



ISPS Newsletter - Spring 2024



Dear ISPS colleagues,

The ISPS Helsinki 2024 conference is only two months away, and I am looking forward to seeing so many of my ISPS friends and colleagues there, as well as meeting new ones in the beautiful early Finnish summer - where we can expect almost 20 hours of sunlight a day! Thanks to Klaus Lehtinen and his planning committee, for doing all the work to create the space where ISPS members will come together to share our expansive collective knowledge and experience of humane approaches and environments for people living through psychosis. ISPS conferences are always inspiring.



The Executive Committee held a very successful fundraising drive to provide scholarships for the conference. We exceeded our goal, and will be able to grant 14 people with registration fees, who would not otherwise be able to attend. Thank you so much to all the ISPS members who contributed so generously!

For those of us (and that's probably most of us) concerned about the wars going on throughout the world, Alf Gilliam, EC member has brought to our attention an ISPS-adjacent initiative that has been going on for a couple of years. Francoise Davoine, who will be delivering a plenary at the ISPS conference in June, has been a panelist in a series of discussions focusing on psychoanalysis taking place in Ukraine with traumatized survivors of the war. She is joined by Gerard Fromm from Austen Riggs and Oleksandr Filts of Ukraine, engaging with clinical material presented by Ukrainian therapists. From the website description: "A critical point that has emerged during our discussions is that the analyst may have to abandon their typical stance of neutrality and abstinence and will have to work within a very different frame setting, but that does not imply that they stop being a psychoanalyst in their thinking and treatment of severely traumatized patients." See the Freud Museum's website for more information <https://www.freud-museum.at/en/detail/psychoanalysis-under-conditions-of-war-part-15> , and you can also find there links to past discussions available to watch on Youtube, without charge.

By now all members should have received an email from Taylor and Francis, publishers of our *Psychosis* journal, telling us how to access the online version. (The email is from noreply@tandfonline.com - mine came on February 29.) Please feel free to send your feedback to us on the change from paper to the online version.

To conclude, I want to highlight an inspiring project by Joanna Olbiegalka and her group from Poland, who are going to sail to Finland to attend the conference! They are a group of service users, who are going to set sail in a boat which was built by homeless people. The voyage has a page at <https://4fund.com/pl/suvsrp> where you can contribute to their project. We look forward to meeting the voyagers!

Warm wishes, and see many of you soon,

Julie Kipp
Chair, ISPS



ISPS Book Series news

In the ISPS book series, five books came out in 2023 and several are currently in production.

Ensuing from a variety of disciplines and experiential perspectives, the books support the series' core aim of fostering discussion and debate across the biomedical and social sciences, as well as humanities, and challenging stigmatising perceptions of both psychosis and those living through it.

April 2023 saw the publication of Paul Møller's ***Psychosis Risk and Experience of the Self: Understanding the Individual Development of Psychosis as a Basic Self-disturbance***. By engaging with the inner aspects of psychosis and psychosis risk, and its core experiential phenomena, this book details how such experiences might take shape in the human mind and how a better understanding, achieved through detailed clinical conversations, can lead to earlier detection and improved interventions.

Also in April 2023, ***Reconceptualizing Schizophrenia: The Phenomenology of Urhomelessness***, by Sarah Kamens was published. Making an important contribution to the phenomenological-existential literature on psychosis, this book presents an international research study that reconceptualizes schizophrenia through an investigation of ways in which the first-hand experiences of those with a diagnosis differ from conventional diagnostic definitions.

Also released in April, 2023 was Peter Dierinck's ***Community-Based Mental Healthcare for Psychosis: From Homelessness to Recovery and Continued In-home Support***. This explores the need for, and how to successfully organize, community mental health teams that provide in-home care and treatment for people experiencing mental health difficulties, particularly those suffering with psychosis. In so doing, it presents two paradigm shifts necessary to bring mental healthcare directly into the community.

