

# ISPS Newsletter - Spring 2019

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Dear Friends and members of ISPS,

Time is running fast, and our 21<sup>st</sup> International conference of the ISPS is getting closer. We will all meet in Rotterdam 28th August until 1st September 2019. The conference venue is situated in the very center of Rotterdam, just a few meters from the very beautiful Rotterdam central train station. Rotterdam is a beautiful city, with a dramatic history. As you all know it was heavily bombed and destroyed during World War II, and thus its population carries with it memories that are closely linked to the theme of our conference, "Stranger in the city" and "The healing power of human reconnection". The EC encourages all our members to [submit abstracts for the conference](#), and I think we can promise you all a very interesting and professionally rewarding conference.

Time flies. It is hard to understand that it has been 10 years since the first edition of our scientific journal, "Psychosis". And what a success it has been! From a careful start with two annual editions, we now have four editions per year. In total 9789 institutions worldwide have full access to the journal, which means that we have many hundreds of thousands of potential readers. In 2018 we had almost 30,000 full text downloads, with the United Kingdom being our

main "customer", followed by Australia, Canada, New Zealand, Norway, Sweden, Israel, the Netherlands and China.

The content of the journal varies, with a focus on users' perspectives, and with both qualitative and quantitative scientific articles. For 2017 and 2018 the top 10 articles being downloaded show a very nice spread regarding themes, with the article "Avatar therapy for persecutory auditory hallucinations: What is it and how does it work?" ranking at number 1. It was authored by Julian Leff and colleagues. And as you all know, Julian Leff is one of our lifetime honorary members. The articles "Spirituality and hearing voices: considering the relation" by Simon McCarthy Jones and colleagues, and "Making sense of voices: a personal story of recovery" by Eleanor Longdon were also among the top 10. Our heartfelt thanks goes to our Editor-in-chief, Professor John Read, for the great job he has done, and is doing, and to everybody who has made contributions. And we should all remember that the journal subscription is included in our, I dare say, very modest membership fee.

Time passes. This Executive Committee has now been in office for close to two years, and elections are coming up. The EC needs dedicated, passionate members to forward our common goals, and we encourage all of our national groups to nominate candidates. We need candidates who have user experience, experience as relatives/family members, nurses, social workers, psychiatrist, psychologists etc, and we need board members from all corners of the world. So please, nominate!

Jan Olav Johannessen, M.D., Ph.D.  
Chair, ISPS International

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## ISPS EC Elections in June 2019

The three year term of office of the ISPS International Executive Committee members (EC) expires in 2020. However, to take advantage of the opportunity provided by the ISPS 2019 conference in Rotterdam this summer, the EC has decided that elections will occur earlier, with the closing date for voting on 17th June 2019. Those elected will meet in person in Rotterdam and take office following the conference.

**We are therefore keenly encouraging nominations and these need to be received by 17th April 2019 according to our constitution.**

### Nomination Criteria:

- All dues paid ISPS members are eligible for nomination.
- Each nomination must be made by a member of ISPS other than the nominee and seconded by another member of ISPS.
- In order to make a nomination official the nominee is then required to submit a statement no longer than 500 words in length.

ISPS members will receive an email with further information soon.

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## ISPS Psychoanalytic sub section

The group now has 173 members and during 2018 a number of topics were discussed on the email discussion group. We welcome any ISPS member interested in psychoanalytic/ psychodynamic approaches to psychosis, even if they only want to 'listen in' to the exchanges.

### **Topics**

These included dissociation in psychosis and the question of distinct different organisations within the person, building on Bion's writings on the psychotic and non-psychotic aspects of the personality. In this way of looking at things there is often a struggle for survival going on between the psychotic personality that is certain that it is right, brooks no frustration or pain and tries to be in command in a tense relation with the non-psychotic personality that tries to face reality and accepts that this involves difficult affects.

We also looked at a pioneer Swiss psychoanalyst Marguerite Sechehaye, (who was in good contact with Christian Müller one of the two founders of ISPS) and the publication of her work on symbolic realisation, in which the undeveloped or damaged self is provided with environmental provisions needed for the self development. Of course this links with the important complex and controversial issue of the 'curative' factors in psychoanalytic work with people with psychosis and whether 'interpretation' is king or occasional servant!

