



chapter. We are all hopeful that an international conference in Yerevan may be in the future for ISPS, and what will be the ISPS Armenian chapter.

And so I am very pleased to announce to you all that ISPS Finland has agreed to host the international conference in 2024. The Finnish committee has worked quickly to identify a site and a date. We will be meeting June 5 to 8, 2024 at Dipoli, Aalto University, close to Helsinki. Save the date, and much more to come! Thank you to Klaus Lehtinen and all your team!

Julie Kipp  
ISPS Chair

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**ISPS EC member Debra Lampshire has received the New Zealand Order of Merit in the New Years honours list!**

**“For services to mental health”**

*“Ms Debra Lampshire has been a strong supporter of those accessing and working within community mental health services, progressing the development of psychosocial and patient-centred treatment. Ms Lampshire has used her own experience of mental illness across several roles to support people in Aotearoa New Zealand living with psychosis, beginning as a consumer consultant with the Auckland District Health Board in the 1990s and presently as a Professional Teaching Fellow and*

*Experienced-based Expert at the University of Auckland. Through her community engagement, teaching, academic publications and speaking engagements, she has worked to destigmatise those living with mental illnesses. She has used her personal testimony and experience to enrich thinking and alter perspectives, informing policy and practice innovations and mentorship for other younger service user advocates She has raised awareness of her community and brought hope to those struggling by sharing her story, including in documentaries such as ‘I Am Debra’ and ‘Daniel, Debra, Leslie, and You?’. Since 2005 she has represented New Zealand on the International Society for Psychological and Social Approaches to Psychosis, and been a member of its Executive Committee since 2011. She has brokered co-production research relationships with other academic ‘lived experience’ experts in universities nationally and internationally. In 2016 Ms Lampshire was awarded the ACC Supreme Attitude Award for her work.”*

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**ISPS**



THE INTERNATIONAL SOCIETY  
FOR PSYCHOLOGICAL AND SOCIAL  
APPROACHES TO PSYCHOSIS

**SAVE THE DATE!**

**ISPS 2024** will take place 5-8<sup>th</sup> June 2024 in Helsinki, Finland

**See you in Helsinki?**

More news coming soon at [www.isps.org](http://www.isps.org)

#isps2024 #ispsinternational

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**iSPS-US**



THE INTERNATIONAL SOCIETY  
FOR PSYCHOLOGICAL AND SOCIAL  
APPROACHES TO PSYCHOSIS  
UNITED STATES CHAPTER



**ISPS  
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ONLINE SHARING  
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ICOSS is:

- An online interest group for ISPS members
- A space to share creative expression of all kinds
- Non-judgemental, welcoming of all perspectives

ICOSS members say:

*"I felt heard"*  
*"I am finding my own voice"*  
*"The arts offer the power of self-discovery"*  
*"The arts can be healing"*  
*"A sense of community and safety"*  
*"A thoughtful energy"*

## ISPS is mourning the loss of one of our esteemed elders, Yrjö Alanen

Professor Alanen passed away at the age of 95 on December 26 in Turku, Finland. He is well-known for the development of the Need-Adapted approach to treatment of psychosis in Finland, which included family involvement and psychodynamic/psychotherapeutic therapy. Need-adapted treatment was a direct precursor of the current influential Open Dialogue approach.



Professor Alanen was one of the leaders of the years-long Scandinavian NIPS project, which showed significant recoveries and much less (or no) use of antipsychotic medications.

In addition to his contributions to the field of approaches to psychosis, Professor Alanen was a key figure in the development of ISPS, hosting the 4th international symposium of ISPS in 1971, and serving on the executive committee until 1997.

For more information on Professor Alanen's life, please see [this biography](#) written by former ISPS president Manuel González de Chávez.

Julie Kipp  
ISPS Chair



## In memory of Johan Cullberg (1934 – 2022)

*This obituary was originally published by the International Psychoanalytical Association and has been reproduced here with permission.*

It is with sadness and deeply felt loss that we have received the news that Johan Cullberg has passed away. Johan turned 88 years old. He has been a member of the Swedish Psychoanalytical Association for many years since 1968 when he, as a newly graduated psychiatrist, was active at a psychiatric clinic in Stockholm. Like many of us, he was

inspired to start the psychoanalytic training by an older member who was active there and held much appreciated seminars for the employees.

