

ISPS Newsletter - Autumn 2022

Dear members of ISPS and other friends,

I am so honored to serve as Chair of ISPS, and proud to be the first social worker and the first person from the United States to fill this role.

Early in my social work career, I attended the 1994 ISPS Symposium in Washington, D.C., with my husband Brian Koehler. At that time ISPS was not an organization but a symposium held every three years in Europe or the US. It became clear to the leaders at that time that mental health professionals were in need of ongoing support in the intervening years between symposia, and the Symposium became a Society. I was a founding member of the US chapter, and of the New York branch. As I contributed to the development of ISPS, ISPS has absolutely shaped me as a social worker and a psychotherapist.

ISPS was started by two psychiatristpsychoanalysts, Gaetano Benedetti and



Christian Mueller, and was originally called the International Symposium for Psychotherapy of Schizophrenia. That is our heritage, and I am grateful for their vision. However, from the time I became involved, ISPS included not only professionals, but family members and people who had experienced psychosis, even before conscious efforts were made to welcome and include them. Thus I have always valued this rich mix of influences in ISPS. We have come to call this a Trialogue - a three-way dialogue of people with lived experience, family members, and mental health professionals. While there are many strong organizations serving each of these groups, ISPS offers the unique opportunity of talking with each other. I have heard from people in each of these groups that "no where else do I have the opportunity of really dialoguing with _______" - filling in the blank with other partners in the Trialogue.

So keeping a healthy Trialogue is the opportunity and the challenge of ISPS - to hear disparate viewpoints, to keep lines of communication open between three groups with sometimes differing objectives, but a common goal of advancing psychological and social approaches to psychosis and extreme states.

To help us in our mission, let us keep in mind that many of us do not occupy only one point on the triangle. For example, I was reminded by the obituary of Johan Cullberg, the first president of ISPS as a society, that he was compelled to become a psychiatrist because of his brother who experienced psychosis, and the treatments and mistreatments of the time. Dr. Cullberg was a family member first, and then a psychiatrist-psychoanalyst. Many ISPS members have gone into a mental health profession after living through their own psychotic or extreme experiences (and the treatments and mistreatments of our time). From this point of view, the triangle of the Trialogue starts to look like a star, or a circle, as we recognize the intersections of members' identities and experiences.

I hope that this guides us in our future work of tackling the many practical objectives on the table at this time - broadening our circle to include more parts of the world, and more diverse peoples; planning a next conference while always learning from the last one; developing more webinars and other ways to spread our values; and increasing our membership and recovering financially from the pandemic. I look forward to working with you all.

Julie Kipp ISPS Chair





Tribute to Barbro Sandin#ispspioneer by Sverker Belin

Swedish Honorary Lifetime Member of ISPS Barbro Sandin has passed away.

Barbro was in her 40s, a newly qualified social worker, but with no real training as a psychotherapist when she came to Säter Hospital in the early 1970s. Meeting young, more or less chronified patients without hope, with diagnoses such as schizophrenia aroused a rebellion in her and started a lifelong, strong and tireless commitment to these people. Although Barbro lacked formal training as a psychotherapist, she was well versed in philosophy and literature and was also very biblically literate, having grown up in a religious home. This background soon came into play in talking to psychotic patients, giving her a unique therapeutic ability to meet and understand these people's struggles with religious and existential dilemmas and the

unbearable anxiety that plagued them. She also demonstrated an exceptional courage and timing in dealing with patients. Her unique talent as a therapist was soon discovered and she was recognised in a wider context when, in 1975, together with her senior physician Mats Nyman and her then supervisor Margit Norell, she wrote a very interesting article in the Swedish Medical Journal about the central ideas underlying what came to be known as the Säter model for the treatment of patients with schizophrenia. For many decades thereafter, she became an important and influential inspiration to many who sought to help and conduct psychotherapy and environmental therapy with patients with psychosis diagnoses throughout Scandinavia.

Barbro was very clear that the model of treatment (the Säter Model) that came to be based on her view of humanity and central ideas about what was therapeutic had to be an active, functioning teamwork between a number of different professional categories (doctors, psychotherapist(s) and not least ward staff/contact persons) and that the ward environment offered to patients had to be safe and geared to supporting continuity in the helping and supportive relationships that were developed.