Other topics more briefly touched on were somnolence in the analytic encounter, some issues connected with research and interesting psychoanalytic reflections on avatar therapy that is being developed by honorary ISPS life member Julian Leff that will feature in Rotterdam this year at the ISPS conference. We had been hoping to have more discussion on psychoanalytic family work but this has not taken off.

#### **Audit**

Mike Garrett used the list to help him audit the services of members to highlight the lack of availability of time for psychological therapies. In summary he found higher case loads in the US than outside the US, though medics formed a larger percentage than psychologists (so this will be looked into further). The two most important findings are a) the low percentage of cases receiving weekly psychotherapy (of all kinds) and b) that for the vast majority of clinicians there was no algorithm that protected the case load for the kind of work being underdone (eg if the clinicians task was to offer weekly psychotherapy there was no agreed protection to limit case load. We are hoping that this way of thinking might be an important organisational lever to build the case for psychotherapy time. Hopefully more will follow on this.

#### **Reading List**

An important function of the list was to collect some recommended articles on psychoanalysis and psychosis.

#### **Current plans with Rotterdam in mind**

This leads me onto 2019 and our current plans are to discuss the work of Françoise Devoine and Marcus Evans - both psychoanalytic plenary speakers at ISPS Rotterdam 2019 - so that we can engage with them both from a position of familiarity with their work.

We are hoping that other sub-groups within ISPS may develop so that we can have some dialogues on common and differing ground and certainly hope that there will be some face to face meetings along these lines in Rotterdam.

#### **[Brian Martindale](#)**

Convenor of the ISPS psychoanalytic sub section

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#### **Final chance to bid to host ISPS 2021!**

The ISPS Executive Committee invites regional ISPS groups to consider bidding to host the 22<sup>nd</sup> International Congress of the ISPS in 2021.

As many regional ISPS groups know, hosting an ISPS International Congress is an extraordinary opportunity for regional groups. Organizing the conference will help your group increase its visibility in your community, draw in new members and develop new leadership skills among your group activists. Furthermore, there is an opportunity for the host network to financially benefit from a successful conference to aid its own development.

The deadline for receiving bids is 1st April 2019.

Only bids from ISPS regional groups will be considered.

For further information about the bidding process please contact [isps@isps.org](mailto:isps@isps.org)

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#### **The International Society for Psychological and Social Approaches to Psychosis (ISPS) will hold its 21<sup>st</sup> International Conference in Rotterdam**

##### **Stranger in the city**

**On the circular relationship between alienation and psychosis and the healing power of human reconnection**

**Date: August 28<sup>th</sup> - September 1<sup>st</sup> 2019**

**Place: [De Doelen](#), Kruisstraat 2, Rotterdam**  
(very near the railway station, ¾ [hour](#) by train from Schiphol airport)

**[Registration is open](#)** - Discounted fees for ISPS members, persons with lived experience, family members, full-time students and residents of low income countries.



#### **THE ABSTRACT SUBMISSION DEADLINE IS FAST APPROACHING!**

**Deadline: 17th March 2019**

**[You can submit your abstract here](#)**

(Subjects connected to the [themes](#) of the conference will be given priority)

**Welcome to ISPS Rotterdam!**

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## ISPS 2019 'Stranger in the City': The Highlights

**Living in a city more than doubles your chances of experiencing psychosis and can be up to five times higher or more for migrants and their children. Why? Are there links, and if so, what do these mean and what can we do about it?** The four day ISPS conference *STRANGER IN THE CITY - On the circular relationship between alienation and psychosis and the healing power of human reconnection* brings together people with lived experience, policy makers, researchers, clinicians, social workers, philosophers, and all others interested - to consider these central questions.

### Combining different ways of understanding

The congress will start on day 1 with representatives of various scientific perspectives and therapeutic orientations sharing their views on the central theme of the conference. The morning programme - under the chairmanship of Jim van Os - brings together a Dutch psychiatrist/epidemiologist (Wim Veling), a British-Indian Dalit psychiatrist/anthropologist (SushrutJahdav) and a French

psychoanalyst/sociologist (Francoise Davoine). Points to be discussed will be the influence of discrimination, (intergenerational) trauma and the protection of the in-group.

