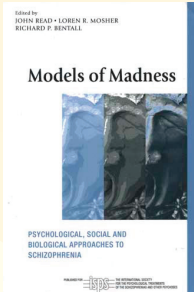
Although the book is basically dedicated to describe the current and past situation, the reader will find that it is always inviting us to think about the future.

The fact that most Therapeutic Communities developed from an oppositional stance, creates in them a peculiar seal that invites them to be permanently changing and trying new ways. In fact, at one point in our program, we arrived to the conclusion that we might already be facing what we called the Post Therapeutic Community era. Others prefer to think that such an era represents the newest version of Therapeutic Communities.

It is true that Therapeutic Communities dramatically improved the severe malfunctioning of old asylums, and their permanent violation of basic human rights. It is also true, that the overall prognosis for those diagnosed with schizophrenia improved with Therapeutic Communities. There is plenty of data to support both conclusions. Nevertheless one of the most important changes that came together with and thanks to Therapeutic Communities was the recovery of caregivers. In fact, thanks to Therapeutic Communities we were finally able to overcome all those myths beautifully described by Courtenay Harding many years ago. Any mental health professional that has worked in a therapeutic Community, or anyone who has carefully studied this book, will never again tolerate the abuses of old style institutions and the old pessimistic prognosis for people diagnosed with schizophrenia.



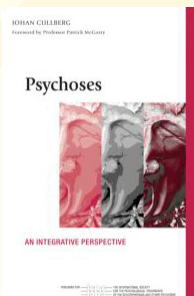
Don't forget that all ISPS members (of ISPS International or any local group) can order books in the ISPS series at a **20% discount**. All payments must be made by credit card in sterling (£UK), and you will be charged for postage. For more information about how to take advantage of this offer please contact Ali Haddock, [admin@ispsuk.org](mailto:admin@ispsuk.org)



### Models of Madness Psychological, Social and Biological Approaches to Schizophrenia

EDITED BY JOHN READ, LOREN MOSHER,  
RICHARD BENTALL

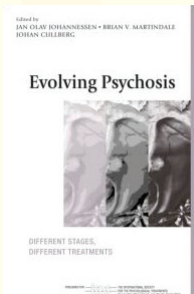
**Models of Madness** shows that hallucinations and delusions are understandable reactions to life events and circumstances rather than symptoms of a supposed genetic predisposition or biological disturbance. This book promotes a more humane and effective response to treating severely distressed people that will prove essential reading for psychiatrists and clinical psychologists and of great interest to all those who work in the mental health service.



### Psychoses An Integrative Perspective

JOHAN CULLBERG

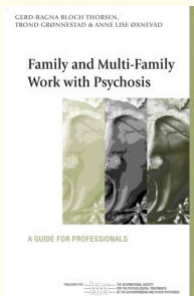
**Psychoses** provides a unique perspective on the challenges associated with understanding and treating psychoses, bringing together insights and developments from medicine and psychology to give a full and balanced overview of the subject. Johan Cullberg draws on his extensive experience working with those suffering from first episode psychosis to investigate issues including vulnerability factors, phases of psychosis, prevention, the potential for recovery and contemporary attitudes to psychosis.



### Evolving Psychosis Different Stages, Different Treatments

EDITED BY JAN OLAV JOHANNESSEN, BRIAN V.  
MARTINDALE, JOHAN CULLBERG

**Evolving Psychosis** explores the success of psycho-social treatments for psychosis in helping patients recover more quickly and stay well longer. This book incorporates new and controversial ideas which will stimulate discussion regarding the benefits of early, need-adapted treatment.



### Family and Multi-Family Work with Psychosis

EDITED BY GERD-RAGNA BLOCH THORSEN, TROND  
GRØNNESTAD, ANNE LISE ØXNEVAD

**Family and Multi-Family Work with Psychosis** provides a practical step-by-step guide for professionals treating psychosis using family work. The authors draw on over ten years of experience working with family and multi-family groups where there are members with a psychotic disturbance. They provide helpful guidance on vital issues, including setting up initial group meetings, crisis intervention plans, group structure, problem solving and communication in the group.

### Experiences of Mental Health In-patient Care Narratives from service users, carers and professionals

EDITED BY MARK HARDCASTLE, DAVID KENNARD,  
SHEILA GRANDISON, LEONARD FAGIN

This book offers an insight into the experience of psychiatric in-patient care, both from a professional and a user perspective. The editors highlight the problems in creating therapeutic environments within settings which are often poorly resourced, crisis driven and risk averse.