As a psychiatrist, Johan developed a strong humanistic view including his psychoanalytic orientation as an essential part. He wrote early on the highly regarded and widespread book 'Crisis and Development' (first Swedish edition was published in 1975 and translated to several languages, however not English). In this book he emphasized the understanding of the psychological significance and vicissitudes of psychological trauma. Here, he laid the foundation for his continued activity in clinical practice, and in his accompanying writing he tirelessly emphasized the importance of the psychological perspective on mental suffering.

In the light of his older brother Erland's mental illness, Johan's commitment and efforts gradually came to be increasingly focused on patients with severe mental disorders, such as psychotic and schizophrenic. With experience of the care and treatment that Erland and

other patients in his situation received, Johan elucidated the restricted medical view of man and the limited resources of psychiatric care, which were largely about custody with electroconvulsive therapy and high dosage of psychotropic drugs. He fought in speech and writing against how the psychiatric care was conducted, which met with resentment among those responsible. Among the Swedish psychoanalysts, unfortunately, there was only a limited interest in the treatment of patients with severe mental disorders, which restricted Johan's contribution to the Swedish Psychoanalytical Association. Instead, he took on the role of pioneer in the endeavour to support a highly disadvantaged group in Swedish psychiatry. Johan reflects on these experiences in the book 'My Psychiatric Life: Memoirs' from 2009 (in Swedish).

As an expression of Johan's innovative aptitude, he participated in the foundation of the Nacka project, an enterprise initiated in 1974, aimed at meeting patients in outpatient care outside the psychiatric inpatient care system as far as possible. With various clinics in the local community, teams were formed consisting of psychiatrists, psychologists, counsellors, nurses, nurses, and secretaries, together collaborating in the treatment work. We were both active in this project and got to experience new opportunities to meet patients in their immediate environment and try out and evaluate psychotherapeutic interventions. The sectorized psychiatry became a battering ram in the development towards a more open psychiatry, and in the book 'Dynamic Psychiatry in Theory and Practice' (first Swedish edition from 1984) Johan gave reasons for it.

Based on his experiences of meeting and working with severely mentally ill patients, Johan developed great knowledge and deep understanding of possible ways to improvement and recovery for this disadvantaged group (cf. Cullberg, 1991, 2007). This was especially true of patients with first-episode psychosis, for whom he advocated the earliest possible interventions. He documented his experiences in several scientific publications (cf. Strålin, Skott, & Cullberg, 2019), and in the book 'Psychoses: An Integrative Perspective', published in English 2006, he shows many examples of how patients could be helped by adequate care efforts to recover and in several cases leave their psychotic functioning.

For Johan, systematic empirical research was an important part of justification and evaluation of sustainable clinical practice. He started the Psychosocial Research and Development Unit, Stockholm County Council, and initiated several research projects, among others the Swedish Parachute Project (cf. Cullberg et al., 2006), with a special attention to the treatment homes established outside of hospitals. Johan was active as organizer and presenter at the International Symposia for the Psychotherapy of Schizophrenia (as documented, among others, in the book 'Psychotherapy of Schizophrenia: Facilitating and Obstructive Factors' from 1992) and he was one of the founders of the International Society for the Psychological Treatments of the Schizophrenias and Other Psychosis (currently the International Society for psychological and Social Approaches to Psychosis).

In addition to his clinical work and research, Johan was interested in the life stories and life problems of several famous Swedish writers and artists, which he tried to shed light on from a psychoanalytic perspective. He documented this in several books and articles (among others about August Strindberg). Writing was one of Johan's great passions and these works have all received great recognition and became important contributions to the role of psychoanalysis in the Swedish culture.

Although Johan did not actively participate in the Swedish Psychoanalytical Association's activities, his clinical work, his contributions to the development of new treatment forms for severely mental ill peoples, and the whole body of his writings were permeated with

psychoanalytic thinking. His texts have influenced generations of psychiatrists, psychologists and other health care workers in the Nordic countries and left deep traces in Swedish cultural life.

Johan was a warm and loving person who glow with curiosity, genuine interest, and intuitive understanding of other people. We, being his colleagues and close friends, have over the years often collaborated and seen each other, having exciting gatherings, not infrequently with his wife, the Swedish writer Inger Alfvén. Based on these memories, in conjunction with his professional endeavors, he will leave an open void behind. We would like to express a big and warm gratitude you for everything he gave and left behind as his legacy.

Johan Schubert and Andrzej Werbart  
The Swedish Psychoanalytical Association

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**Johan Cullberg**  
**Eulogy given at the ISPS conference in Perugia September 2022**  
**by Brian Martindale**

If there was one person who represented the overall ideals and goals of ISPS, it was Professor Johan Cullberg who died in June this year at the age of 88.