The afternoon is reserved for workshops, presentations and mini symposia from and for people with [lived experience](#), family members, therapists from various backgrounds and others to work on combining ways of understanding and different viewpoints.

### Lived experience takes the lead

On day 2 lived experience will be the starting point. How to bridge the gap between the way in which people who have experienced psychosis see and experience themselves, how their family sees them, and how psychiatry is seeing them? Can lived experience contribute towards a better understanding of the connections between psychosis, living in a city, migration and cultural background and how to deal with them? Is it possible to learn from other cultures where psychosis is perhaps approached very differently? Debra Lampshire will chair.

In the morning Brenda Froyen, a living experience specialist who has written discerningly on this subject, will talk about her experiences and her alienation from surroundings and family. From a nursing perspective, Marcus Evans will follow, to discuss the great importance of connecting professionals, patient and family. Ingo Lambrecht, a clinical psychologist who was also trained as a shaman, will close the morning programme by illustrating how different approaches towards understanding psychosis can contribute towards contact and recovery.

During the afternoon there will be various presentations and workshops on the interactions between family, institutions and different cultural backgrounds. How to achieve better coherence and in what ways can networks reinforce each other?

### Psychosis, (forced) migration, society and politics

Conference day 3 is on a Saturday, a day on which we also hope to welcome members of the general public and the local Rotterdam community. The focus will be on urbanicity and living in the large city. The day's [chairperson](#) will be Tina Rahimy, lecturer on social work in the super-diverse city at the Hogeschool Rotterdam. In the morning, a philosopher with lived experience Wouter Kusters will start with relating the 'psychotic fear' of world destruction to the condition of society. He will be followed by art historian Huub Mous who investigated the relation between secularity and mental illness and who compares the road to psychosis to the road to Jihad. The morning will be closed by Mogobe Ramose presenting and discussing *ubuntu*, an African philosophy and way of life whereby a person only really becomes a person when they connect to others. The afternoon will be primarily spent on encounters and will also be attended by Rotterdam students and Rotterdam migrant groups.

### Looking back and looking forward

Congress participants and speakers will look back on the conference on Sunday. What insights has it given us and what do these insights mean for the near future? ISPS International Chair Jan Olav Johannessen will lead the discussion. Also, some new approaches will be presented. Ola Söderström, a specialist in human geography who is known for his work on urban human transformation, will present one of his current projects called *Urban living and psychosis* about how people who are sensitive to psychosis handle stress in a city. Inez Germeys represents ecological psychiatry and discusses adolescents and sensitivity to psychosis in relation to the theme of the conference: Stranger in the City.

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## ISPS Book Series News

As our members know, the previous co-editor of ISPS the book series Alison Summers contributed so much to the series, and we were very sad to see her go. The good news is that a new co-series editor has now been appointed to work with the existing series co-editor Anna Lavis. After careful consideration of many excellent applicants we are delighted to announce that Andrew Shephard has joined us!

### Andrew Shephard New series co-editor

Andrew is a psychiatrist, working in prison settings primarily, and is also employed as a university lecturer. His interests focus on the manner in which social groups (for example communities, or institutions such as prisons) work together to make sense of the distressing experiences that may emerge amongst or within them. He looks forward to working with Anna Lavis on the book series and hearing from writers regarding their experiences of meeting mental distress whatever form it may take.

There are over 20 books published in the ISPS Book Series, and several others in the pipeline!

### ISPS book series editorial board members:

Sandra Bucci  
Marc Calmeyn  
Caroline Cupitt  
Stephanie Ewart  
Jim Geekie  
Lee Gunn



Nev Jones  
David Kennard  
Eleanor Longden  
Tanya Luhmann  
Brian Martindale  
Michael O'Loughlin  
Jim van Os  
David Shiers  
Pamela Fuller  
Katherine Berry  
Sumeet Jain  
Kelley Irmen  
Olympia Gianfarancesco  
Andrew Moskowitz, associate editor on the monograph strand of the series

[Read more](#) about books in the ISPS series.

For further information about the series contact [Dr Anna Lavis](#), series co-editor.