As the Säter Model began to become a well-known and interesting activity also outside Sweden, and as a well-done retrospective study (Rolf Sjöström) showed that a dozen patients treated by Barbro showed superior health and recovery compared to a matched comparison group at another clinic with only traditional treatment, this led the Swedish National Board of Health and Welfare in the 1980s to also work to spread the knowledge that the Säter Model represented to other psychiatric services in Sweden. Barbro and her team were thus given the task of training several psychosis teams in Sweden at a distance.

All this attention, however, did not bring only appreciation from representatives from other parts of psychiatry. Quite a few psychiatrists and professors were openly critical, even hostile, claiming that the patients diagnosed with schizophrenia (some with chronic schizophrenia) that Barbro had treated must have been misdiagnosed as they had developed so well and had been able to move on in different ways. Subsequent research has shown how archaic and wrong this view was. The Säter model certainly challenged the commonly held pessimistic view of psychosis/schizophrenia and the attention given to Barbro, who was not a psychiatrist, also challenged the hierarchical power relations in psychiatry.

Although Barbro was a strong and even combative person who could direct scathing criticism with a revolutionary fervour at the degrading inability of mainstream mental health care to help many of its patients, she resented the often rather ugly and person-centred criticism directed at herself. She sometimes observed with a mixture of weariness and humour that she would probably have been burned at the stake as a witch if she had lived in Sweden in the 17th century. The support of the hospital management gradually diminished during the 1980s and the questioning view of the Säter model, which was so different from much of the other psychiatry at Säters Hospital, made it increasingly difficult and took a lot of energy.

Barbro fought on doggedly and in 1986 she published the book "Den zebrarandiga pudelkärnan" (The zebra-striped poodle core"). The book describes the thoughts and experiences about schizophrenia and psychotherapy that she gathered during her first twelve years at Säters Hospital. This book became the basis for the doctoral thesis she defended in Tromsø in 1986.

At the same time, the conditions for continuing activities at Säter Hospital were deteriorating. When Barbro received an unexpected donation of one million SEK (!) from a private person in 1987, this made it possible to leave public psychiatry. Instead, she and almost all the staff

from the Säter clinic were able to open the Walla Foundation Clinic in a beautiful, homely setting in Ludvika. At Walla psychotherapeutic and environmental therapeutic work with patients continued. The tradition of organising annual, well-attended conferences on the theme of psychosis and psychotherapy was also maintained.

It was not only the good treatment results that attracted interest in Barbro. In addition to being a successful psychotherapist for many patients and their families, she was for many years also a much sought-after and appreciated lecturer, mainly in Scandinavia. She had a very engaging and unique ability to share her experiences in a vivid, moving way. She always started from case descriptions where patients could really be understood as people, not just as patients. In addition, she often invited direct dialogue and discussion with the audience.

Barbro gradually attracted more and more international interest. She contributed a chapter to the book "Crossing the Borders", which was published in English in 1993. Although she felt uncomfortable lecturing in English, she also appeared at ISPS international conferences, e.g., at the 1994 conference in Washington (with the interpretation help of her collaborator Christer Skoog) in a memorable debate with Otto Kernberg on transfer and countertransference in the patient case she presented.

Barbro officially retired in 1993 and later moved to Lerum outside Gothenburg, but continued to supervise at Walla for many years. Long into her retirement, she was active as a supervisor for various organisations in Gothenburg, including the Family Care Foundation (Familjevårdsstiftelsen).

In 2008 the "Barbro Sandin Award" was established, which was presented at ISPS international conferences every two years for some time, to an outstanding female representative of the psychological treatment of psychosis.

We will remember Barbro as a pioneer and a brilliant advocate for successful psychotherapy with psychotic patients, a hopeful advocate in support of psychotic patients and their families, with a unique ability to counter stigma and make people understand their existential struggle with the conditions of life. She was a brilliant lecturer and a highly valued supervisor for therapists and staff. Indeed, for many, she revolutionised the way psychosis and schizophrenia were viewed.

Barbro Sandin died on 12 July 2022 at the age of 93.

Sverker Belin Chair ISPS Sweden



Remembering the ISPS Perugia conference

Two weeks have passed now, and the buzz of the Perugia meeting is starting to fade. I went to share findings of a research study sponsored by <u>Safely Held Spaces</u> on family experience of psychosis, and how family and friends find a path to healing their own trauma of psychosis.

