

# isps newsletter

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

VOLUME 10, ISSUE 1, SPRING 2006

## WELCOME TO MADRID ISPS CONGRESS



MANUEL GONZÁLEZ DE CHÁVEZ, CHAIRMAN

Dear friends: Based on the solid ISPS network, constructed over the years due to the motivation and dedication of many professionals, we have promoted and organized this XV Congress of ISPS in Madrid. We are very grateful to many members of the ISPS and other professionals and organizations. This Congress has been made possible through their help and generosity.

We have called 'ISPS MADRID 2006' a **Congress** and not a Symposium because after having received proposals for around 500 Abstracts and over 80 Abstracts for Main Sessions, the Organizing Committee thought that it was not adequate to continue to use the word Symposium to describe a Scientific Event that includes 40 Symposia, 3 fundamental Debates, that gives us the opportunity to attend nine Special 4-hour Workshops, 12 Special Lectures, 20 2-hour Workshops, to attend more than 35 Oral Sessions with more than 130 oral presentations and obtain knowledge from a further 130 poster presentations.

This Congress will last for four days, with very important participants from all over the world. This is the Congress

of all those who wanted to participate; it has been designed and decided among all of us. At present, these are our interests and concerns, our skills, techniques, interventions and therapeutic practices, our investigations and our approach and organizational developments. We are this Congress, as we were in each one of the previous Symposia. The Special Supplement of Acta Psychiatrica Scandinavica, that will include all the Abstracts accepted at ISPS Madrid 2006, will be the first written testimony of this moment. This will be followed by the publications of our contribution to it.

We are going to celebrate the 50th Anniversary of the International Symposia dedicated to the Psychotherapy of Schizophrenia and one century since the onset of these psychotherapies in the dawn of psychoanalysis with one and a half thousand congressmen and congresswomen in our XV Congress of the ISPS. We will pay homage to our pioneers and to our Life Honorary Members, whose number would be much greater if it was not limited by our statutes. These outstanding professionals, and many other already deceased, dedicated their lives and work to the psychotherapy of psychotic patients. They gave new life and hope to patients. They are our inspiration, our motivators and teachers. They are the true authors of the existence, development and organization of this XV ISPS Congress of Madrid, the realization of their dream.



Welcome to  
MADRID - Spain  
12 - 16 June  
2006



THE 15TH INTERNATIONAL CONGRESS  
FOR THE PSYCHOLOGICAL TREATMENT OF  
SCHIZOPHRENIA AND OTHER PSYCHOSES



ISPS MADRID VENUE

WELCOME!

## Editorial

The ISPS started fifty years ago as a network of therapists meeting for an International Symposium for the Psychotherapy of Schizophrenia every three years, and the book published this year on the history of ISPS will tell more about this.

The ISPS newsletter has a shorter history. It was started by Endre Ugelstad when ISPS was developing a more formal network and preparing to become a society after the symposium in Washington in 1994. Before Endre died in 1996, I was asked to take over as editor and I have continued as editor until now, the ISPS congress in 2006.

The newsletter has been published once or twice a year. The first issues of the newsletter were a few pages in black and white, and later the quality changed to a publication of 16 pages in color. The layout was much improved by the work of graphic designer Ellen Jepson, and the ISPS Organiser Antonia Svensson has done most of the work of gathering and proof reading the material.

But the most important change in the newsletter has been the increasing number of reports on activities of ISPS local groups throughout the world, reflecting the development of the ISPS as an international society and a living and growing network. The aim of the newsletter has been to communicate ideas and experiences between members in this expanding network. For this newsletter we also received several articles that we did not have space for. This shows an increasing need for a journal devoted to this field, which is one of the plans that the ISPS board is working on.

The newsletter is sent to all ISPS members, and it has also increasingly been distributed throughout local groups and at congresses as information on ISPS to recruit new members. During recent years 3000-5000 copies of each issue have been printed and distributed. The newsletters are also available in an electronic version on the ISPS website.

After ten years as editor, I am leaving this task to someone else after the ISPS congress in Madrid. I thank Antonia and Ellen for our collaboration, and the many ISPS members and groups for their contributions to the newsletters throughout these years.

Torleif Ruud  
Editor

## Objectives of ISPS

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

## ISPS secretariat

The ISPS secretariat is a link between our members and the executive committee; maintaining the website, printing and distributing the ISPS newsletter, keeping a database of ISPS members and local groups, and answering any queries for information and other services.

The secretariat is partly hosted by the Centre for Psychotherapy and Psychosocial Rehabilitation of Psychoses (SEPREP), a non-commercial Norwegian foundation and network of users, clinicians and researchers promoting psychological treatment of the psychoses. In addition, Antonia Svensson in Athens works part-time as ISPS Organiser and does most of the work of the secretariat that can be done electronically. Antonia can be contacted on the [isps@isps.org](mailto:isps@isps.org) E-mail address.

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### ISPS honorary life time members

- Yrjö Alanen, Finland
- Gaetano Benedetti, Switzerland
- Johan Cullberg, Sweden
- Murray Jackson, UK
- Jarl Jørstad, Norway
- Julian Leff, UK
- Christian Müller, Switzerland
- Barbro Sandin, Sweden
- Harold Searles, USA
- Helm Stierlin, Germany
- John Strauss, USA
- Lyman Wynne, USA

### The ISPS executive committee 2003 – 2006

- Jan Olav Johannessen (Norway)
- Brian Martindale (UK)
- Patrick McGorry (Australia)
- Ann-Louise Silver (USA)
- Lyn Chua (Singapore)
- Manuel González de Chávez (Spain)
- Ivan Urlic (Croatia)
- John Read (New Zealand)

Co-opted board member:

- Torleif Ruud (Norway).

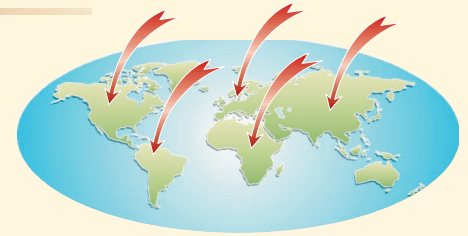
## Do you subscribe to ISPS-INT information/discussion group?

The international email group ISPS-INT, which was set up after ISPS Melbourne 2003, is available to all ISPS members. There are over 200 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, email [Antonia Svensson isps@isps.org](mailto:Antonia.Svensson@isps.org)



*Dear members and friends of the ISPS*



*It is with a special feeling that I am writing my last address to you, my fellow members of the ISPS. After nine years as a member of the board of the ISPS and the past six years as Chair, I look back with great pleasure on what has been achieved within the ISPS during these years.*

From being a very loosely organised group of people who met every third year at a symposium, the ISPS has developed into a forceful organisation represented on all five continents, with a diversity of local groups, still growing at a rapid rate.

And I think we have contributed to the pendulum which is now shifting direction, as reflected in a somewhat different and more psychologically oriented focus in important international journals such as the Schizophrenia Bulletin and the American Journal of Psychiatry. Another example of this is the PORT recommendations, which I think changed more in favour of psychological treatment modalities thanks to the work of the ISPS task force, chaired by Ann Louise Silver and Tor Ketil Larsen. It is my strong belief that the ISPS will have an important role to play in international psychiatry in the future, and that we should focus even more on the health-political aspects. We represent a guarantee for the humanistic aspects in psychiatry, as represented by the psychologically oriented therapies.