May 2023 saw the publication of ***Developing Trauma Informed Services for Psychosis: A Multidisciplinary Journey Towards Healing***, edited By Kristina Muenzenmaier, Mara Conan, Gillian Stephens Langdon, Toshiko Kobayashi and Andres Ricardo Schneeberger. In this book, a multidisciplinary group of clinicians explore the connections between traumatic experiences and psychosis, charting the development of a series of interventions designed for both inpatients and outpatients over the course of two decades.

Later on in the year, in October 2023, ***Toxic Interactions and the Social Geography of Psychosis: Reflections on the Epidemiology of Mental Disorder*** by Hugh Middleton was published. This comprises a review of quantitative research, revealing how urban living, trauma, ethnicity, stress and familial influence the risk of troubling psychotic experiences. The social implications of each of these is reflected on through a constructivist approach.

And finally...**would you like to publish through the ISPS book series?** We are currently seeking proposals for books. These can be single-author texts or edited collections, and focused on any topic related to psychosis or treatment.

With a specific emphasis on foregrounding lived experience, we aim for the series to be a resource for mental health professionals, academics, policy makers, and people whose interest in psychosis stems from personal or family experience.

As such we are seeking book proposals from across the full range of experiential and disciplinary perspectives, such as the humanities, psychiatry and psychology, social sciences and beyond.

If you would like to have an initial conversation about an idea you may have, or to find out more about the series or how to submit a proposal, please email the book series editor, Anna Lavis on a.c.lavis@bham.ac.uk

Anna Lavis
ISPS Book Series Editor

ISPS 2024 Update

23rd ISPS International Conference

Need Adapted Care for
Psychosis - the Power
of Human Interaction

June 5th - 8th, 2024

Espoo, Helsinki,
Finland



In collaboration with ISPS International Conference and
arts and mental health organization Taiteen Sulattamo

Healing Hands – The Exhibition

June 5 – 8th 2024
Aalto University,
Dipoli – Espoo



The exhibition is a part of the ISPS International Conference: Need
Adapted Care for Psychosis – The Power of Human Interaction

Read more about Taiteen
Sulattamo

Read more about ISPS

The organizing committee is busy preparing a great conference. At the moment we are working with some **170 abstracts from all around the world** trying to get them into the program

in the most meaningful way. The abstracts are most interesting, showing the richness of approaches to psychosis therapy. We have a large number of presentations from those with lived experience – both as patients and family members. Our aim is to get an almost final program on our web page <https://confedent.eventsair.com/isps-2024/> next week, so that you can start to plan your personal timetable.

We are happy with Dipoli as the venue, it is a beautiful place. On site we will have an art exhibition “Healing Hands” in collaboration with the mental health organization Taiteen Sulattamo (that translates to Smelter of Art).

So far we have participants from 30 countries! The conference will be really international. We are trying to get options to participate in something really Finnish – sauna with “pussikalja”. I am not trying to translate that, you may find out. If you have the option to stay a bit longer there is plenty to experience in the Helsinki region.

Part of the team at work can be seen in the below photo.

Waiting to see you at the Conference!

Klaus Lehtinen



**We are pleased to present the winner of the
David B. Feinsilver Award 2024
Alison Branitsky**

Alison will be giving the presentation "**What Happens when an Alternative Becomes an Addition? Online Hearing Voices Groups in the NHS**" at the 23rd International Conference of the ISPS in Helsinki this June.

Alison Branitsky is a lived-experience researcher and mental health campaigner whose work focuses on broadening our understanding of and approaches to responding to extreme mental distress.

She currently is a PhD student at the University of Manchester in the UK and works for Greater Manchester Mental Health's Psychosis Research Unit and Complex Trauma and Resilience Research Unit. Her work spans several areas, including (1) deconstructing traditional understandings of mental health and distress; (2) researching and facilitating access to more wide-spread non-clinical peer support for individuals who hear voices; (3) supporting and developing the work of the Hearing Voices Movement; and (4) expanding trauma-based therapeutic options for individuals in mental health services.