What's left from the conference are a series of impressions of people and perspectives, some jolts from seeing what I'd not seen before and the steady fermentation of many



ideas. I have found myself questioning much of what I accepted as truth and the nature of healing and the healing space.

Are we all imposters?

Entering a conference space without a professional identity, as a researcher with lived experience and without a tribe of colleagues, was new and was hard. Conversations with others over cantucci and expresso were reassuringly warm and open. With relief I discovered there were not only psychiatrists but also psychotherapists, psychoanalysis, family therapists, support workers, psychologists, artists, physical therapists, family activists and campaigners and - why do I find myself writing this at the end - those with lived experience.

Identity and power

Post-conference I'm aware how strange it is to give people labels and sort them into types, and that family and lived experience came last on my list. Reflecting, I find this troublesome and uncomfortable. Is it the case that for me, those receiving care are of less importance than those giving care? Do we find ourselves playing out our roles in a hierarchy of labels? Is this my conditioning, or is this what Eric Podvoll, the psychiatrist who developed the Windhorse model and author of Recovering Sanity, described as the internalised asylum? Could we have had a conference, like the radical Compassionate Mental Health gatherings in the UK, where we come together without professional and non-professional identities and share our experiences of what works, what doesn't, what makes us feel whole and what makes us feel broken, respecting all voices and all perspectives?

The truth

Among all the brilliant art exhibited at the conference, one small art installation by Emily Burfoot stood out. Tucked away in a dark room, at the distant end of the exhibition space, a small cylinder had two lights projected onto it at 90 degrees. Two different shadow shapes were beamed onto the wall, one labelled 'psychotic truth' the other 'sane truth' while the cylinder itself was labelled 'the truth'. It asked us about the nature of the truth, of our truth and our perspective on the truth. It was as provocative as it was simple. And I was reminded again of Podvoll - after we have torn down the old asylum walls, if we are not flexible enough to take a new perspective, will the asylum live on inside of us?

I'll show you mine, if you show me yours

In this precious international space of learning, we found ourselves bound by the norms of a professional gathering. Here, we could only show parts of ourselves to each other, hiding other unacceptable parts, like my imposter anxiety. What parts of us do we disown, I wondered. What might happen here if we showed ourselves to each other without wearing the robes of professional and non-professional identity? If Open Dialogue, Soteria and family therapy we discussed in Perugia are to achieve the promised revolution in care, it will

be because we all find the courage to level up and get vulnerable, despite the separation professional experience and knowledge bring, to reveal ourselves in our shared humanity without the trappings of power.

Finding the healing space

It was only in the last few hours of the conference, I found the space that I needed to feel safe, held and heard. Exhausted after a long, difficult night on the phone, managing another crisis in my family, I entered this healing space full of my own distress.

Here, I found the chairs arranged in a circle. Although the panel was sitting together, we were all on the same level, all eyes meeting directly, we were equal. One person spoke, revealing their experiences of profound loss and pain. Our hearts expanded, we recognised our joint humanity, our shared suffering, our willingness to hear another's distress, without judgement and without trying to fix them. Our listening created an opportunity for profound healing and connection. We cried. We hugged. We were messy and we were real. The simplicity and challenge of the healing space had revealed itself.

Courage and healing

I realised healing spaces are readily available to us, if there is a safe space to be heard and if we have the courage to speak our truth. One challenge is to be brave to find this truth and speak it. The other, is to listen deeply with loving respect and without judgement. The healing space is a relational space built from listening and sharing. We find its potential inside each one of us.

From all the discussions within this meeting, all the moments of insight, understanding and connection experienced and all the brilliant work we shared - from car therapy, multifamily therapy, to giving more money, to delivering Open Dialogue or opening Soteria houses as well as the paradigm shifting history of Italian radical psychiatry - it is now my understanding that healing comes only if our truth is truly heard. And it is this jewel, glinting brightly with each facet reflecting the infinite possibilities of our clear, bright truths, that I stashed deep in my pocket and carried home from Perugia.

Jenny Sanders Kowalczuk



How can one summarise such an inspiring kaleidoscopic congress?

Perugia has its roots in Etruscan culture and wisdom. With the International Art Therapies for Psychosis Festival ISPS finds its roots in broaching new approaches and breaching frontiers.