The ISPS has also given birth to a book series during the last years, with 4 books now published:

**1. Psychosis: Psychological approaches and their effectiveness.**

Edited by Martindale, Bateman, Crowe & Marginson.

**2. Models of Madness.**

Edited by Read, Mosher & Bentall.

**3. Psychoses: An integrative perspective.**

By Cullberg.

**4. Evolving psychosis: Different stages - different treatments.**

Edited by Johannessen, Martindale and Cullberg.

Within the next year we hope to have published 4 more books. We need your help in advertising and spreading the word of these books! I want to express a special thanks to Brian Martindale, the editor of the ISPS book series. He is doing a great job on this, with apparently never-ending enthusiasm and energy. It has been a privilege to work together with Brian and the other board members through these nine years, and I will take this opportunity to thank them all. A special thanks to those who have left the board, and those who are leaving the board together with me now: Pier Maria Furlan, Courtenay Harding, Pat Mc Gorry, Johan Cullberg, Torleif Ruud, Franz Resch and Brian. They all have contributed with enthusiasm, a richness of ideas, and hard work to make the ISPS a sound and growing organisation. And, the same goes for our administrative organiser, Antonia Svensson, who has demonstrated great skill in the difficult task of building an organisation with cornerstones in all five continents. **Thanks to all!**

All this said, we should realise that the ISPS still is a young and fragile organisation, which is in need of our support also in the years to come. The new board will build on a platform that needs to be reinforced, both ideologically, structurally and financially. Ideologically, our big challenge is to build an inclusive organisation, a home for everyone that is interested in working psychologically with their patients. Structurally, we need to grow in most countries and areas in the world. Financially, we need to secure a sound economic situation, through national and international conferences, through book sales, etc.

The Madrid conference celebrates the 50th anniversary of the ISPS. The program looks terrific, and I am sure we will have some magnificent days together in June 2006. We are electing a new board, who will have fresh energy and new eyes. They will need your support. I will continue to contribute to the ISPS, and look forward to working together with John Read and other friends on establishing an international scientific journal on the psychological treatment of psychosis. Hopefully you will all support that work by signing up as future subscribers during the Madrid conference.

Best wishes to all  
Jan Olav Johannessen





# ISPS MADRID 2006 - LATEST NEWS

After the evaluation and acceptance of all Abstracts received and having printed the Supplement Acta Psychiatrica Scandinavica dedicated to the ISPS MADRID 2006, we have verified that in this XV Congress more than 700 professionals will be involved as authors and participants of sessions, together with several dozen persons or families and users associations. We may very possibly exceed one thousand five hundred delegates.

Two months ahead of time, the program and schedule were presented on the congress web page. **Three debates** of great interest stand out in the ISPS MADRID 2006 programme:

- “The concept of schizophrenia in 2006,”
- “The families and people with mental illness: Associations Movement Role in the Design of Mental Health Policies” and
- “Involuntary Psychiatric Treatment, International Perspectives: Pros and Cons,”

all of them with relevant international participation.

There are also **12 Special Lectures** of great importance to be given by Alanen, Jackson, Ciompi, Harding, Koehler, Thorgaard, Lotterman and Stewart, together with other Special

Lectures by users such as Wilma Boenik, Mary O'Hagan and Patte Randal. In one of them a patient, Christine Castles and her doctor, David Jonson, jointly review “**A 40 Year Journey through the Mental Health System**” from their respective perspectives.

Those attending the Congress can also register separately (for an extra fee) for **9 Special four-hour Workshops**, focusing on such varied topics as family interventions (Leff & McFarlane), psychogenesis and psychotherapy of manic depressive psychosis (Brian Martindale, Murray Jackson & David Morgan), cognitive therapy of delusional disorders (O'Connor), sense and treatment of hallucinations (Romme, Escher & Jenner) and the most advanced care programs in Sweden or Finland (Cullberg, Levander, Lehtinen, Alakare, Borchers & Seikkula).

Within the Congress registration fee, there is the possibility of attending **24 two-hour Workshops** run by more than 50 individuals, **34 two-hour Symposiums**, which contain 170 interventions as a whole, **35 oral monographic Sessions with 134 oral presentations**, and also to receive and discuss the information provided by **125 posters** written by over 300 authors.

The Madrid Congress has a historic meaning. We are celebrating the 50th Anniversary of the Symposiums of Psychotherapy of Schizophrenia that began in 1956 in Lausanne, organized by Christian Müller and Gaetano Benedetti. For this Anniversary, we have prepared a book of the History of the ISPS and its Symposiums with many photographs.

## isps 50 years 2006

We also will dedicate a *Special Session at the congress to the 50th Anniversary.*

*This undoubtedly will be very emotional as we are counting on the presence of nearly all of the Honorary Members of the ISPS and the organizers of previous Symposiums, most of whom are fortunately alive, in good health, and above all have a desire to be with us in Madrid and share this XV Congress with the younger generations.*

**12** SPECIAL LECTURES OF GREAT IMPORTANCE

ISPS

**34** TWO-HOUR SYMPOSIUMS

More than **700** professionals will be involved as authors and participants of sessions

**35** ORAL MONOGRAPHIC SESSIONS

**3** DEBATES OF GREAT INTEREST

**125** POSTERS

**24** TWO-HOUR WORKSHOPS

**9** SPECIAL FOUR-HOUR WORKSHOPS

with **134** ORAL PRESENTATIONS

# News from ISPS Local Groups

## ISPS AUSTRALIA



At the international ISPS conference in Melbourne, in September 2003, a meeting was held of interested delegates with the aim of developing a local Australasian network. In the months that followed, it emerged that two networks, one each in New Zealand and Australia, would evolve with perhaps varying but overlapping priorities.

After submitting a proposal for some start-up administrative support, ORYGEN Research Centre agreed to actively support us with the task of launching an Australian network. Helen Krstev, Eoin Killackey and John Gleeson initially met with a view to planning an ISPS Australian Network. Others were soon recruited to an initial working group, including Harry Hustig from South Australia, Tracey Harrison from Western Australia, Simon Jakes from New South Wales and Sally Plever from Queensland.

The group set about establishing itself as an incorporated association – a process that was halted for some months due to legal restrictions on the use of the term "Psychological" which meant the group could not actively promote and launch the network. With our persistence, this hurdle was recently surmounted, and the group is set to shortly call for nominations for office bearers and a call for members. As Brian Martindale recently reminded us – "patience is a virtue!"

The network will be launching at a potentially critical period in the public debate regarding access to psychological interventions for people in Australia suffering from mental health problems. Many clinicians in public mental health in Australia would be well aware of the national prevalence survey of people diagnosed with psychotic disorders conducted in the 1990s that revealed that less than 40% of individu-

als with psychotic disorders reported receiving counselling or any form of psychotherapy over the previous year (Jablensky et al., 2000). This evidence provided a basis for cogent arguments for a redistribution in Australia of mental resources for the treatment of psychosis towards psychosocial treatments and community supports (Neil, Lewin, & Carr, 2003). However, these arguments seemed to be falling upon deaf ears.

In late 2005 the peak body representing carers and consumers of mental health care, The National Mental Health Council of Australia, placed the human experience behind this statistic on the centre stage of the national health debate with the launch of their report into the state of mental health care. The title of the report summarised the distress: Not for service:

Experiences of injustice and despair in mental health care in Australia (Mental Health Council of Australia, 2005).