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### **ISPS Book Series Call for contributions!**

#### ***The entanglement of culture and psychosis: a collage of perspectives***

Edited by: Ingo Lambrecht, Manawanui, Māori Mental Health Services, NZ and  
Anna Lavis, University of Birmingham, UK

We would like to invite contributions to a new book which will explore relationships between culture and the experience and treatment of psychosis.

We are seeking academic research chapters from scholars within anthropology and sociology; philosophy; medical humanities; critical and cultural theory; psychiatry; psychology; public health; history; literary studies, as well as from a range of practitioners working with people experiencing psychosis.

Not all cultures use academic writing as their vehicle of knowledge so we would also like to invite other forms of writing that explore relationships between culture and psychosis, with a particular emphasis on lived experiences. These could be, but are not limited to, poems, thought pieces, photo essays, prayers, reflections, sketches, comics or stories.

By drawing together different forms of writing and perspectives, we aim to create a collage through which many cultural expressions around psychosis can be represented and explored. Here are some possible focuses, to be taken lightly or to play with:

- Critical issues in the relationship between culture and psychosis
- Cross-cultural understandings of psychosis experiences
- Cross-cultural approaches to the treatment of psychosis
- Recovery from psychosis in cultural context
- Working with culture and psychosis: practitioner perspectives
- Psychiatric medications for psychosis in global and cultural context
- Psychosis and the culture(s) of biomedicine/psychiatry
- Global mental health: benefits and critiques.
- Trauma, conflict and social suffering
- Culture, psychosis and marginalised identities (eg. ethnicity/gender/LGBTQ)

Interested authors are invited to submit an outline of approximately 250 words, accompanied by a bio of 100 words, to [Anna Lavis](#) by 28<sup>th</sup> February 2019.

If accepted, submissions of no more than 6,000 words each (including abstract, notes, and references for research chapters) must be submitted by the end of September 2019.

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## **ISPS Regional Group Activities**

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### **Focus on ISPS-US**

#### **Introduction to the ISPS-US 2018 conference**

**Julie Kipp, ISPS International EC and ISPS-US member**

The United States chapter of ISPS held its 17th annual meeting in Philadelphia in November of 2018, with the theme of "Life, Liberty and the Pursuit of Wholeness in Extreme States." The conference used the iconic image of the Liberty Bell, which resides in Philadelphia, as its symbol. "One of the central symbols of what is best in our country is the Liberty Bell, cracked and yet whole, stifled and yet resonant, emblematic of failure and of hope alike" (from the conference announcement).

In this issue of the ISPS Newsletter, we have brought together three articles to give some sense of the experience to all our ISPS comrades who were unable to attend. In writing a response to a review of the conference published on the Mad in America blog, Nancy Burke, our US Vice-President, evokes the rich dialogue of the conference. Pat Wright, our Family Committee chair underscores the growing influence and contributions of family members in the US, and is enthusiastic about increasing family input in the International. I will start us off by highlighting some other themes and threads of the conference here, admitting that there was just too much great stuff to fully convey the entirety to the experience.

We were honored by the continuing contributions of senior ISPS members in Philadelphia, who all gave presentations:



- Aaron Beck the founder of Cognitive Behavioral Therapy, whose work was carried forth in the plenary by his students Paul Grant and Ellen Inverso on CBT-R, or CBT for Recovery
- Joseph Abraham, our oldest member at 101, going on 102 years old, and influential in his therapeutic community and state hospital work in California
- Michael Selzer, who worked with Otto Kernberg in New York, and supervised generations of therapists
- Bert Karon, loyal US member, who let us know long ago that psychotherapy was the treatment of choice, in an era where it wasn't thought worth talking with people with extreme states.

These are our (fortunately still present, and still presenting) "ancestors," to use the terminology of Gogo Ekhaya Esima, shaman and ISPS-US member, on whose shoulders we stand.

Other long-time ISPS stalwarts were also in Philadelphia:

- [Francoise Davoine](https://vimeo.com/ondemand/psychoanalysisextreme/306876792), our American member from Paris, whose work on transgenerational transmission of trauma has grounded us ( <https://vimeo.com/ondemand/psychoanalysisextreme/306876792> )
- Marilyn Charles, as always warm and encouraging, and creating a space for her supervisees to shine.

