

# ISPS Newsletter

Volume 6 #1

June 2017

## In This Issue: Highlights

Winner of the David B. Feinsilver Award

ISPS Liverpool 2017

Conference Bursaries

Crazywise film screening

Forthcoming events

## Dear members and friends of ISPS

The very purpose of the ISPS is to help developing and promoting psychosocial approaches/treatments to people and families suffering from and with a psychotic disorder. And there really are many effective and appropriate treatment possibilities out there. Different kinds of individual based psychotherapies, such as cognitive psychotherapy, psychodynamic, psychoanalysis, family-oriented therapies and cooperation, such as systemic therapy, multifamily-work a la McFarlane. We have effective ways of providing milieu-therapy, music-therapy, social skills training etc etc. But do people in need of these treatment get the offer to receive them? I guess the answer varies a lot, from country to country, and in different parts of the world.

The reality is that there are enormous differences between the so-called developed parts of the world, and the developing parts. I just attended the World Psychiatric Association's regional conference in Vilnius, Lithuania. The focus of the WPA is very much on the poorer countries, as the really, really big challenge for all of us: the conditions for the mentally ill and their families are really, really bad in many parts, and it is more a question of securing basic human rights, than more sophisticated, indicated treatment modalities. So the challenges are very different, from place to place. I think these perspectives should not be forgotten and I do hope that ISPS can contribute even more than we have done so far, on these issues.

It is, however, a challenge also in the so-called developed countries, to secure the provision of non-pharmaceutical treatments for people with psychosis, and for example in Norway it is also a challenge to persuade young people with psychotic/risk-for-psychosis disorders to engage in longer-term non-pharmaceutical treatment, like psychotherapy, family-work etc. **Although all first-episode psychosis patients are offered these treatment, only about 50% accept, and participate.** So maybe we can do a better job of explaining the importance of these treatments to our colleagues, the relatives and to our patients. And to promote them!

As our biannual conference is getting closer, I hope all members and friends of ISPS will be

eager ambassadors for the Liverpool conference, and that each and every one of you will turn up in Liverpool to contribute to continue developing and building ISPS as a strong and influential organization, a much needed organization in a time where maybe time to relate is the most expensive "ingredient" of our society.

We are all looking forward to seeing you there, to learn from each other, from patients, relatives and colleagues. With a little help from our friends, it's getting better every day, as Paul McCartney used to put. I think we should share his optimism!

Best wishes

Jan Olav Johannessen

ISPS Chair



## **ISPS is pleased to announce the winner of the 2017 David B. Feinsilver award**



[Noel Hunter](#) is a Clinical Psychologist from New York, currently in her postdoctoral training year. The awards committee received a large number of high quality applications this year, and voted in favour of supporting a young professional who has contributed a great deal to ISPS-US over the years.

Noel will be presenting her work on first-person perspectives on psychotherapy for extreme states at the [20<sup>th</sup> International Congress of the ISPS](#) in Liverpool this summer.

Read about [David B. Feinsilver](#)

**Noel Hunter, PhD**

# MAKING REAL change... HAPPEN

**ISPS** THE INTERNATIONAL SOCIETY  
FOR PSYCHOLOGICAL AND SOCIAL  
APPROACHES TO PSYCHOSIS

The 20th International Congress 30.08-03.09.2017 in Liverpool, UK



**Plenary speakers include:**

Jacqui Dillon, Jim van Os, Alison Brabban, Grainne Fadden, Shelagh Musgrave, Rai Waddingham, Kwame McKenzie, Svein Friis, Anne Berit Eie Torbjørnsen  
and Jon Vidar Strømstad

**Other speakers:**

Richard Bentall, Jim Geekie, Eleanor Longden, Jan Olav Johannessen,  
Brian Martindale and John Read