Broaching new approaches. The Festival makes transformation possible. It reveals that there is 'more in heaven and earth' than

the currently known but insufficient knowledge on psychosis. Is it bold to say that this is the 'third wave' to understand psychosis? After the indispensable contribution of persons with a psychotic condition and the significant others (first wave) the biopsychosocial and existential broadening (second wave)?

Breaching frontiers.

Forthcoming it's not only transformative but also transcending. Art is the evidence base that psychosis is not merely an evidenced based thing. Art is 'the royal way' (to paraphrase Freud) to reveal this. The Art Therapies for Psychosis Festival is an example of this 'the proof of the pudding is in the eating'. To go further in in the culinary metaphor. Art for psychosis is not the icing of the cake but the bottom of the cake.

It's impossible to summarize all the presentations. Nevertheless as a red thread is the invitation, the effort, the appeal for human(e) interventions, dialogues and listening. Maybe the acronym of ISPS should add 'for *human(e)* psychological and social approaches'? Why not...

Healing spaces needs connection and open dialogue, *not* coincidently the core words and ideas of this congress. Essential dynamics to deal with trauma and indispensable concepts for therapeutic interventions – individual treatment and support, (multi-) familial approaches and with societal implications. The beautiful song by Timmy Thomas from 1973 'Why can't we live together' is still an actual question, that's even more urgent since the Covid pandemic as some of the presentations on the congress have explained. Are connection and open dialogue the pillars for the bridge to the next congress in Yerevan?

So it was a symbolic act of great value that at the ending of the congress in the Plenary Hall Maurizio invited us to gather together and to break the chains also together.

Maurizio and co-workers, this is the representation of the core dynamic of co-constructing healing spaces. Thanks a lot.

The times they are a-changing and will be un-chaining.

Marc Calmeyn



ISPS 2022 Conference Review

The 22nd Conference of ISPS was held on August 31-September 4, 2022 in Perugia, Italy. The topic of "Healing Spaces" was addressed in depth and was explored through different and various aspects such as new therapeutic approaches through technology, the importance of therapeutic communities, the impact of Covid pandemic, the influence of psychodynamic psychotherapy to psychosis prevention and the effects of art therapy in mental illness.

My primary goal in attending the conference was gaining more knowledge on the subject matter and it was fully accomplished. There was a mixture of plenary sessions and workshops. Additionally, there were art exhibitions and installations in the congress venue. The organizers properly laid out the paper sessions and devoted an adequate amount of time to each topic. There were many speakers, from all over the world and many of the conference members were senior psychoanalysts, psychiatrists and psychoanalytic psychotherapists with considerable experience of working with psychosis. The variety of the

countries that participated made the conference even more interesting and fruitful. During the breaks, the participants were exchanging their impressions and a lot of in-depth thoughts and if only there was a way to be written down. It was a great experience to participate in such an event and have the opportunity to interact with colleagues from around the globe. Given the difficult 3 years that have past due to the pandemic, it was refreshing and intellectually stimulating to take part in ISPS Conference. I am looking forward to the next ISPS conference.

Eirini Georgiou 2nd place winner in the ISPS Perugia 2022 Poster Competition

Experiencing the 22nd International Conference of the ISPS

From a photographers perspective arriving to Perugia by car gave an immediate expression of what a beautiful city we had come to. Despite some terrible adverse events surrounding our family in the days leading up to and through the conference including me having two psychotic breakdowns we were very well



received at the opening ceremony at the archeological museum of Umbria in Perugia.

The welcome of the 22nd International Conference of the ISPS was one of warm welcome and familiar bonds being reconnected and reassured. There was much happiness and reunion joy in the beautiful arched hall.

Then to be in the monastery of San Pietro for the remainder of the conference was even more spectacular. Walking through the gate One would immediately be welcomed by the staff at the reception desk to the right in the courtyard. Members of the staff were friendly and helpful. They made the whole conference run like clockwork. We are so lucky in ISPS to have these people who volunteer to do us service in the very kindest way. Thus the theme of the conference of Co-Creating Healing Spaces was already present at the very entrance.

It is impossible in such a short review to go through the content of all the plenary sessions not least all the fantastic art at the 1st International Festival of the Art Therapies for Psychosis. But we will try to put a few words into the overall impression of it all.