A newer member of ISPS, Gogo Ekhaya Esima, one of the recovering lights of the film *Crazywise* (<https://crazywisefilm.com>) and last year's ISPS-US keynote, joined us again. She gave a moving and thoughtful meditation on her recovery ( [https://www.youtube.com/watch?v=lhCMBkW4um0&index=4&list=PLyn\\_Ty\\_RtNz45EqM\\_8lplZI0rdoUe2iok](https://www.youtube.com/watch?v=lhCMBkW4um0&index=4&list=PLyn_Ty_RtNz45EqM_8lplZI0rdoUe2iok)) in which finding and developing her connection to her own spirituality was central.

Other experts by experience included Oryx Cohen of the National Empowerment Center, and Khaki Marino, the chair of the ISPS-US Experts by Experience Committee, and organizer of the 2017 ISPS-US conference in Portland, Oregon. Many other survivors/experts by experience/recovering people presented, and attended as well, including the keynote address by Berta Britz ( [https://www.youtube.com/watch?v=RTPZkOEP5WM&index=1&list=PLyn\\_Ty\\_RtNz45EqM\\_8lplZI0rdoUe2iok](https://www.youtube.com/watch?v=RTPZkOEP5WM&index=1&list=PLyn_Ty_RtNz45EqM_8lplZI0rdoUe2iok) ). The Experts by Experience panel included Michael Nelson peer specialist - you can hear his poetry here ( <https://vimeo.com/ondemand/experts2018/306460375> ) in the trailer, even if you choose not to rent or buy the video.

Other countries were represented - Israel, France, Canada, and the Netherlands - with a group of social psychology/philosophers, Empatiko, who led us in play and reflective listening exercises.

A couple of presentations focused on "deprescribing," including a panel with NY branch regulars Tamar Lavy and Elan Cohen, and long time US member Sandy Steingard ( [https://www.youtube.com/watch?v=FAT73h3fMQU&list=PLyn\\_Ty\\_RtNz45EqM\\_8lplZI0rdoUe2iok&index=3](https://www.youtube.com/watch?v=FAT73h3fMQU&list=PLyn_Ty_RtNz45EqM_8lplZI0rdoUe2iok&index=3)). A related plenary by Irene Hurford explored dilemmas of prescribing.

We also gave awards this year -

- to Brian Koehler went the Gaetano Benedetti Award for life-time commitment to ISPS-US and psychosocial approaches to psychosis,
- and Ron Unger the Christian Müller Award for dedication to ISPS-US and psychosocial approaches to psychosis ( [https://www.youtube.com/watch?v=FAT73h3fMQU&list=PLyn\\_Ty\\_RtNz45EqM\\_8lplZI0rdoUe2iok&index=3](https://www.youtube.com/watch?v=FAT73h3fMQU&list=PLyn_Ty_RtNz45EqM_8lplZI0rdoUe2iok&index=3))

I am a little out of breath, trying to capture the highlights and the depth of our conference. I can only apologize to all the presenters not mentioned by me or the other columnists here. There were so many productive threads going on, and I was privileged to be present with this intense and active group of people. Thanks and congratulations to the ISPS-US executive committee, and to Mark Richardson, chair of the Philadelphia branch, for the enormous work of organizing "Life, Liberty and the Pursuit of Wholeness in Extreme States."

(NOTE: we are linking to a number of videos of full presentations from the conference. The six presentations on our YouTube channel are absolutely free, while the Vimeo videos are for rental or sale for a nominal fee. Please go take a look!)



**“There is a crack in the world...”**  
**Response to Simon’s review of the**  
**ISPS-US 2018 conference**  
**Nancy Burke, PhD Vice-President, ISPS-US**

People don't like to think that Freud was right when he described them – us – as walking pin ball machines of contradiction, our paths the sum-total of the many forces within us that amplify and cancel each other. Nor do they -- we - - want to think of psychic distress/anomaly as a continuum-in-flux, a wide umbrella under which we stand with those who disturb and inspire us. But then, there's so much that we don't want to think about, unless we are

moved through dialogue with others to transcend ourselves. The title of this year's ISPS-US annual meeting, "Life, Liberty and the Pursuit of Wholeness," points to the fact that the conference did its job in multiple dimensions, by capturing not only the content of the event, but its process as well. Here was a group of people striving to generate vitality, freedom and wholeness through talking about vitality, freedom and wholeness. As such, the meeting hovered within that nexus of education and transformation that constitutes true learning, as a conference should but often fails to do.