She has previously worked with the Hearing Voices Network – USA and Wildflower Alliance as a peer advocate and group facilitator. She is committed to working ensuring that mental distress is seen as an understandable and meaningful human experience.

The Feinsilver Award is a full scholarship to fund attendance at the ISPS congress. The award is given the best research or clinical paper by a newcomer, who cannot otherwise afford to attend the congress. The fund was set up by David B. Feinsilver, former chair of ISPS, before he died after a long illness. Presenters who meet the criteria to be considered for the award can apply during the abstract submission procedure. The winner is selected by the Feinsilver Award Committee.



News from ISPS Regional Networks

ISPS-CH (Switzerland)

Registration is now open for the 7-day training on psychotherapeutic approaches to psychosis. It will take place in Lausanne from November 2024 to June 2025. Supported by ISPS-CH and the University of Lausanne UNIL, this training aims to promote psychotherapeutic approaches in daily care and is based on the book by Prof. Conus and Dr. Söderström: "Approche psychothérapeutique des psychoses: un lien pour cheminer au quotidien". More information here:

<https://www.formation-continue-unil-epfl.ch/formation/approche-psychotherapeutique-psychoses/>

The 17th annual ISPS-CH meeting will take place on 27th September in Fondation de Nant in Switzerland. The theme will be "Psychosis and creativity".

Last but not least, Lausanne will host the ISPS 2026 International Conference! It will be an honor to celebrate the 70th anniversary of the Association in Lausanne, where it was founded by Christian Müller and Gaetano Benedetti and where the first International Symposium for the Psychotherapy of Schizophrenia was held in 1956.

ISPS-CH board

ISPS Denmark

Celebrating 25 years anniversary for the 2-years training program in Psychosis psychotherapy

The Institute of Psychosis Therapy ("Institut for Psykoseterapi") is a Danish institute, attached to ISPS-Denmark, and dedicated to providing psychodynamic psychotherapy training at a specialist level for psychologists, doctors, and other health professionals working with individuals suffering from psychosis or severe personality disorders. The course celebrates its 25-years existence.

The 2-year specialist training in psychosis psychotherapy is a rigorous and immersive 18-module program that delves into the psychodynamic theoretical foundations and clinical nuances of psychotherapy for psychosis and severe personality disorders. The program provides a comprehensive understanding of psychoanalytic and psychodynamic theory, attachment theory, and developmental psychopathology, preparing our trainees to integrate these frameworks into their clinical practice. The theoretical understanding is among others based on Freud, Klein, Winnicott, Bowlby, Lacan, Bion, Meltzer, Fonagy, Ogden, McWilliams and Stern. The teaching also includes a phenomenological approach of psychopathology in psychosis which is in accordance with the psychodynamic psychotherapy.

Through theoretical lectures, discussions of relevant literature, role play, and supervision of clinical case-material, the trainees are offered excellent opportunities to develop theoretical knowledge, clinical skills, and self-reflective capacities necessary to provide competent and compassionate psychotherapy for individuals with psychosis and severe personality disorders.

The specialist training program is an advanced-level course meeting the standards required by The Danish Psychologist Association and the Danish Psychiatric Society in relation to specialist training courses in psychotherapy. The demands of the Danish Psychiatric Society include a personal analysis for the psychiatrist to be certified. The advanced-level condition implies that those who participate and terminate the specialist training program are certified as supervisors for younger colleagues in their educational development towards psychiatry- or psychology degree of specialization.

The Institute has two psychodynamically oriented educational leaders, who are both present at every session throughout the course, facilitating presentations and subsequent discussions as well as literature discussions and exercises.

The supervision is managed by the Institute's permanent supervisors, each conducting a supervision group.

Educational leaders as well as supervisors are all experienced and highly educated psychologist/psychiatrists with specialized knowledge in psychodynamic psychosis therapy.

The lecturers are international and Danish specialists in the field of psychodynamic psychotherapy, psychosis and personality disorders.