Immediately to the center of the first courtyard we were met by the beautiful art installation of psychosis survivor Maria Rosa with the inscription 'I'M NoT A DOLL' along the whole archway.

Art was a real theme of this conference which also hosted the 1st International Festival of art therapies for Psychosis with numerous events taking place in the afternoons and evenings at different venues in and around the conference and the medieval gardens. There were film screenings, amniotic therapy, paintings, dance therapy, art installations, music and much more. Everything lifted the impression of the conference into a sense of belonging

and of 'user-survivor'-presence which was quite unique in that it created its own language of psychosis, visible, audible and sensational.

In my little family we have two health care professionals but also one psychosis survivor and relatives / family members and me who was also taking photos as well as presenting myself, while wearing all the mentioned mad caps at the same time. At the conference there was something to greatly satisfy all.

The Plenary content was excellent, including memorials of some of the true giants of ISPS who sadly passed away in the recent year, Johann Cullberg, Barbro Sandin, Ann Louise Silver and Helm Stierlin. The overall themes of the plenary sessions were Stress, Illness, Trauma and Psychosis, Intersubjectivity and Psychosis, Family Interventions, Therapeutic Communities, Early Interventions, New Therapies, Closing Asylums / Opening Healing Spaces (including a historic review of the closing of the old asylums and the civil rights movements involved).

Out and about at the different workshops, panels, poster presentations and symposiums there was a great diversity of topics ranging from family interventions, Open Dialogue, art therapy, Hearing Voices, Soteria, Crafting, co-creating and finding Healing Spaces, pandemic influence on psychosis, environmental crisis, human rights as well as focus on psychosis narratives, Trauma, healing and recovery and much more.

There seemed to be a general aura of human kindness throughout the conference. This was touched upon in comments as well as in sheer acts of human kindness. Sometimes we forget that kindness is the first step away from isolation and at a continuum with isolation and ultimately psychosis at one end then kindness would be at the other end. Kindness was present in all aspects of this conference and as such the participants co-created healing spaces of all sorts.

As a last gesture at the closing ceremony Maurizio Peciccia who chaired the conference encouraged everyone to step over the barriers to the courtyard of the plenary sessions in a symbolic move to resemble the move out of the Asylums and join at the center to bid each other farewell.

Now we hope to meet everyone including all our new members of the great big family of ISPS in Armenia in 2024.

Jens Roved

Thank you ISPS Italy for hosting ISPS Perugia 2022!







NEW ISPS Honorary Lifetime Member! Professor John Read

John's accolades and awards are many and varied they would take far too much time for this presentation, so I have decided to focus on John the person.

He has been a long time devotee of Lived Experience and Family involvement and is responsible for launching many respected and inspirational careers in that area.

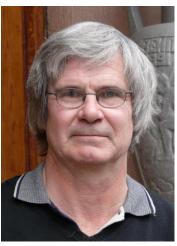
John is a man of great intellect as well as great humour he is generous with his quick wit and often uses it to emphasise a point in a more tolerable way.

John remains influential in the field of Adverse Childhood Events and has raised the level of awareness and profiled the social costs of ignoring trauma.

He is controversial and inflammatory at times, but deeply committed to the plight of those whose lives have been devastated by ACE.

He is a kind, compassionate, empathic man. Always authentic and genuine. He has demonstrated great courage in speaking the unpalatable and has endured both personal and professional attacks. He has been vilified and maligned and yet has maintained a steadfast resolve to not be silenced which is the very definition of heroic.

Remarkably he has made himself vulnerable and accessible which defines him as a great role model for his students, his clients and fellow professionals. He has liberated us from



the constraints and sculptured a new generation of practitioners who are open-minded, humane in their approach, eager and reasonably subversive. He has brought the heart into healthcare.

I consider John a dear friend and it is with great affection that I can state he can be the most exasperating man you are ever likely to encounter. Which speaks volumes to the conviction and passion he holds for his work and the people he serves.

John has a been a long time supporter of ISPS and has served as the Editor of the excellent ISPS journal "Psychosis" for over 10 years.

It is my great privilege to present to him this **ISPS Lifetime Membership Award** and hope you will join me in congratulating him on this well-deserved award!