The mainstream media remained highly engaged in the issue throughout the Australian Summer and it emerged front and centre on the agenda at the meeting of The Council of Australian Governments (COAG) on February 10 of this year. The Prime Minister and Premiers unusually emerged at the conclusion of the meeting in furious agreement to develop a new national action plan on mental health over the next 3 months.

We believe that ISPS Australia, alongside professional bodies and carer and consumer groups, could have an important role in emphasizing the importance of access to psychological interventions as an essential part of this plan. The start-up group is additionally motivated by workforce issues in public mental health, and by the need for greater networking amongst clinicians and researchers with an interest in the practice of psychological interventions for people with psychosis. Already, approximately 30 professionals have actively expressed interest in joining the network before it has even been promoted. We hope to work towards an initial national meeting in late 2006.

For further information email the ISPS Australia secretariat on: [ISPS@mh.org.au](mailto:ISPS@mh.org.au)

John Gleeson, Melbourne Australia on behalf of the ISPS-Australia working group.

## ISPS NEW ZEALAND

**Report from the 3rd Annual Making Sense of Psychosis conference. Auckland University Conference Centre, New Zealand, October 18th and 19th 2005.**

The 2005 MSOP conference was marked by a prevailing sense of hope and optimism. For some this hope was about the increasingly significant role of psychology in the treatment of severe mental illness. For others it was about developing hope in our clients and seeing the positive aspects that might be found in the journey through psychosis.

For others still it was about re-minding us that although we have a long way to go in developing accessible, respectful and effective treatments, our coming together to share and collaborate was a positive and significant step forward. These themes were reflected in the diverse range of presentations.

In his keynote address, Dr Colin Ross, a psychiatrist working at his own Institute for Psychological Trauma in Texas, argued a strong case against the prevailing theory in psychiatry that most, if not all, cases of schizophrenia have a genetic aetiology. He proposed instead that for many individuals schizophrenic symptoms can be viewed as an understandable reaction to psychological trauma and are therefore treatable with psychotherapy.

Surprisingly, in contrast to his workshop presentation the day before, in which he heavily criticised the utility of diagnostic systems such as the DSM and ICD, Dr. Ross proposed a theory of a dissociative subtype of schizophrenia, characterised by dissociative symptoms, auditory hallucinations, severe chronic psychological trauma, and extensive comorbidity.

The second keynote address was presented by Debra Lampshire. Debra shared her personal recovery journey from psychosis to the reclamation of the status of personhood. She emphasised the importance of self-determination in recovery, and discussed the challenges involved in developing the experienced-based expert role in a clinical setting.

The focus on consumer-led initiatives in mental health extended to several other presentations. Gary Platz talked about consumer leadership and working beyond tokenism in Mental Health Services. Jim

Burdett outlined the role of peer support in theory and practice, describing the formalisation of the process in which people with experience of mental illness support one another. Mary O'Hagan explained how she used intuition and creativity to understand her encounter with madness and challenged the notion that all causes and effects of psychosis are negative. Through art and poetic prose she showed us how, "Madness does not just extinguish me, it also renews me."

Mike Ang gave a moving account of his own journey through psychiatry training and practice. Those who have worked with him know Mike to be a warm and compassionate person, but in his presentation he challenged us to see him not as a healer who should be forgiven his psychiatric training, but as a psychiatrist who, like many others, has something unique to offer psychosis, by virtue of his training. A diversity of cultural perspectives was presented, challenging the way we think about the causes and effects of psychosis on individuals, families and societies. Chaykham Choumanivong discussed some of the issues involved in working with a Laotian teenager and Ingo Lambrecht ventured an insight into shamanic practices in South Africa and the use of hallucinogens in healing. Te Kani Kingi and Susan Tawhai presented the historical journey of Tangata Whaiora Maori and Kaupapa Maori services, and Melissa Taitimu shared with us some findings from her research investigating Maori constructions of Schizophrenia.

The participation at the conference of David Chaplow from the Ministry of Health, Derek Wright, Regional Director of Mental Health Services, and Mary O'Hagan from the Mental Health Commission, demonstrated that the New Zealand Health System acknowledges the importance of psychological understandings and interventions for psychosis.

Finally, the 2004 conference saw the establishment of the New Zealand branch of ISPS. 2005 saw its first AGM and the election of members to the Executive Committee. Of the fourteen people who stood for election, the following nine were elected: Jim Burdett and Mary O'Hagan (service users), Susan Tawhai (service user and Maori representative), Jim Geekie and John Read (psychologists), Helen Hamer (nurse), Mike Ang (psychiatrist), Patte Randal (medical officer), and Dale Rook (occupational therapist). The committee plans to co-opt Mike Trott (psychotherapist),

who received the tenth highest number of votes, to ensure representation from this important group.



John Read and colleagues at the 2005 Making Sense of Psychosis conference.

Overall, this year's Making Sense of Psychosis was as focused as it was diverse. All participants were clear in their desire to effect positive change for individuals and for services, and there were many views about how this might be done. Challenges were put forward by mental health consumers, affected family members, Maori clinicians, psychotherapists, psychologists, and psychiatrists, all seeking to have their voice heard, and all feeling safe and supported in speaking up. While there are no magic solutions, the coming together, the discussion, and the collaboration that permeated this conference were certainly a source of hope and optimism about the future of helpful and effective services for psychosis in New Zealand.

By Vanessa Beavan, PhD student, The University of Auckland. ISPS NZ contact: m.taitimu@auckland.ac.nz

### ISPS US



The U.S. Chapter of ISPS continues to grow in numbers, now over 300. We are growing in strength as well, building on our past experiences. Gratifyingly, we are attracting more young professionals and students. They are eager to join us as we strive to place relational treatments at the center of approaches to psychosis. They come to us saying that they have been discouraged by the dearth of

humanistic approaches in their training programs. Attending our meetings, they have found a professional home. Mary Madrigal has organized the Southern California Branch which she and Martin Cosgrove lead. She is heading our membership recruitment committee, and is a key member of the program committee for our next annual meeting. Daniel Mackler has contributed an impressive critique of Gail Hornstein's biography of Frieda Fromm-Reichmann in which he debates with Fromm-Reichmann herself. Matthew Morrissey has taken up leadership of the Northern California Branch of ISPS-US and has volunteered to edit a book of Otto Will's papers.

Our two California branches are busy crafting an exciting meeting on the theme of "Trauma and Psychosis," to be held in Santa Monica, October 6 through 8, 2006. Mark your calendars!

Dori Laub, M.D. will be our keynote speaker. Born in Czernowitz, Romania in 1937, he was deported with his parents to Transnistria in 1942. His father disappeared during a German raid prior to liberation by the Soviets and he and his mother were reunited with his grandparents who had survived in Czernowitz. He emigrated to Israel in 1950 where he attended medical school. Dr. Laub became a psychiatrist and psychoanalyst and settled in New Haven where he is affiliated with the Yale Medical School. Together with Laurel Vlock he began videotaping survivor testimony in 1979 which led to the founding of the Holocaust Survivors Film Project and eventually the Fortunoff Video Archive for Holocaust Testimonies. He has participated in 127 taping sessions, has actively trained interviewers in affiliate projects, and has written extensively about survivor testimony. He is currently a practicing psychoanalyst in New Haven, Connecticut, working primarily with victims of massive psychic trauma and with their children. Dr. Laub has published on the topic of psychic trauma, its knowing and representation in a variety of psychoanalytic journals and has co-authored a book entitled *Testimony-Crisis of Witnessing in Literature, Psychoanalysis, and History* with Professor Shoshana Felman.