Given that there's something un-summarizable about the ISPS-US conference experience, I wouldn't even be emboldened to try were it not that the dialogue had already been started, by Peter Simons, of the MIA-UMB news team. His Mad overview of the conference, "Filling the Crack in the Liberty Bell" (<https://www.madinamerica.com/2018/11/filling-crack-liberty-bell-isps-us/>) has subtly functioned as something of an agent provocateur among our group, and for this reason, seemed to me to call for an answer. Its narrative arc which, in drawing upon the conference's use of the Liberty Bell as a symbol, moves from crack to bell, did not do justice to what I see as our imperfect, tension-filled, iconic cast mass of copper and tin, arsenic and gold and silver and ...air. Unwittingly, Simon's account worked to reinforce a schism, an us-vs-them divide between practitioners and their patients that in fact had no last word here. Rather, to my mind, the conference itself strove to embody integration above all, and what Berta Britz, our keynote, described following Friere as "the invention of unity in diversity." As she reminded us, "sameness is not a prerequisite for unity."

There is, indeed, a problem embedded in the tension between the expert by experience and the professional, but our whole reason for being as an organization is to transcend this divide, even as we acknowledge it, recognizing the opportunities for healing that arise when we challenge this distinction rather than reify it. I'd be tempted to diagnose Simon's synopsis as too-much-crack-and-too-little-bell syndrome, except that I find diagnosing in general according to our standard sets of categories to be often less than useful, and since what I want to do is to highlight the inseparability of bell and crack, of metal and glowing vein.

It's important to emphasize that wholeness is not something we have, but something we pursue, if we're lucky, throughout our lives. And the primary path of pursuit is through talking and especially listening, listening to ourselves via listening to each other, failing to understand ourselves and each other, having the humility to admit that we've failed and the courage to try again. Admittedly, I did not attend several of the sessions to which Simon refers in his essay, so I cannot speak to their usefulness, their transcendent aspirations or lack thereof. But I felt the pursuit of wholeness everywhere I turned on that November weekend; There was Brian Koehler, attempting to anchor our appreciation of the transformative mutuality that characterizes a healing psychotherapeutic relationship, showing us that this quest has a long history within the disciplines of psyche. Noel Hunter invited us to untangle the twisted threads that bind extreme states to trauma. Jim Gorney moved some in his audience to tears by speaking about his efforts to reach a tortured soul in his practice across a bridge made, literally, of music, and speaking of music, John Thor Cornelius and Charlotte Jevins bemoaned a failure on the part of organized psychiatry to recognize the experiential surround of the so-called "first break schizophrenic," just as, in an observation often attributed to Nietzsche, "those who were seen dancing were thought to be insane by those who could not hear the music." John and Charlotte were there to offer an alternative way to evaluate and engage that did not turn complex individuals into chronic "mental patients," by teaching practitioners to hear the music that forms the context of each patient's unique life. Bert Karon's insights have been formative for an entire generation of clinicians who are devoted to listening to what their patients are trying to tell them so that they can speak to the deep hurts that otherwise grow into psychic fissures between what one is not supposed to know and what one knows, between the desires to remember and forget, between who one is and the fear of becoming. There were Mark Richardson, Robin Belcher-Timme & Joseph Lesko, ([https://www.youtube.com/watch?v=mQkbyPpQrPE&t=0s&list=PlyN\\_Ty\\_RtNz45EqM\\_8lpZl0rdoUe2iok&index=6](https://www.youtube.com/watch?v=mQkbyPpQrPE&t=0s&list=PlyN_Ty_RtNz45EqM_8lpZl0rdoUe2iok&index=6)) straining to listen within the godforsaken landscape of prison walls to people who were told by every aspect of their lives that their stories were not worth hearing, that their strengths were not worth noticing, let alone valuing. I understood Berta Britz's entire talk ([https://www.youtube.com/watch?v=RTPZkOEP5WM&list=PlyN\\_Ty\\_RtNz45EqM\\_8lpZl0rdoUe2iok&index=1](https://www.youtube.com/watch?v=RTPZkOEP5WM&list=PlyN_Ty_RtNz45EqM_8lpZl0rdoUe2iok&index=1)) as an effort not to vilify those who had misunderstood her by allowing fear to close their ears, nor to forgive them, but to see their impulses to objectify and pathologize as voices within her as well as outside of her, as the echoes of a family history of trauma and terror which had been planted in her mind by parents too afraid to hear themselves and a culture that reinforced their impulses to destroy curiosity and memory. There was Francoise Davoine (<https://vimeo.com/ondemand/psychoanalysisextreme/306876792>) showing us how she allowed herself to bring her own ghosts to meet those of the people who came to her with theirs. Her presentation highlighted our shared nature as beings-in-context, inherently meaning-making historians and memoirists of broken generations. There were our experts-by-experience, telling their stories of suffering and liberation (<https://vimeo.com/ondemand/experts2018/306460375>) sharing with us the schisms between themselves and themselves, between themselves and the world, and, by sharing, transcending, and bringing their audiences with them as they went. There were family members, who spoke of terror and hope, of the ways in which the struggles of their relatives became in some respects their own. Those were the liberty-bells I heard ringing throughout the conference, in which the cracks neither muted nor extinguished the force of the music they made.