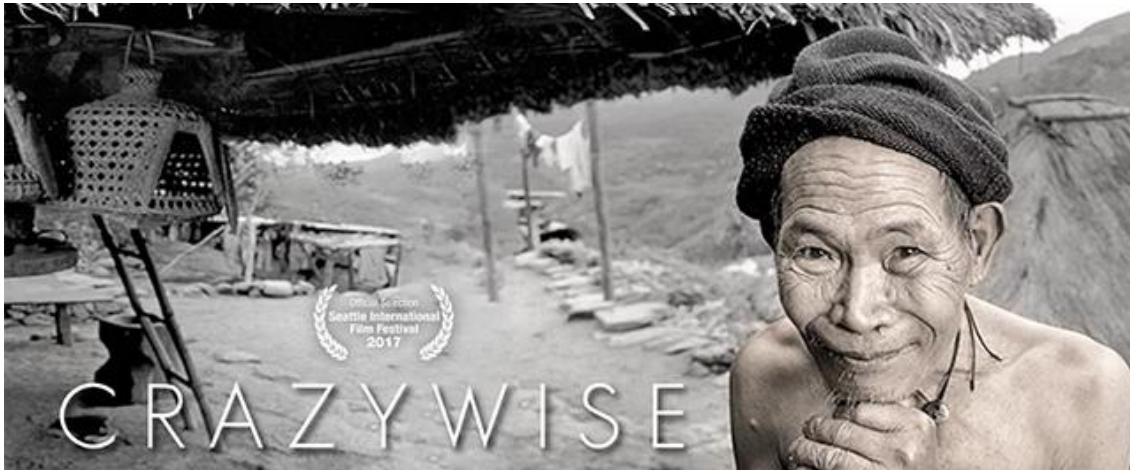
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#isps2017uk

**ISPS 2017 CONFERENCE BURSARIES now available**  
**[find out more](#)**

**Crazywise Film Screening**

**Free event during the ISPS 2017 Liverpool Conference**



Limited availability [book now](#)

Other conference social events include an evening at the world famous **Cavern Club** (the club that launched the Beatles!) and an evening aboard the **Ferry 'Cross the Mersey**

## New in the ISPS series!

### Art Therapy for Psychosis: Theory and Practice

Edited by Katherine Killick

Art Therapy for Psychosis presents innovative theoretical and clinical approaches to psychosis that have developed in the work of expert clinicians from around the world. It draws on insights that have emerged from decades of clinical practice to explain why and how specialised forms of art therapy constitute a particularly appropriate psychotherapeutic approach to psychosis.

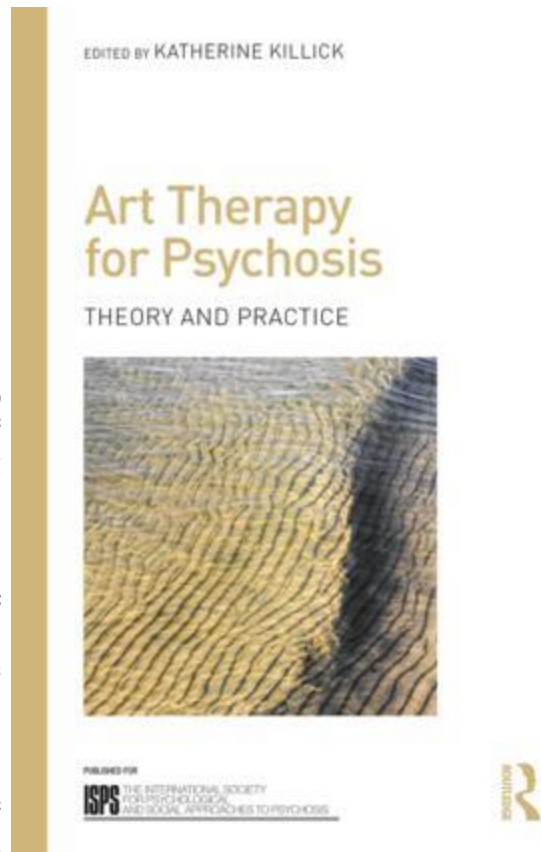
The contributors present a diverse range of current theoretical perspectives on the subject, derived from the fields of neuroscience, phenomenology and cognitive analytic theory, as well as from different schools of psychoanalysis. Collectively, they offer insights into the specific potentials of art therapy as a psychotherapeutic approach to psychosis, and describe some of the specialised approaches developed with individuals and with groups over the past 20 years. Throughout the book, the meaning and relevance of art-making as a medium for holding and containing unbearable, unthinkable and unspeakable experiences within the psychotherapeutic setting becomes apparent. Several of the chapters present detailed illustrated case studies which show how making visual images with an appropriately trained art psychotherapist can be a first step on the path into meaningful relatedness.