As our organization grows, it is no surprise that each task takes longer and grows more ambitious. Since we have a policy of not applying for or accepting grants from the pharmaceutical industry, we need to monitor our cash flow very tightly. We will apply

for foundation grants, and this requires that we develop a business plan as well as a grant application. The executive board, which holds monthly conference calls, is planning its first retreat, at the Pearlstone Center, north of Baltimore, in late June. (We each will pay our own expenses.) The project we hope to launch will build on a book David Garfield is editing, the chapters being written by ISPS-US members, on how one conducts psychodynamic treatment of psychosis. This book will play a key role in our hoped-for research project. We plan to study the effect of seminars on psychodynamics, held at treatment centers, on the satisfaction of and improvement in the clinic's clients, and on the satisfaction and employment longevity of the seminar participants. We will be meeting shortly after our return from the grand ISPS Madrid conference, at which many of our members will be presenting.

Our Boston meeting was invigorating and very informative. We are grateful to Ron Abramson and his group for their great efforts. We are grateful, too, to Marty Cosgro for his able editorship of our website, [www.isps-us.org](http://www.isps-us.org).



Ronald Abramson, MD, who chaired the ISPS-US meeting in Boston, then Ann Louise Silver (president of ISPS-US), then Joanne Greenberg, author of *I Never Promised You a Rose Garden*, and Joshua Kendall, a freelance writer and reporter with the Boston Globe.

Other recent advances involve our publications. Warren Schwartz will be our newsletter editor, with Ayme Turnbull doing layout. The newsletter will be smaller but more frequent than those produced by Brian Koehler, and will include pictures. Meanwhile, Brian will launch our ISPS-US Bulletin, scheduled as a twice-yearly small journal. This will be available to ISPS-US members electronically at no charge. Those who would like to receive traditional printed and bound issues will be able to obtain these at an additional cost, to be determined.

Ann-Louise S. Silver, M.D.  
President, ISPS-US  
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## ISPS ISRAEL

There are 18 members in the Israeli group of the ISPS so far. The president is Dr. Ilan Treves, head of a ward in Shalvata Mental Health Center, and a faculty member at the Sackler School of psychotherapy at Tel Aviv University. Treves spent two years at Chestnut Lodge. Orna Ophir-Shacham is the chairperson. She works in an open ward at Shalvata, as a clinical psychologist, and is writing her PhD on the history of the concept 'madness' in the age of psychoanalysis at the Cohen Institute for History and Philosophy of Science. Other members of the group are psychiatrists, clinical psychologists and clinical social workers. They come from all over the country - and from different mental centres in Israel. At the first meeting we decided to meet every two months for case presentations and discussions.



On the 20th February 2006, ISPS-IL held its second meeting, which was hosted by the Shalvata Mental Health Center. Around 100 participants attended from all over the country - the evening was fabulous and inspiring.

Dr. Ilan Treves, the president of ISPS-IL blessed everyone for coming and said how important it is today to be politically involved and how much the ISPS has influence internationally and will have on health organization decisions.

After his opening, I introduced the objectives of ISPS, presented the activities of the international ISPS (the conference in Madrid and new books in the ISPS series) and summarised the decisions made during the first meeting of the Israeli group. I also gave an introduction to Dr. Shlomo Mendelovitz's lecture: "The Multiple Individual - towards a selfless psychoanalysis", stressing the great impact the encounter with schizophrenic people has on the developing of theory and technique. Dr. Mendelovitz's lecture presented a theoretical development within the psychoanalytic discourse.

The development, which is the outcome of a therapy with a psychotic patient and of many discussions with his students at the philosophy department of Tel Aviv University, suggests the theory of the "Multiple Individual".

After his eloquent lecture, we had two discussants (both members of the local group): Hayim Deutch, head of the Summit Center in Jerusalem; and Dr. Rafi Springman, former head of ward at the Abrbanel Mental Center in Jaffa (he wrote the book "Dialogues with schizophrenia"). The two discussants - both very experienced therapist in the field - were intriguing. After the talks there was an exciting discussion with the audience - at least 15 people shared their thoughts and experiences, and the discussion included thoughts from classical psychoanalysis, to contemporary psychoanalytic thoughts, Western thoughts to Buddhism, modern to post-modern thoughts, Talmudic thought to insights from technology and computer science, from neuroscience to artificial intelligence and so on. All trying to figure out the psychotic situation and the possible way we can reach people in psychotic states.

The evening was such a success that people stayed long after it was over to continue talking. The subject of the article ("The Multiple Individual - towards a selfless psychoanalysis") was a real challenge to everyone's thinking. My concluding remark was that in the encounter with psychosis we have to think "under fire" as Bion said, and if we are accompanying on a daily basis people with bizarre thinking it has to challenge our pre-conceptions, and it eventually makes are thinking much more creative. Each of us has to find his/her own special way in the wilderness of psychosis, where there are no signs nor directions. This makes encounters with psychosis not only extremely ethic (because of the meeting with the Other) but also inspiring, and enriching to the psychoanalytic discourse.

Orna Ophir-Shacham  
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## ISPS SLOVENIA

The ISPS local group in Slovenia was formed in June 2005. Our primary aim is the promotion of psychological therapies for persons vulnerable to psychotic disorders. Our development plan is to:

- Enhance membership of the local ISPS group
- Organize meetings on a regular basis on different topics to promote our aim
- Organize supervision groups
- Establish a local newsletter to be distributed to our members

We have already organized three conferences, all well attended. The first was held in June 2005; the second "Early intervention and treatment in psychosis part 2" in November 2005; and the most recent one "Anxiety and psychosis" took place in Bled, on the 3rd and 4th of February 2006. We were happy to have more than 50 delegates at the latest meeting, all clinical professionals working with patients with psychosis. We were honoured to have two guests from the UK, Dr. Mark Aguis and Dr. Rashid Zaman. Both of them are distinguished clinicians and researchers in the field of early psychosis. The meeting was opened by Marjeta Blinc Pesek, president of ISPS Slovenia. Professor Marga Kocmur, in her opening talk 'The Spectrum of anxiety' pointed out the broader meaning of anxiety from the evolutionary and anthropological point of view. Dr. Andrej Mitek reminded us in his talk 'Hommage to the psychogenic psychosis', of this 'forgotten' category. It is not used in the present classifications, but we still see some patients that react to very stressful life events with a psychotic breakdown. Dr. Urban Groleger gave us an excellent review of the biological circuits of anxiety and psychosis. The connection between anxiety and psychosis is still not quite clear. Anxiety is a symptom, could be a prodromal sign or maybe even a trigger of psychosis. The first day of the conference ended with two case presentations by Dr. Bojana Avgutin and Dr. Hojka Krumperak.

On the second day Dr. Mirjana Furlan talked about the experience of her team who spent six weeks in Luton with Dr. Mark Aguis learning about community psychiatry. She created a model that could be used as a pilot in introducing community psychiatry to Slovenia. Dr. Mark Aguis reported on the development of a

Leonardo Program for teaching Community Psychiatry to a team of Slovenian mental health professionals. Dr. Rashid Zaman updated us on some research evidence and possible mechanisms how psychological treatments work, possibly by changes in brain structure and functioning.



Dr Mojca Zvezdana Dernovek informed us about a modified cognitive behavioral psychotherapy, especially the technique for managing anxiety in patients with psychosis.