Were there times when listening stopped, when meanings were imposed, when objectification, power and denial had their say as well? Of course there were. Those forces were everywhere too, but they existed within the contexts of life stories, and of the efforts of each of us to listen and be moved. That, more than anything, is what the conference was for. There were descriptions of encounters with systems of intransigence, of the sort that rob so many of hope, but there was also a sense that the reception offered by gatherings such as ours, as we listened to these terrible encounters, showed how even in darkness, connection was possible. Our collective presence was a testament to the fact that the denials of experience, the failures to listen, the fears of understanding and the misuses of power might be addressed through empathy, growth and collective action.

I have devoted a good part of my life to learning (and of course to being in) psychoanalysis, and have come to believe that the power of listening is the power of revolution, so I found it fitting that I had the opportunity to hear so many stories of striving, integration and development in the city built upon those foundations. As Adam Phillips says in his preface to *Equals* (Basic Books, 2002), "calling psychoanalysis a talking cure has obscured the sense in which it is a listening cure (and the senses in which it is not a cure at all). Being listened to can enable one to bear – and even to enjoy – listening to oneself and others; which democracy itself depends upon. Whether or not the whole notion of equality was invented to make it possible for people to listen to each other, or vice versa, listening is privileged in democratic societies." In that regard, ISPS showed itself to be striving towards democracy in Philadelphia this fall, and I'm grateful that I had the chance to be there, and to listen.

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### **Family Members' Growing Voice in ISPS-US** **Pat Wright** **ISPS-US Family Committee Chair**

The US chapter of ISPS had our annual conference this past November in Philadelphia. As we've done the past few years we had a plenary panel highlighting the perspectives of family members - usually parents. This year we had two dads, and two moms including a couple who shared their strategies and skills in helping their young adult son who had just finished college. The other father talked about his role as a parent as well as his own challenges with extreme states. I completed the panel, and shared some of the challenges of experiencing my son in various emotional states over the past decade. These panels and conferences have helped me immensely (as well as other family members I've met) to understand, and both learn new ways of being supportive of my son as well as enhancing my own self-growth.



#### **Video of for the first ISPS-US family panel in 2016**

Before we had the Family panel we heard Krista MacKinnon, our honoree, share how she created her on-line 8-week family class for families: "Families Healing Together" which is a unique opportunity for anyone to learn and share what it's like to have a loved one with psychosis. It's evidence-based, and available to watch free here: <https://youtu.be/WKBZnmtOixA>  
We didn't record the family panel due to confidentiality for our loved ones.