Johan was the first ISPS chairperson or President following the creation of the ISPS constitution in 1997. That constitution reified ISPS's specific objectives for the first time, even though the organisations started in 1958. One could say that Johan steered the new ISPS ship as it sailed into modern times, gathering and generating passengers from groups in many countries.

However Johan became known to many of us outside the Nordic countries well before 1997 especially as he was the principal organiser of the wonderful and inspiring 1991, ISPS international conference in beautiful Stockholm.

This is where I met him for the first time. That conference with it's ambience that was imbued with Johan's sensitivity was the key turning point in my career leading me to become interested in the psychology of psychosis and the humane care of those who experienced its sometimes long term crippling consequences. Johan and I became both friends and professional colleagues over these 31 years and we were in contact until close to the time of his death.

And I want to thank the several persons who have sent communications to me and whose recollections and information is informing my eulogy to him on your behalf. He and his life's work deserves to remain forever within ISPS memory, a life dedicated to the welfare and humane attitude to the person experiencing psychosis and to their families.

I think nearly all those who knew Johan Cullberg will have experienced being at complete ease in his presence. That ready non-intrusive warmth, that interest in you whether it be at a personal or professional level. He was also very modest. I have heard people say he was like a brother, by which I am sure some meant the kind of brother one wished one had!!

He always had a very deep interest in the relational and societal context of crisis. It is interesting that early in his career, within the field of gynaecology, he interviewed 60 women who had lost their child during delivery and this led to his thesis and publication CRISIS

AND MATURATION, showing that for some persons a crisis – and in these case, tragedies, can provoke a creative development, but of course not always and he was interested in the determining factors leading to positive or negative long term outcomes. Maybe Johan's own traumatic experience of his artist brother Erland having a psychotic crisis necessitating hospitalisation was on the one hand a tragedy for Erland who had the most terrible of hospital experiences with excessive restraint and hundreds of ECT treatments from which I sense Erland never fully recovered personally, though his artistic work developed, but maybe for Johan the tragic witnessing of his brother's decompensation and appalling treatment was a crisis for him that further fuelled Johan's creativity because Johan spent the rest of his professional life focussing on creating and researching optimal conditions for recovery perhaps out of disgust at Erland's treatment.

Johan became part of a group of outstandingly creative Scandinavians leaders that contributed so greatly to our field and ISPS. That group included Endre Ugelstad from Norway, Yrjo Alanen from Finland, Bent Rosenbaum from Denmark and Johan from Sweden.

His 1970s research and practice was in the so called NACKA project at a time when community treatment for psychotic crises was very underdeveloped, hospitalisation being the usual intervention as in the case of his brother. As a continuation of his earlier crisis research he was particularly interested in the role of the social environment and he wrote about the "anomic" milieu - its alienating effects, how it tends to deprive people from receiving confirmation of their human dignity and Johan researched and spoke up as to what conditions need to be changed in society to help people in psychotic crises.

The famous "parachute project" of the 1990s was his and his colleagues research into the practicality of implementing his findings or conclusions from the NACKA project. In this he gathered together 16 centres in Sweden that were interested in applying these ideas. This covered one fifth of the whole of the Swedish population. The research focussed on those having a first psychotic episode and providing these persons with care adapted to their needs **for five years**. (This was longer than many early intervention projects).

This care involved

- 1) Early intervention (less than 24 hours) - without having to make formal referrals or any wait for care
- 2) A Psychodynamically informed supportive therapeutic approach focussing on the crisis and what had provoked it.
- 3) Family meetings were very important
- 4) Continuity and accessibility to the service for five years
- 5) Use of the lowest effective antipsychotic dose and only when necessary.
- 6) If a different setting was indicated for a while, rather than hospital, many of the 16 centres had access to a crisis home something like a Soteria retreat where the care was highly personalised with low levels of unhelpful stimulation and a therapeutic non-institutional atmosphere.

Many publication came out of this project demonstrating better outcomes. You can access many of these by googling Cullberg Parachute project.

After he had told me he was suffering from cancer metastases, he sent me the publication of a **13 year follow up** of this research that found 42% of the participants were in employment and 70% of these were not on antipsychotic medication. Results similar to and antedating the 18 year Open Dialogue follow ups.

Johan was on the ISPS executive certainly from the late 1980s. His organising of the wonderful 1991 ISPS Stockholm conference must have been for him one of the highlights of his career. This conference left an unforgettable impression on the minds of so many participants who heard outstanding presentations of psychotherapeutic and psychosocial interventions in psychosis from around the world. On the executive committee Johan was an active participant in the discussions that led to the transformation of the ISPS from an organisation that put on important conferences, to one that supported the formation of national and local groups with their own activities, developed active communication between members between conferences, started a book series and so on and it was very fitting that Johan was the first chair or President of ISPS in 1997 when all these activities started to be facilitated by the executive.