The conference breaks and dinner gave us time to talk and make new friends.

We closed the meeting with our local ISPS meeting. We decided to have regular monthly meetings that will take place in the Ljubljana University Psychiatric Hospital. The next weeked meeting is planned for September 2006. A delegation of 5 of our members is planning to attend the ISPS Madrid conference this year.

Marjeta Blinc Pesek, MD, MSc,  
Consultant Psychiatrist  
ISPS Slovenia President  
Email: psih.ord.r@siol.net

## ISPS HELLAS

ISPS Hellas had its first official meeting on 12th November 2005 with 13 members present. Since then the group has been meeting regularly once a month. Today ISPS Hellas has more than 20 members. The most important topics discussed and voted on at these meetings include:

1. Expansion of ISPS Hellas through the recruitment of new members representing a broad cross-section of psychotherapy methods, especially group analysis.
2. The systematic organisation of ISPS Hellas, in particular as regards its legal form in Greece, its expansion and its collaboration with other therapy organisations.
3. ISPS Hellas annual members dues will be paid in the amount set by ISPS and 20% of this income will be sent to ISPS. A bank account has already been opened and members have begun to deposit their dues.
4. Planning of seminars and workshops. A workshop by V. Schermer has already been scheduled on the topic "Psychotherapy of Psychoses" to be held on 13th-14th June 2006.
5. The participation of ISPS Hellas in the International ISPS Conference in Madrid in June 2006. To date, four of our members have registered to participate.
6. The possibility of translating books from the international literature into Greek on the treatment of psychoses was discussed, and writing reviews of relevant books.



Anastassios Koukis, ISPS Hellas  
Email: a\_koukis@otenet.gr

## ISPS NORWAY

**2nd Annual Conference, Hamar**  
26th–27th January 2006.

The local Norwegian Board has decided to arrange a conference each year in Hamar, a town in the centre of Norway, about 120 km north of Oslo and 1 hour by train from the airport. This year's conference was organised by the Department for Psychosis of the Inland Hospital at Hamar, which also hosts the Secretariat of ISPS Norway. The Board of ISPS Norway is responsible for the content of the conferences. Half of the talks were in English, the rest in Norwegian – some with English





Jan Olav Johannessen and colleagues at the 2nd Annual conference of ISPS Norway.

slides. The two conferences held to date have included lectures from leading members of ISPS International, some of whom are Norwegian. Most of the speakers were not paid a fee but were of course reimbursed for their travel and hotel costs. The conference was attended by Norwegian ISPS members and many persons not yet members of ISPS.

The topic of this year's conference was "**The Therapeutic plurality in Psychosis**". The foreign speakers included: Ann-Louise Silver (US); Richard Bentall (UK); Lars Thorgaard (DK); and of course the Norwegian ISPS International Chair Jan Olav Johannessen. Silver presented the technique of psychodynamic therapy by psychosis: Best practice for psychotherapy with very disturbed patients, "beyond the coach." She also presented parts of her own life experience, explaining how our own experiences influence our choice of profession and our professional work. Bentall presented "Explaining madness;" a focus on dimensions in understanding mental illness as more meaningful than diagnostic categories. Lars Thorgaard presented "Relation therapy in psychosis". He presented an alternative way to classify mental illnesses instead of using DSM and ICD. Jan Olav Johannessen led a workshop". Phase specific treatment of psychosis with a psychodynamic perspective." Other presentations included: family intervention groups; Double Diagnosis - addiction and psychiatric illness; good treatment environment; and inheritance and schizophrenia.

Both the content and the organisation of the conference were deemed very successful and we are already looking forward to our next ISPS Norway conference 15th-16th February 2007.

Terje Vestheim, MD, Department for psychosis, Inland Hospital, Norway. For information on ISPS Norway contact: jojo@sir.no

## ISPS SWEDEN

In a month we will have our fourth annual meeting, this time in Stockholm. We have planned a slightly different design this year - in order to reach new groups the meeting will also be open to people outside the ISPS, and we have included a program that uses cultural/aesthetic means to convey something of the tragedy of having to live with schizophrenia: "To live with a shattered soul.", a documentary film about finding one's way out of the world of difficult psychological problems into a world that is shared with other people. It is a story about pain and struggle, about being present, about courage and about the "I" coming into existence when meeting "the other." Part of the day will be spent in discussions with the author, the actors and the film manager. The next day will focus on the concept of Love as it is interpreted by Svein Haugsgjerd (Norwegian psychoanalyst and psychiatrist) in his book "Love, Psychosis and the Meaning of Life". He sees love, in all meanings of the word, as the central power that urges us onward in our life projects. In the psychotic condition love is lead astray, in danger or threatened by drowning or extinction. We hope that this kind of program will reach the participants in a different way than the lectures and discussions that we usually offer at our meetings.

Sonja Levander, ISPS Sweden Chair  
Email: levander.lonnerberg@telia.com

## THE NETHERLANDS-FLANDERS ISPS-NETWORK

In June 2005 John Read visited the Netherlands for a conference about trauma and psychosis held at the Dutch Trimbos-Institute for mental health, organised by Jim van Os and Wilma Boevink. On this occasion our Network organised a mini-symposium, where John gave his convincing and inspiring lecture to our members. Marius Romme was the discussant. We also introduced John to the psychiatric department of the Utrecht University, which resulted in a lively discussion. Lastly, we managed



to arrange some interviews with the magazine of the Dutch Psychiatric Association, with the magazine of the organisation of Dutch mental health institutions (GGZ Nederland) and with De Telegraaf (the biggest daily newspaper in the Netherlands). This was accompanied by some additional information about ISPS and our local network and has generated an interesting amount of reactions, especially by colleague-professionals. The visit of an international expert on psychosis on a specific issue, giving a lecture for our network and offering the issue to the press has proved to be very effective for spreading our views and the name of ISPS.

On 22nd March our Network will hold a mini-symposium about holding in the treatment of psychotic patients. The speakers will be Jan Cambien and Jos De Backer from Belgium and Jurgen Schneider and Lars Brok from the Netherlands. The second General Meeting of our Network will take place during the symposium. We hope to elect a new board member on that occasion, since Dion van Werde is retiring to concentrate on the pre-therapy network.

Will the ISPS start a discussion about the use of the term schizophrenia in the name of the ISPS in Madrid? In the low lands the discussion about the use of the concept schizophrenia has already flared up. In December Marius Romme published an article in Tijdschrift voor Psychiatrie (the scientific magazine of the Dutch Psychiatric Association) entitled: "A critical dissertation about the choice of the diagnosis schizophrenia as point of departure of treatment-guidelines." It was written at the time of publication of the Multidisciplinary Mental Health Guidelines on Schizophrenia in the Netherlands. Romme concludes in his article, that the schizophrenia-concept does lack validity for using it as a departure for scientific guidelines. So he opens the discussion about the scientific point of view of the Dutch psychiatric Association. In recent years three important publications have already been issued in the low lands (all written by psychiatrists) which seriously criticize the schizophrenia-model in psychiatry; in 2003 J.D. Blom published his thesis "Deconstructing schizophrenia; an analysis of the epistemic and nonepistemic values that govern the biomedical schizophrenia concept;" in the Maandblad Geestelijke Volksgezondheid of April 2004 Pieter Vlamincq published an article "Schizophrenia dismantled" where he concludes that "it is clinically as well as scientifically the most clear not to use the confusing

concept of schizophrenia," and lastly in 2004 Jos de Kroon criticized the loss of the subject in the concept schizophrenia.