Several family members met at the last ISPS International Conference in 2017, in Liverpool, as well as in New York in 2015. We discussed having a family member on the board of the International Executive Committee, hopefully there will be a candidate in the next election. In Rotterdam this summer some of us are discussing creating a task force to help build the FAMILY voice within ISPS-International. As a family member of several "voice hearers" I'm excited to witness the family perspective get stronger - we are the first responders and life long carers, so it makes sense that supporting us will benefit everyone.

Contact me for further information  
Pat Wright: [patw31754@gmail.com](mailto:patw31754@gmail.com)

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## Current Research

Michael Garrett

ISPS EC member and ISPS-US member

Working with psychiatry residents-in-training, I have been working on three projects related to the availability in public sector mental health of psychotherapy for persons suffering from psychosis. In the first study, complete except for statistical analysis and journal submission, we surveyed admission notes and discharge summaries from 50 charts from an academic teaching hospital to determine if the information in the charts reflected the bio-psycho-social model. We looked for specific elements of biological information, like medication history, and social information, related to the patient's family network, and psychological information useful in psychotherapy. We found that biological information was well represented in the chart, very little psychological information was noted, with social information falling between these opposite poles. Our sample showed that while psychiatry takes the bio-psycho-social model as a gold standard, we did not find it implemented in practice. In a follow-up to this study, we intend to develop a psychologically-oriented mental status specifically tailored to gather information of value in the psychotherapy of persons with psychosis that could be included as a mandated field in the admission and discharge summaries of hospitals and clinics.

A third study underway assumes that any outpatient clinic that does not limit patient caseloads for providers cannot claim to be offering ambitious psychotherapy to patients. Preliminary results show that less than 70% of clinics surveyed limit provider caseloads, and less than 10% have a specific algorithm for matching staff caseload (number of patients) to staff workload (frequency and intensity of treatment provided). This suggests that clinics that list psychotherapy in their mission and vision statements that do not limit provider caseloads may be providing this service in minimal form.

My book with a working title: *Cognitive-Behavioral-Psychodynamic Psychotherapy for Psychosis: When the Mind Turns Inside Out* will be published by Guilford Press in the late spring 2019. The book presents a model of psychosis that integrates biology and psychology, and describes a psychotherapy technique that combines CBTp and psychodynamic approaches. CBTp is of great value in helping people see the literal falsity of their maladaptive delusional beliefs, while psychodynamic technique helps people understand the symbolic, figurative truth of psychotic symptoms.

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## Upcoming Events

The ISPS has over 20 regional networks around the globe, many of which organise annual events. Take a look at the impressive range of meetings and conferences taking place this autumn and in 2019.

[ISPS events listing](#)

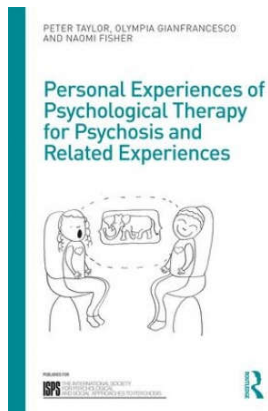


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## ISPS Book Series

Edited by

Anna Lavis and Andrew Shepherd



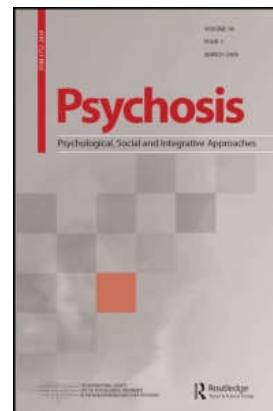
Written by ISPS members around the globe, these volumes reflect the compassionate and enlightened treatment patients worldwide are receiving, and highlights the efficacy of psychosocial treatment of psychosis.

Some of the books will be controversial and certainly our aim is to develop and change current practice in some countries. Other books will also promote the ideas of clinicians and researchers well known in some countries but not familiar to others.

## Haven't joined ISPS yet?

Here are 4 good reasons why you should join us!

- 1) Members enjoy reduced delegate fees for ISPS conferences such as ISPS 2019 'Stranger in the City' in Rotterdam this summer.
- 2) Members receive 4 issues of *Psychosis* per year and also have online access to previous issues of the journal
- 3) 20% discount on books in the ISPS series published by Routledge
- 4) By joining ISPS you can connect with over 1,500 people around the world - who share your interest in psychosocial treatments for psychosis - through our email discussion groups and



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