### Psychotherapies for the Psychoses Theoretical, Cultural and Clinical Integration

EDITED BY JOHN F. M. GLEESON, EÓIN KILLACKEY,  
HELEN KRSTEV

Can biological and psychological interventions be integrated in the treatment of psychosis? Throughout the world, access to psychotherapeutic and psychosocial treatments for the psychoses varies significantly, with many people diagnosed with psychotic disorders receiving only medication as treatment. **Psychotherapies for the Psychoses** considers ways that this gap can be bridged through theoretical, cultural and clinical integration.

### Therapeutic Communities For Psychosis Philosophy, History and Clinical Practice

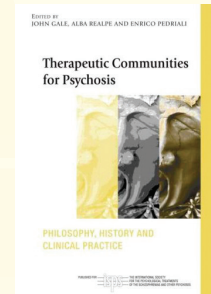
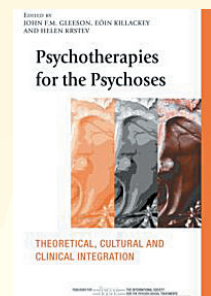
EDITED BY JOHN GALE, ALBA REALPE, ENRICO PEDRIALI

**Therapeutic Communities for Psychosis** offers a uniquely global insight into the renewed interest in the use of therapeutic communities for the treatment of psychosis, as complementary to pharmacological treatment. Within this edited volume contributors from around the world look at the range of treatment programmes on offer in therapeutic communities for those suffering from psychosis.

### Beyond Medication

EDITED BY DAVID GARFIELD, DANIEL MACKLER

**Beyond Medication** focuses on the creation and evolution of the therapeutic relationship as the agent of change in the recovery from psychosis. Organized from the clinician's point of view, this practical guidebook moves directly into the heart of the therapeutic process. It challenges the established medical model by placing the therapeutic relationship at the centre of the treatment process, thus supplanting medication as the single most important element in recovery.



Articles for the ISPS Newsletter should be e-mailed to [isps@isps.org](mailto:isps@isps.org)

## How to become an ISPS member and enjoy membership rights

The **ISPS** draws together individuals who are interested in the psychological therapies for psychosis. We aim to promote much better knowledge of the psychological approaches and better integration with pharmaceutical approaches. We organise regular conferences and publish a journal and book series on the psychological approaches to psychosis.

### ISPS LOCAL GROUPS

Several local ISPS groups exist worldwide and we are now represented on all five continents. Some of the local groups organise regular presentations and meetings and produce their own newsletter. To see if there is a local group in your country or for information on how to start up a local group of ISPS please e-mail Antonia Svensson at [isps@isps.org](mailto:isps@isps.org)

### WHO CAN BECOME A MEMBER?

Anyone who is interested in our field – students, nurses, psychiatrists, psychologists, arts therapists, occupational therapists, psychotherapists, professors, managers, service users and carers, and specialists in the different psychological approaches.

### WHAT ARE THE BENEFITS OF MEMBERSHIP?

From 2009 ISPS members will receive two issues per year of the new ISPS Journal **Psychosis: Psychological, Social and Integrative Approaches** (normally 56 euros / 70 US\$ per annum for individual subscriptions)

- You will receive the International ISPS Newsletter twice a year
- Reduced rates at ISPS conferences
- You can join one of our many e-mail discussion groups
- If you join through a local ISPS group you may also receive a local group newsletter and other benefits

### How do I become a member?

Individual members from high-income countries\* **\$100** (\$50 for students / unemployed)

Individual members from all other countries\* **\$50** (\$25 for students / unemployed)

\* as defined by the World Bank Country Classifications

ISPS also offers institutional membership and individual membership through local groups.

For details of which countries have local groups and how to pay your membership fee please e-mail Antonia Svensson at [isps@isps.org](mailto:isps@isps.org)

New members will receive a copy of the book *Fifty Years of Humanistic Treatment of Psychoses*, published in honour of the 50 year anniversary of the ISPS (2006). Edited by Alanen, Silver and Gonzalez de Chavez. *While stocks last!*

See you in  
**COPENHAGEN 2009**  
15th – 19th June



The 16<sup>th</sup> International Symposium of ISPS