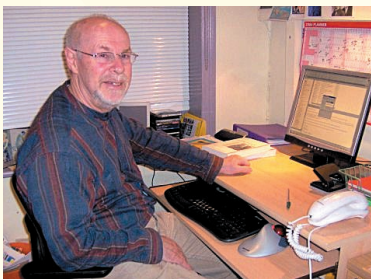
Jan Leijten,  
Chair ISPS Netherlands-Flanders  
E-mail: leijten.j@wolmail.nl

## ISPS UK

### Culture and Psychosis conference

We held our second AGM since we became a recognised charity in November at our conference on Culture and Psychosis. There was no controversy, although we did have to understand slightly contradictory votes on the question of a change to the name of the Society from our e-mail list (more in favour of dropping the term schizophrenia) and the vote at the AGM (more in favour of reviewing the name). I am sure this will be given a good discussion at Madrid. As is often the way AGM attendance was small, but the conference was a fine experience - stimulating and thought-provoking. Roland Littlewood, Professor of Anthropology and Psychiatry, gave a wide ranging talk on how culture and psychosis impact on each other, Mary Tilke, Chair of Federation of Irish Societies, shared her model of developing cultural competencies, Albert Persaud, Senior Policy Advisor to the NHS spoke on perinatal mental health and Sushrut Jadhav, Senior Lecturer in Cross-Cultural Psychiatry, described the cultural issues in our locked wards. Plus we had 8 workshops on a range of topics including 'Can racism drive you mad?' (Fakhry David's and Rameri Moukam) and 'Setting up an early intervention service for a culturally diverse population' (Mark Aguis). It was an enormously rich day, and we thank Trish Barry for much of the hard work of bringing it together. Abstracts of the main papers and some of the workshops are available on the UK page of the ISPS website.

The same month, November, also saw a fascinating joint workshop with the Institute of Group Analysis (our third joint event), which invited the legendary Salomon



David Kennard, chair of ISPS UK

Resnik to share his life's experiences of working with psychosis in groups.

### Conference programme for 2006

Having spent some time settling in the new committee has now set an ambitious exciting programme of future conferences. By the time you read this we will have held our conference, '**Psychosis and Spirituality: Continuity and Discontinuity**', scheduled for 28th April. This is being organised jointly with CHT (Community Housing and Therapy), an organisation that runs a number of residential therapeutic communities for people with long-term psychoses, and whose Chief Executive and our treasurer, John Gale, is a former Benedictine monk. Sheila Hollins, President of the Royal College of Psychiatrists has agreed to open the conference, and speakers include Glenn Roberts, Isabel Clarke, Susan Mitchell and Laura Liverotti. We are getting a lot of interest in the conference from the Spirituality Interest Group of the RCPsych.

In the autumn we have two conferences planned. One in London on 1st November is being convened by Kathy Taylor and Alf Gilham and co-hosted by ISPSUK and the Psychosis and Complex Mental Health Faculty of the British Psychological Society. The title is "**Working with emotion in psychosis: what do current models have to offer?**" This is a topic that has begun to resurface among CBT practitioners, and the conference will be an opportunity to bring together cognitive and psychoanalytic thinking. The collaboration with the BPS is one that, as a clinical psychologist, I have been keen to pursue. I hope it will encourage and support those psychologists working with psychosis to get involved with ISPS.

The other conference is in Newcastle. With the indefatigable Brian Martindale convening this in his new work base, supported by Alison Brabban, Steve Trenchard and me, this conference puts into practice our aim of developing regional centres of ISPS interest and activity. The conference - date to be announced - will be on a familiar and important theme of making the ward environment therapeutic and also looking at alternatives to in-patient wards. We are planning to make this conference the first in an annual event in the north of the country.

### Looking to 2007

A new book in the ISPS series: **Experience of psychiatric in-patient care**. This is currently being co-produced by 4 editors, Mark Hardcastle, David Kennard, Sheila

Gran-dison and Lenny Fagin, with a large number of contributors from all side of the experience - professional patient, carer. We hope this will become a core text for all mental health professionals and students.

Our next 2-day residential conference, the follow up to Manchester in 2007: we have dates - March 26 and 27; a venue - the University of Bath; and a working title - Psychosis: **Experiencing Understanding Recovering**. We hope the first announcement with keynote speakers will be ready in time for Madrid.

In addition to our conference programme the committee is working to develop a costed business plan for the next 3-5 years, and to bring in members with a range of skills and interests and good regional connections. Since my last piece for the Newsletter we have had to accept the resignations of two members due to competing time demands, and we have been able to co-opt 7 new members who bring connections with nursing, clinical psychology, families, service users, therapeutic communities, and with local networks in the North and Midlands. We could not get far with any of our plans without the continued hard work of our administrator Annabel Thomas and her assistant Marianne Taylor, to whom we owe much thanks.

David Kennard, Chair ISPS UK  
ISPS UK e-mail: marianne@ispsadmin.co.uk

## ISPS INDIA

ISPS India is a new branch of ISPS which has yet to make a mark on the professionals in India. We started our first effort by arranging a workshop in a completely different ambience - an open-air session at Banabitan, a beautiful garden at Salt Lake, Kolkata. Judith Johnson, from Washington, DC, graced the occasion with her presence. She came a long way from an organisation called Green Door. The theme of the workshop was "Discovering Yourself." The target groups were the clients suffering from Schizophrenia, their parents and also the professionals who take care of them. A set of questionnaires was prepared and given in the form of booklet. They were asked to decorate the front page of the booklet creatively. A section was also kept for art and creativity. It was really surprising to see the outcome of the wonderful booklets with the art of all the participants (I wish to take some of them with me if I can manage to attend the conference at Madrid).

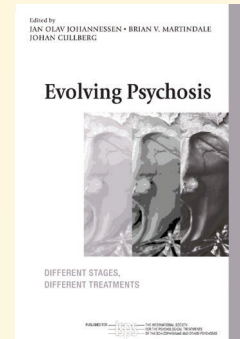
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# BOOK review

LYN CHUA, PHD

## *Evolving Psychosis: Different Stages, Different Treatments*

**Editors:** Jan Olav Johannessen,  
Brian V Martindale, Johan Cullberg  
2006, Routledge (in the ISPS book series)



The editors of this book have competently brought together authors addressing the various methods, both established and novel, in the treatment of schizophrenia and the psychotic states. In his Forward, Norman Sartorius has highly recommended this book to psychiatrists and mental health workers, pointing out that while there have been varied and diverse methods in the past two hundred years, some based on theory, some on analogies and single observations, and some even just on doctors' and healers' instincts, *Evolving Psychosis*, has "constructed a modern doctrine of dealing with psychotic states" which presents a holistic approach that harmonizes the treatment modalities with the stages of the illness.

The book is divided into four parts. The first gives an overview of the nature of psychosis, including contributions from the personality theory and post-Lacanian views of schizophrenia. The second focuses on early intervention in psychosis, examining if schizophrenia can be predicted phenomenologically, and looking at phase-specific

interventions in early psychosis and first-episode schizophrenia. In the third section of the book, the authors present various phase-specific treatments of the psychoses; the use of a psychodynamic understanding of the psychotic states in delineating need-specific approaches, the Cognitive Analytic Therapy-based approach to the psychotic disorders and exploring if cognitive remediation works for patients with schizophrenia. The fourth part of the book consists of discussions on the need for integration of theory and practice, with the contributors presenting their views on the importance of considering often neglected areas in schizophrenia, including associated psychiatric syndromes, dissociation, psycho-social issues and the effect of adverse early childhood experiences. Every chapter ends with a comprehensive and helpful reference section.