Admission Requirements

The specialist training program is open to licensed psychologists, doctors, and other mental health professionals with a keen interest in psychodynamics psychotherapy for psychosis and severe personality disorders. Applicants should have basic experience and skills in general psychotherapy and a commitment to ongoing professional development in this specialized area. Our next course will begin late August 2024.

For more information and to apply, please visit our website www.psykoseterapi.dk

Members of the board of the Institute:

Torben Schjödtt, Ulla Østergaard, Bent Rosenbaum, Bettina Jäger, Annik Ufer-Parnas, Thomas Feltheim, Jesper Nørgaard Kjä

ISPS Poland

The Polish chapter of ISPS has been preparing a conference which will take place on 12-13 April 2024. The title is "connections: Bonds and loneliness in psychosis". The conference will be held on site and online. One of the keynote presentations will be given by Katherine Berry (Manchester, UK). Prof. Berry will also give a preconference workshop on that topic with some more practical applications of attachment theory. Apart from three keynote presentations, the program includes 3 panel discussions, workshops and oral presentations, among them by persons with lived experience. The conference website: www.terapiapsychoz2024.pl

Apart from that we are planning to organise two webinars open for public, one with Pat Deegan on 4th April and another with Karen Taylor.

Another initiative in collaboration with Polish regional group is a fund raising event for a 12-member therapy group of people with lived experience to go to Helsinki, for ISPS plenary session and their own unique presentation.

We are also developing a data base of therapists experienced in therapy with people diagnosed with psychosis in order to facilitate access to psychotherapy for people with lived experience.

Radek Tomalski
ISPS Poland Chair

ISPS Korea



ISPS-Korea hosts symposia twice a year, in spring and autumn. The spring conference for 2024 is scheduled for May 24th in Seoul. This one-day event will feature two main sessions. The morning session will address the topic of "The Later Years of Patients with Psychosis," with presentations by psychiatrist, community mental health professional, survivor of psychosis, and their family member. The afternoon symposium will begin with a keynote lecture by Brian Koehler from New York University on "The Therapeutic Relationship in Psychotherapy of Psychosis." Subsequent discussions will focus on the theme of "Treatment of Psychosis with Digital Technology," covering digital community case management, the application of digital therapy to psychotic symptoms, digital treatment using the metaverse, and the clinical application and efficacy of digital psychiatry platforms.

ISPS Korea Board

ISPS Lowlands (The Netherlands and Flanders)

In 2024 ISPS Lowlands is organizing two local conference and several webinars.

The first one with the title **From generation, to generation. Ghosts from the past** will be organised in **June 18th**. We are very delighted that we have the privilege to organize this conference on a location in the Netherlands where during World War II

there was a Jewish mental institute. All the psychiatric patients and also the nurses were transported to Auschwitz and killed by their arrival in the camp. A location that now has a memorial centre and where mentally disabled persons are living and working. Professionals as well as people with lived experiences will give a talk or a workshop. The purpose of the conference is to sensitise people to the impact of trans-generational trauma on families and on a person with lived experience of psychosis. We hope to create a larger field wherein we examine the question whether this approach is helpful to better understand the content of a psychosis. By knowing the larger context and the history of the family we assume that we can better understand what the family needs. Working in such a way can probably stop the chain of transmitting trauma through the generations and a more safety environment for holding and containing can be created. For more information (in Dutch) see link <https://www.isps-netwerk-nederland-vlaanderen.nl/agenda/van-generatie-op-generatie-spoken-uit-het-verleden/>



Location of the ISPS local conference: 'Apeldoornse Bosch', a Jewish psychiatric Institute in the past where people were deported to Auschwitz.

We also are working on a few seminars on the same theme, a few as an introduction to the study day and a few after.