If Johan was a major figure within ISPS, he was also a brilliant communicator outside of ISPS especially as a writer. He wrote many books and he had a very large readership amongst both mental health professionals and the wider public with his books being translated in all the Nordic countries and selling in large numbers. Major books included 'Crisis and Maturation' and 'Dynamic Psychiatry'. These and the articles he wrote for papers and magazines providing a humanistic perspective that were enormously valued. He lectured as far away as Brazil, from where I received an email last week telling me how much his teaching there in 1993 had made a lifelong impact on that person's practice .

From an ISPS perspective, his ISPS book in English **Psychosis; An integrative perspective** is essential reading and I hope those who have not got a copy will do so and benefit from his wisdom and knowledge. Cullberg was not interested in polarising mind and body, psychology and biology and perhaps this was why he kept some distance from those individuals or schools who were too passionate or certain that their approach was best.

Johan Cullberg was above all a humanist and as he moved into retirement with his wife the prolific novelist Inge Alfvén (who herself died just a few weeks after Johan in July this year) he took to studying and writing more books about the lives and breakdowns of renowned Swedish artists, poets and musicians. These books were widely acclaimed in Sweden.

Reviewing his writings, his books and his research the theme of crisis and the soil for recovery or not permeated his life's work.

For example: A poet's compost is the title of a book about Gunnar Ekelöf. Cullberg writes about the chaotic and painful "compost" that constituted Ekelöf's childhood years and how the compost became the hub for a creation that made him one of the foremost poets of the Swedish 20th century.

I was very moved to see Johan and talk with him when he came to the ISPS international conference in Liverpool in 2017 after ISPS had not seen him for some years. I do not know but I have a sense he might have been coming, in his quiet discreet way to say goodbye, but today is our chance to say goodbye but also thank you Johan for all you have meant to so many people in ISPS, we must not and will not forget you and all you stood for.

Brian Martindale

## News from ISPS Regional Networks

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### ISPS Norge

The annual Norwegian ISPS conference is held in February in the winterwonderland of Hamar as usual. The theme of the conference this year is feelings and psychosis and the we have borrowed the main title from Bob Dylan; It takes a lot to laugh, a train to cry.



We are excited to announce a programme packed with national and international speakers giving talks with titles like “Can’t stop the feeling – about listening to our emotions, for good and bad”, “Feelings in the family”, “Affect with effects; affectabilities and other affectregualtion difficulties with people experiencing psychosis”, just to mention a few. We are looking forward to meet up with friends and colleagues from all over the country within the warm and welcoming atmosphere that symbolizes the ISPS conferences.

Cecilie Brøvig Almås  
Chair ISPS Norway

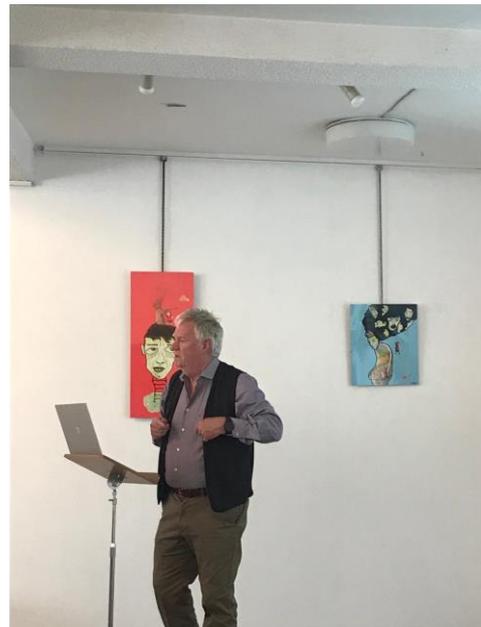
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### ISPS Hellas

The 10th Conference of ISPS Hellas entitled “*Loneliness in Psychosis: The Power of Being Yourself*”, a one-day meeting, was held with great success in Athens on 3rd December 2022.

The program began with “*ISPS News*” by Alfred Gillham, who delivered an extensive presentation of ISPS history and activities, with special mention of the Perugia 2022 Congress. He continued with his lecture on the theme “*Loneliness in Psychosis: The Power of Being Yourself*”. In an autobiographical, dramatic and vivid tone, he referred to the way in which loneliness, an unavoidable condition of human beings in this world, can be transformed into power by psychotic patients and therapists alike, by creating a container of illness, based on healing forces included among the abilities of Sancho Panza.