In summary, the editors have provided a useful and well-organized source of information and discussions on the varied and new treatment modalities. The attempt to relate the different treatment modalities to the different

phases of the psychotic disorder is refreshing. In Chapter 1, McGorry has provided a comprehensive concept of staging in the treatment of psychosis taking into consideration the recognition and optimal management of the disorder at an early stage. Simonson's chapter examining the three different ways to look at the relation personality and psychosis provides an interesting insight into the nature of psychosis, whilst Thorgaard and Rosenbaum's discussion on pathogenesis and therapy, dwelling on empathy in the management of patients with schizophrenia, is both meaningful and fascinating. Other authors have given helpful, innovative and perhaps unexplored approaches in treatment modalities for the psychoses. However, some readers may find certain views expressed by some of the authors rather subjective, extreme or irrelevant. Although there may be some controversial areas which not all professional caregivers in the mental healthcare field will accept or agree with, this book does offer valuable insights into areas which provoke a great deal of thought and further debate.

► *ISPS India, cont. from last page*

Both the clients and professionals liked the novelty of the workshop and its unique programme. It was the first time that we were able to get enriched data from the clients who were willing to co-operate with us and have the fun to create their own small booklets themselves. Other topics centered around the economic rehabilitation of the clients and the best possible options available. Caring for the

caregivers and ways to improve their life was yet another topic of discussion. In addition, this year in the first week of April, we plan to organize another workshop on "the hazards of professional life." We are expecting new members of ISPS India to join the workshop. We have yet to confirm the venue. We know we have a long way to go; the professionals of India are not very organized, especially the psychologists and

social workers. We are trying to include them in our group. It is likely that providing workshops like these will encourage them to join ISPS India and make them understand its value and realize the benefits from it.

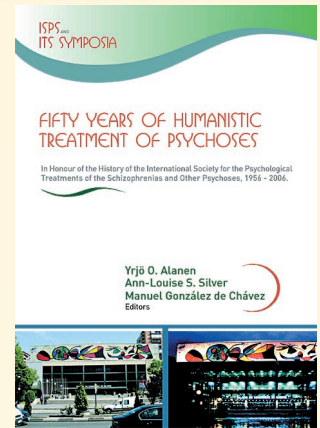
Ishita Sanyal, ISPS India  
Email: [ishitasanyal@hotmail.com](mailto:ishitasanyal@hotmail.com)



## "ISPS AND ITS SYMPOSIA: FIFTY YEARS OF HUMANISTIC TREATMENT OF PSYCHOSES".

IN HONOUR OF THE HISTORY OF THE INTERNATIONAL SOCIETY FOR THE PSYCHOLOGICAL TREATMENTS OF THE SCHIZOPHRENIAS AND OTHER PSYCHOSES,

*The XVth ISPS symposium in Madrid is taking place 50 years after the first International Symposium for the Psychotherapy of Schizophrenia (ISPS) was held in Lausanne, Switzerland, in 1956. This stimulated the chairman of the Madrid organisational committee, Professor Manuel González de Chávez, to document a history of the ISPS (now The International Society for the Psychological Treatments of the Schizophrenias and Other Psychoses).*



**H**e asked two colleagues who were actively participating in the ISPS activities to be his co-workers, one from the U.S.A. (Dr. Silver), and the other from the Northern Europe (Prof. Alanen), both areas known for their impressive role in the development of psychotherapy of psychoses and the ISPS activities.

**W**e shall first go to Central Europe, the actual birthplace of ISPS. At that time, in the mid-1950s, two young Swiss psychiatrists, Christian Müller and the Italian-born Gaetano Benedetti – both around thirty-five years old - dissatisfied with the predominant ways of treating schizophrenia, decided to gather together colleagues they knew through their interest and writings dealing with psychoanalytically oriented treatment of schizophrenic patients. We are very lucky to still have both of these "founding fathers" among us, in good mental strength and able to describe vividly their memories of the establishment as well as contents



Gaetano Benedetti and Christian Müller during III Lausanne Symposium 1963.



First Symposium for Psychotherapy of Schizophrenia in Lausanne, held at the Cery Hospital, in the year 1956 organized by Christian Müller and Gaetano Benedetti (in the first row to the left).

and discussions of the first ISPS symposia, held in Switzerland in 1956, 1959 and 1964. The number of participants in these first symposia was restricted (about 30 in each), most of them coming from Switzerland, Germany and France. In accordance with this, the great majority of the presentations were given in German or French. It is very encouraging for us to read Benedetti's and Müller's descriptions, including their continued faithfulness to their original ideas, emphasizing the significance of the personal commitment of the therapist to his/her patient, based on efforts to understand the origins of their problems – something which both of them strongly express at the end of their contributions.

**T**he book is divided into two sections. The first part describes all of the ISPS symposia arranged until now. The second part, entitled "The ISPS today," deals with the establishment of the ISPS as a society in the 1990s and with the local ISPS activities. To complete this section, some persons actively engaged in the ISPS activities, among them Professor Benedetti, were asked to present their views on the future of our association.

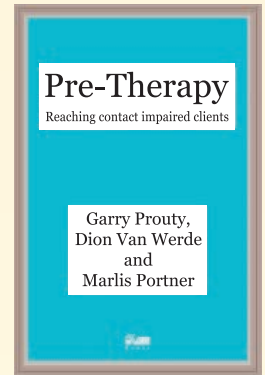
# BOOK review

BY SHEILA C. CURREN, PH.D.,  
LCSW PRESIDENT, ISPS CHICAGO

## Pre-Therapy *Reaching contact impaired clients*

By Garry Prouty, Dion Van Werde  
and Marlis Portner

Published by PCCS books: Llangarron Ross-on-Wry  
Herefordshire UK (2002)



Seldom does one find a book as sorely needed as this one. Pre-Therapy was systematized as a means to establish psychological contact on the most basic level with severely out of contact psychotics. This little gem of a book is the answer to a persistent need of many American practitioners for a method of working soundly with a group of non-verbal or minimally verbal patients who are considered not well served in therapy by any prevailing methodology.

**D**r. Garry Prouty is an American psychologist trained by Eugene Gendlin, in the person-centered (client-centered), experiential, humanistic traditions of Carl Rogers, Dion Van Werde is a psychologist in Gent, Belgium where he uses Pre-Therapy as a ward model in a residential unit for people diagnosed as psychotic. Marlis Portner lives and practices in Zurich, Switzerland, as a psychologist in a private practice that includes the treatment of mentally impaired clients. Each part is written by one of the authors, with its own reference list.

**PART I** explicates the foundational theory of Pre-Therapy. The term Pre-Therapy denotes a system of establishing psychological contact with people seen as too regressed or out of contact for conventional therapy: “The purpose of Pre-Therapy is the restoration or development of Reality, Affective or Communicative Contact” (p.17) Originally, Prouty set out to define, clarify, and build on Carl Rogers tenet of psychological contact as the

precondition of therapy. The original intent of the Pre-Therapy approach was to enable a person to ultimately be able to enter a (traditional) “therapeutic relationship,, but now has been recognized as a therapeutic system in itself. There are now Pre-Therapy curricula in institutes of psychology in Europe. Chapter 3 is the intellectual/training equivalent of Chapter 7 in Freud’s *Interpretation of dreams*.