The second conference will be organized in **October 25th with the subject: 'Looking back to the Helsinki conference'**. We did the same in January 2023 after the ISPS Perugia conference of 2022 where the accepted abstracts of participants from our network had been presented for people who couldn't attend the conferences due to financial and other reasons. This was a great success and giving this opportunity we hope to encourage people to validate the work of people with experiences in this matter. For the local conference in October 2024 we already invited two keynote speakers of the Helsinki conference.

Written by Huguette Beyens and Ludi Van Bouwel.

Report of the ISPS nurses group in Belgium

We have a group of ISPS nurses in Flanders. This was founded because nurses are less inclined to participate in seminars or professional meetings. But nurses are so important in

healthcare, so we thought it was important to organize something specifically for them. Warming them up for warm care. By sharing their care with each other.

We have a core group of 5 people from different settings, residential and outpatient settings. From elderly care and youth care. We met 8 times in 2023. And we organized 2 larger meetings for all nurses. Always in a different location. The theme is determined by the group: for example: how can we ensure that rules do not tarnish your relationship with the client. Dealing flexibly with freedoms.

This year we already came together once on the theme of "*Family matters*", '*how can we support family*'. The next meeting is on May 16 2024 with the theme '*Migration and psychosis*'.

Christine Leyssens, Gert Wouters, Saskia Verbesselt (with Ludi Van Bouwel), 3 nurses from the ISPS Belgium network attended the ISPS Perugia conference in 2022.

A number of board members are also writing an opinion piece on the importance of continuity in care for psychosis.

Written by Gert Wouters.



ISPS UK

Why Relationships Matter: ISPS UK Seminar & Annual General Meeting

26th April 2024, 12pm-4.30pm, London Southbank University, Keyworth Lecture Theatre

We are delighted to invite you to the Annual General Meeting of ISPS UK where we will be joined by three renowned guest speakers who will explore problems with the current paradigm and why relationships are crucial to social and psychologically informed approaches to 'psychosis'.

The afternoon will begin with a series of exciting talks by Professor John Read, Lisa Archibald and Dr Jacqui Dillon, as we delve into why relationships matter for those living with the experience described as 'psychosis'. We will explore the profound space between two individuals, where connections are forged, meaning is made, and lives are transformed. How do these relationships happen within the context of mainstream services and how can we stay connected with people through crisis?

Our three talks will be:

- "How Diagnoses Keep People Apart" (Prof. John Read)
- "Intentional Peer Support – A relational approach to experiences that might get labelled as 'psychosis' " (Lisa Archibald)
- "First Do No Harm – Iatrogenic Harm in Mental Health" (Dr Jacqui Dillon)

There will be an opportunity for some lively discussion with speakers and together we'll explore the possibility of genuine collaboration in our work.

The seminar will be followed at 3.30pm by the ISPS UK AGM (members only) where you can learn more about our work this past year, contribute to future decisions and discuss your thoughts/feedback with trustees. AGM papers will be circulated to members at least 14 days prior to the meeting.

This gathering provides us with the invaluable chance to come together, share, celebrate, and collectively shape the path forward. We look forward to seeing you there.

Attendance is free for ISPS UK members and we have a limited number of free places for LSBU students. Seminar tickets are £25 for non-members.

To reserve your place please sign up via Eventbrite:

Why Relationships Matter: ISPS UK Seminar & AGM

Date: Fri, Apr 26 • 12:00 BST

Location: Keyworth Street, London, SE1 6NG

<https://www.eventbrite.co.uk/e/why-relationships-matter-isps-uk-seminar-agm-registration-857986208847?aff=ebdsshothor>

www.jacquidillon.org

Jacqui Dillon
ISPS UK Chair

ISPS US

We're pleased to announce that tickets for individual sessions for our Spring Training Series, Diverse Psychotherapeutic Approaches for Voice Hearing, are now on sale. Spaces are limited, so register today to avoid disappointment!