Debra Lampshire



Journal News

The ISPS journal Psychosis, now in its fourteenth year, continues to thrive. We have applied for registration with Medline which, if we are successful, should boost our 'impact factor' and submissions from psychiatrists. A recent highlight was the Editorial by past ISPS president Jan Olav Johannessen about progress over the years. Watch out for an Obituary for Honorary ISPS Life Member, Dr Johann Cullberg, and a 'living tribute' to Dr Marius Romme', co-founder of the Hearing Voices movement.

Do consider submitting an article yourself, including first person accounts of psychosis, mental health services, and/or working therapeutically with people with psychosis. Email me if you are not sure whether your idea fits the remit.

ISPS UK is looking for a new Chair

- Are you someone who can lead a small charitable organisation to achieve big goals?
- Do you have outstanding leadership skills and the ability to motivate those around you?
- Are you passionate about promoting social and psychological approaches to psychosis to diverse stakeholders?

A note from Akiko Hart, current Chair of ISPS UK:

We're looking for a new Chair of Trustees who shares our values and can provide leadership and direction to help us grow our membership, and promote psychological and social approaches to what gets called psychosis. It's a really

exciting time to join. The Committee is in a really good place, and there is a lot of energy and passion, with a brilliant mix of skills, networks and experience. Catherine, our Administrator, is central to all of this: working alongside her has been such a joy. As you'll know if you have experience of micro-charities, you need passion and enthusiasm, but this needs to be underpinned by respect and thoughtfulness, and held together by good governance and administration. I feel like this is what we have at ISPS UK, and it's a really solid foundation to build on.

I think this is a wonderful opportunity for someone who is values-driven, and who is interested in leading and growing a small charity with a unique position and mission in mental health. I've really enjoyed my time chairing ISPS UK. I'm really grateful for everything it has given me, especially the friendships which will continue beyond my time at ISPS.

If you have any questions about the role or the commitment, you can email me.

Warm wishes, Akiko

Upcoming ISPS Events

Looking for a webinar or conference on psychosis?

Did you know that the ISPS has over 20 regional networks around the globe, many of which organise annual events either online, or in hybrid format, as well as in person.

Take a look at the list of forthcoming regional ISPS events



ISPS-US National Conference 2022

Opportunity Through Experience: Psychosis, Extreme States, and Possibilities for Transformation

November 4-6, 2022, Sacramento, CA, or hybrid online! Continuing education credits available: ACCME, ANCC, APA and ASWB.

Experience is an essential element of being human. Softly and subtly, or harshly, even relentlessly, it envelops and often enlivens us. Our reactions to experience reflect and create our emotional fingerprints, both defining and expressing who we are. Yet too often, these reactions to experience are pathologized, diagnosed and labeled rather than respected, especially if they are transpersonal, numinous, extreme, or exceptional. Experience can be filled with pleasure, ease and excitement, or it can bring hardship and isolation. Within every experience, however, lies opportunity.

While we all share some of life's most basic experiences, our experiences can also set us apart. When that happens, we sometimes despair of ever being understood. Too often, what passes for "mental health treatment" involves the imposition of interventions that fail to take into account our experiential histories, the social and systemic contexts in which our lives have unfolded, and the relational worlds that were our first teachers and provide the fabric of our days. Yet there are also times when we delight in the coming-together that is the result of deep listening. Opportunities for transformation are all around us, whether those occur in treatment settings, through the arts, or in our encounters with others with whom we feel able to share stories and perspectives.

In 2022, we will feature a special series of events that will introduce the next generation of clinicians to the act and art of discovering opportunity in extreme states through the provision of deeper listening. We fully expect this conference to occur in person, but we also plan to take advantage of our newfound electronic savvy to include an online option, allowing participants and speakers to join us from around the world.

Registration ranges from \$60 for virtual tickets, and \$120 for in-person. 10% early bird discount available until October 4th.

Register here.

Can't attend live? No problem! All sessions will be recorded and uploaded to our comprehensive conference platform for you to enjoy for up to a month after the end of the event.

Did you know ISPS has a YouTube channel?



Interview with Professor Jan Olav Johannessen
Learn about ISPS in our #ispspioneer series of videos

Have you joined ISPS yet?

If not, here are 4 good reasons why you should join us today!

1) Members enjoy reduced delegate fees for ISPS conferences such as ISPS Perugia 2022.



- 2) Members receive 4 printed issues of the ISPS journal Psychosis per year and also have online access to all previous issues.
- 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 regional meetings

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