Chapters 4 and 5 contain transcripts of actual treatments, offering ‘user friendly’ illustrations of how sessions may progress. In Ch. 5 we encounter ‘Orange Square Hate’ and ‘The Mean Lady’: exquisite and unforgettable examples of the impact of the approach in revealing the “original traumatic experiences which lie beneath” (xiii) Ch 7 reveals Prouty’s genius in developing a theory which echoes, resonates with and expands upon its predecessors, “forming a further ‘kaleidoscope of meaning’.” (p.53)

**A**lthough relatively new to this country Pre-Therapy has been applied and taught in Western Europe for more than twenty years.

**PART II** describes the application of Pre-Therapy on a psychiatric ward which evolved into a “contact ward.” On this “contact ward” interventions are spontaneous, round-the-clock, often in group format and provided by staff at all levels. European psychiatric wards tend to be plagued with the same problems of over worked, under paid, staff – across disciplines

and levels of training. They were able to find relevance in using Pre-Therapy in their everyday administrations to patients. American patients and caregivers would be better served if these approaches were incorporated in their daily ward life. Van Werde encourages us to go beyond the teachings in this book to classroom and field learning, in order to be able to bring the art, poetry and humor of treatment to bear on technical correctness. Ch 1 discusses the image of a tree that the unit uses to educate families to the treatment approach, assuring that their loved ones are indeed understood. The tree top represents various features of psychotic thinking, the roots represent the healthy support systems of personal well being and society. The “Anchoring Yardwork” represents the treatment team. (p.68) Ch 2 contains vignettes illustrating the beautiful work that can be done “on the fly”. Van Werde emphasizes that innovation is a difficult process, even in more enlightened places.

**PART III** describes the state of Pre-Therapy in Europe. Ch 1 details the Pre-Therapy Project at Sint-Amandus, in Beernem near Bruges, Belgium. Portner chronicles the inception and vicissitudes of the project, using session vignettes to illustrate content, process and application of technique in a very difficult setting. The impoverishment and physical neglect of the institution is reminiscent of American public hospitals. Two and one half staff

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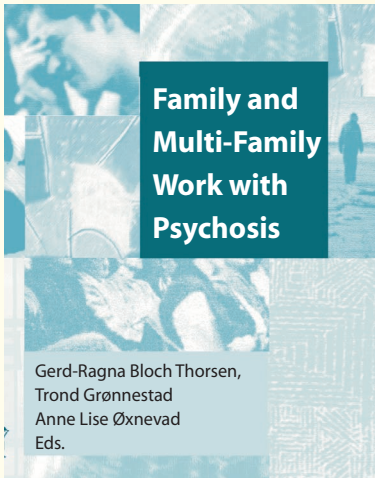
positions were allocated to provide individual, group and super-visory services to a sub-group of patients in a comprehensive psychiatric facility. Yet progress was made, and the project continues to flourish.

**T**he first time I encountered Dr. Prouty's work was on the occasion of a brilliant case presentation he gave to ISPS Chicago; in which he revealed his thoughtful humanistic style and his great gift in bringing empathy, humanness, decency and kindness into the therapy of a psychotic person. Whether he intended to do so or not, he demonstrated the usefulness of client-centered work to those of us in the psychoanalytic camps. Many in the room found a "brother under the skin" in Dr. Prouty. (Tangentially, I can reveal that Dr. Prouty has integrated the unconscious into his more recent writing, and I personally refer to him as the "darling [of some] of the Chicago Analytic Community").

**W**hen I learned of Pre-Therapy, I was given the answer to a practical problem I had been facing in designing an out patient therapeutic day program for nursing home residents. Of necessity, we would serve a large cohort of patients, with a minimum of trained staff, bearing a wide range of severe diagnoses, including dementia, severe withdrawal, and chronic severe medical illness; many people with dual and multiple diagnoses. I had two elements of the approach, (in borrowing from Lacan for the analytic treatment of paranoia and schizophrenia, and the former San Joaquin Psychotherapy Center for milieu design and the care and feeding of staff.) Drs. Prouty, Van Werde and Portner's rich little book fill in the gaps by being a perfect guide for the treatment of the contact impaired clients that could not be served well by a straight application of the other two models (which were more suited to verbal clients.) Because staff

had to be hired precipitously, professional staff were recruited from the pool of new grads. All training had to occur in the early days of operating with a full house. These novices in social work found Pre-Therapy the easiest of the approaches to grasp, and their favorite to apply. Seeing some patients make marked progress in a few months was heartening, and echoed Dr. Van Werde's descriptions of his experience with staff satisfaction in the large Euro-pean hospital situation. I marveled at how beautifully Pre-Therapy integrated with the Lacanian and empathic approaches.

**T**he first few times I read this book, I read it as a "how to" guide. Rereading it a few years later, its deceptively simple genius reveals itself. This is a book that is equally useful to the novice and the seasoned practitioner. This book is *the handbook* of Pre-Therapy. If you are short of time (and cash) it is the one 'must read' of the year.



### To be published later this year

#### *Family and Multi-Family Work with Psychosis* provides

a practical step-by-step guide for professionals treating psychosis using family work.

Editors Gerd-Ragna Bloch Thorsen, Trond Grønnestad and Anne Lise Øxnevad

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. Subjects covered include:

- **The Stress -Vulnerability Model**
- **The group structure and framework**
- **Family-work in early psychosis**
- **Working with families of people suffering from psychosis and substance misuse**
- **What can the family do to be of help and support?**

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

Contracts have also been agreed for the following books in the ISPS series:  
**Dead Landscapes of the Soul: A Compassionate Approach to the Treatment of Schizophrenia** (provisional title). Translation of the original by Gaetano Benedetti.

**Experience of In-Patient Mental Health Care: Feeling you way through.**

Editors: David Kennard, Lenny Fagin, Sheila Grandison, Mark Hardcastle (UK)

**Psychotherapies for the Psychoses: Theoretical, Cultural, and Clinical Integration.**

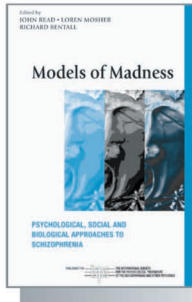
Editors: John Gleeson, Helen Krstev, Eoin Killackey (Australia)

Contact Brian Martindale (Series Editor) if you are interested in putting together a quality book on a topic that lies within the ISPS framework.

E-mail: [Brian.martindale@stw.nhs.uk](mailto:Brian.martindale@stw.nhs.uk)

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## PSYCHOSES An Integrative Perspective

**JOHAN CULLBERG**

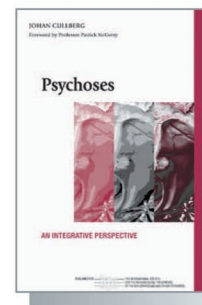
*Psychoses* provides a unique perspective on the challenges associated with understanding and treating psychoses, bringing together insights and developments from medicine and psychology to give a full and balanced overview of the subject.

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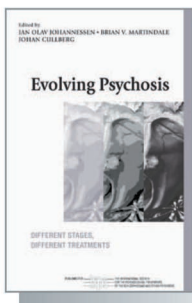
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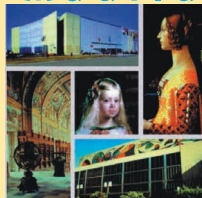
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