Series Sessions

Tuesday, April 9, 2024, 2pm-5pm (ET): Cognitive Behavioral Therapy (CBTp) for Voice Hearing - Lauren Gonzales, PhD

Tuesday, April 23, 2024, 2pm-5pm (ET): Psychodynamic Perspectives on Voice Hearing - Michael Garrett, MD

Tuesday, May 14, 2024, 11am-2pm (ET): Creative Arts Therapy for Voice Hearing - Tami Gatta, LCAT

Tuesday, May 28, 2024, 5pm-8pm (ET): Internal Family Systems (IFS) for Voice Hearing - Stephanie Mitchell

Pricing for Individual Sessions:

Professional (includes CEs): \$75

General Public: \$55

Low-Income Scholarship: \$20 (Limited)

Learn more and register [HERE](#)



THE INTERNATIONAL SOCIETY
FOR PSYCHOLOGICAL AND SOCIAL
APPROACHES TO PSYCHOSIS

News from our members

Dear ISPS members,

During the last meeting of the ISPS Executive Committee with representatives of regional groups of ISPS we talked about space for free discussion of current situation in our world. What we feel, think about world crisis, about war, about our cooperation and conflicts.

The European Federation of Psychoanalytic Psychotherapy (EFPP) 4 years ago has started a **Large Group via zoom**. It is a good space for being together in our difficult times. Specialists from many countries take part in this monthly event. This group is open for members of EFPP and associates.

I think our two organizations are very close each other (ISPS and EFPP). We have common interests and common organisational roots. Our ISPS Honorary member and past chair Brian Martindale is the Honary president and founder of EFPP. Every Newsletter of EFPP contains information about the ISPS congress in Helsinki.

I will be glad to meet you in a Large Group of EFPP. The next meetings will be on 18 April 2024, 16 May 2024, 20 June 2024, 18 July 2024.

Alexey Koryoukin
ISPS Russian Speaking network

ISPS 2024
See you in Helsinki?
Register [HERE](#)



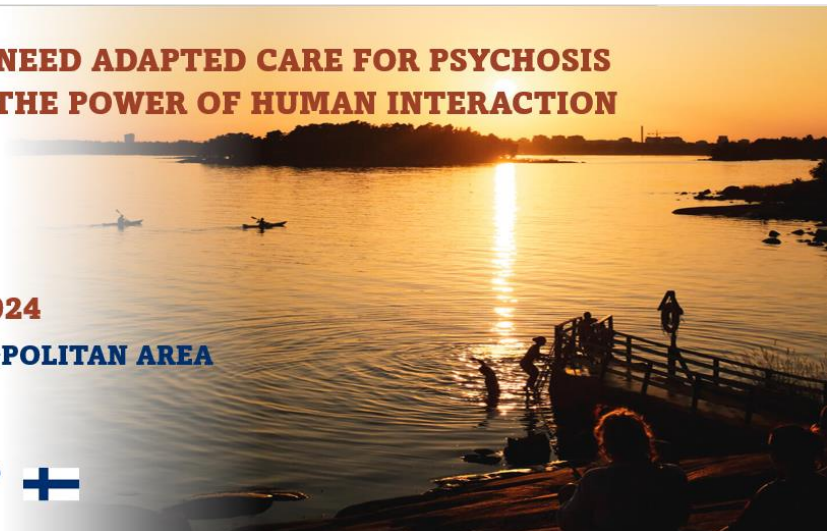
**NEED ADAPTED CARE FOR PSYCHOSIS
- THE POWER OF HUMAN INTERACTION**

CONFERENCE

JUNE 5TH - 8TH 2024

**HELSINKI METROPOLITAN AREA
CITY OF ESPOO**

**WELCOME TO THE LAND
OF THE MIDNIGHT SUN!**



Did you know ISPS has a YouTube channel?



Interview with Julie Kipp (ISPS Chair) and Brian Koehler
Learn about ISPS in our **#ispsspioneer** 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 Helsinki in June 2024

2) Members have online access to current and all previous issues of the **ISPS journal Psychosis** (4 issues per year)

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

Join now

ISPS www.isps.org