Next, Sandra Tsilingeridou and Maria-Christina Christidou developed the topic of “*Loneliness in Psychosis: Personal narrations and courses*” (in Greek). After a brief history of loneliness, Maria-Christina Christidou presented excerpts from interviews with people suffering from psychosis, which showed their courage while coping with loneliness. Sandra Tsilingeridou recited characteristic poems from a patient’s book of poetry. She also exhibited and analyzed some of her own paintings that openly depict the way in which loneliness is expressed in the personality of patients with psychosis.



After a noon intermission, four experiential groups were formed, each consisting of seven or eight participants, who discussed how they dealt with loneliness, especially during the covid-19 period.

The Large Group convened by Anastassios Koukis closed the Conference.

Anastassios Koukis  
Chair ISPS Hellas

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## ISPS Lowlands

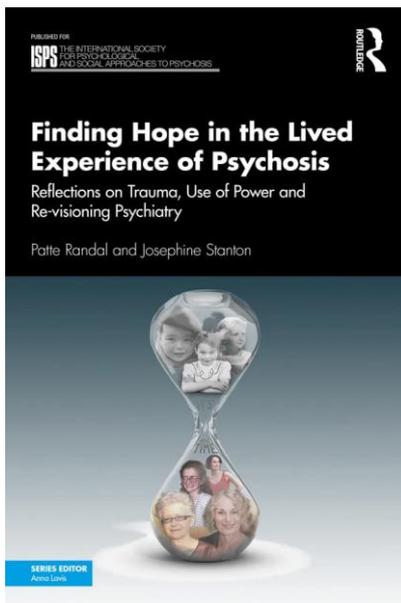
On 15<sup>th</sup> November 2022 ISPS Lowlands organised, in cooperation with the Soteria Flanders working group, a **webinar about 'The development of Soteriahouses in Israel' with Pesach Lichtenberg**. Nadja Mahjoub, as a person with lived experiences, Stefan Huyghebaert, as a family member, and Elizabeth Anthonis, as a psychiatrist, gave their reflections after the presentation of Pesach Lichtenberg. This was the start for a lively discussion with the audience. We learned a lot of this webinar. Pesach Lichtenberg gave us the wise advice to be patient and to build a good network especially also with existing psychiatry to make the supporting base as wide as possible. The Soteria Flanders working group is on the right track to realise this.

ISPS Lowlands also organised a local ISPS conference in cooperation with UPC, KULeuven on January 27<sup>th</sup> 2023, with the title **'Co-constructing healing spaces, where psychosis is listened to and given time'**. The day recalled the Perugia International ISPS Conference. The numerous contributions given from Flanders and the Netherlands during this conference were shared again with a Dutch-speaking audience.

Ludi Van Bouwel, Margreet de Pater and Huguette Beyens  
ISPS Lowlands

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**NEW! Recently published  
in the ISPS Book Series**

## **Finding Hope in the Lived Experience of Psychosis**

**By Patte Randal and Josephine Stanton**

This book offers first-person accounts of the experience of psychosis from the inside and the outside, through the eyes of two doctors, one of whom has experienced psychosis and both of whom have worked for decades in the field of psychiatry.

Underpinned by rigorous academic analysis using an evocative duo-ethnographic approach,

the book explores the cultural and subcultural influences from childhood onwards – both traumatic and resilience-building – that have shaped their lives. Both authors reflect on strategies they learned early in life for dealing with challenges, each managing to function at a high level while avoiding awareness of their vulnerability. They reflect on the potential dangers of using their expertise and position of power in psychiatry simply to diagnose mental illness and prescribe medication. The differences and similarities in the authors' stories provide a productive tension highlighting the complexities of this paradigm shift that is happening in psychiatry.

Written in the form of two interacting memoirs, this book is of great interest to researchers, clinicians, and practicing psychologists, as well as a general audience with interest in psychosis.

Order your copy [here](#)

Find out more about the ISPS Series of books [here](#)

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### **Upcoming ISPS Events**

Looking for a webinar or conference to attend this year on psychosis?

Did you know that the **ISPS has over 20 regional networks around the globe**, many of which organise regular meetings, conferences and webinars?

Take a look at the list of [forthcoming regional ISPS events](#)

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## Did you know ISPS has a YouTube channel?



**Interview with Professor Jan Olav Johannessen**  
Learn about ISPS in our **#ispsioneer** 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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