This book offers fresh insights into the nature of psychosis, the challenges encountered by clinicians attempting to work psychotherapeutically with people in psychotic states in different settings, and the potentials of art therapy as an effective treatment approach. It will be essential reading for mental health professionals who work with psychosis, including psychiatrists, psychoanalysts, psychotherapists and arts therapists, and those in training.

*"This book represents a compelling case for contemporary art therapy to have a substantive place in community psychiatry for people who experience psychosis. It contains an impressive range of international contributions with detailed clinical and theoretical accounts, some by psychiatrists.*

*The book deserves careful attention from practitioners of all mental health disciplines who work with psychosis."*

**Dr Brian Martindale, Psychiatrist and Psychotherapist, Past Chair of the ISPS**



**and Honorary President of the EFPP.**

[Buy now](#)

enter the code **IRK71** at checkout\* for a **20% discount**

\* Offer cannot be used in conjunction with any other offer or discount and only applies to books purchased directly via the Routledge website.

Full colour versions of the illustrations can be viewed (after purchase) at <http://isps.org/index.php/publications/book-series/publication-photos>

***There will be a meet the author session with Katherine Killick at the 20th International Congress of the ISPS in Liverpool this summer.***

[Further information](#)

## **ISPS 2017 Plenary Session**

**What is the evidence really showing us, and what does it mean for tomorrow's mental health services?**

**Speaker: Jim Van Os**

Much of the language and practice of mental health care is based on apparently simple concepts, for example:

- that symptoms are caused by mental disorders
- that evidence from randomised controlled trials are required to inform evidence-based guidelines that can be applied to individual patients
- that the highest intensity of care is admission to a hospital bed
- that professionals have no lived experience of mental illness
- that severe syndromes are of 'biological' and mild syndromes of 'psychosocial' origin
- that the technical ingredients of psychotherapy are more important than the therapeutic relationship
- that effectiveness of interventions is reflected by reductions in symptoms
- that there is an urgent need for a medical model of prevention of mental illness



- that deep brain stimulation, transcranial magnetic stimulation and manipulation of the immune system hold major promise for the treatment of mental illness
- and that the organisation of mental health care is best placed in the hands of large and complex organisations that negotiate contracts based on production parameters and quantitative outcome measurements.

Close analysis of these assumptions shows that their apparently strong and even unassailable logic is increasingly being questioned. Scientific demystification of professional knowledge and practice suggests that a critical transition may be approaching that requires new concepts, language, science and practice to address the issue of mental distress in populations.

Further information <http://www.isps2017uk.org/>

## **News from our members**

### **Voices of family members**

Several family members will be meeting at the ISPS International Conference in Liverpool this summer. We want to discuss how we as family members can be more participative in the ISPS international community as well as at "home" - wherever that may be in the world.

For further information please contact Pat Wright: [patw31754@gmail.com](mailto:patw31754@gmail.com)

### **Awards**

Bertram Karon, ISPS-US member, received the Founders Award from the American Psychological Association Division 39 this Spring. The Founders Award honors an individual who has dedicated him/herself to the advancement of psychoanalysis, and has made enduring contributions to psychoanalytic psychology and/or psychoanalysis influencing generations of psychoanalytic psychologists, through research, scholarship, practice, supervision, and/or mentoring.

## ISPS 2017 Plenary Session

### Improving Access to Psychological Therapies:

### Making REAL change happen

**Speaker: Alison Brabban**



Despite a growing evidence base for the effectiveness of psychological therapies for people suffering with psychosis, access to these interventions has been scant.

A plenary session at the ISPS conference will focus on the details of a national, England-wide strategy to ensure everyone presenting with a first episode of psychosis can access high quality CBT and Family Interventions and MAKE REAL CHANGE HAPPEN.

This plenary session will focus on:

Putting psychological therapies on a par with medication.

Offering genuine choice. A step-by-step guide to the strategy to improve the availability of psychological therapies for people suffering with psychosis across England.

Alison Brabban:

Is a clinical psychologist with a special interest in CBT for psychosis.

She works as an Expert Advisor to the Adult Mental Health Programme at NHS England.

She works clinically in an Early Intervention in Psychosis service in the North of England.

She has a keen interest in implementing both evidence and values based care.

Further information <http://www.isps2017uk.org/>

## ISPS-US

Coming up on 17-19 November, our 16th annual conference will be held at Portland State University in Oregon. EASA, the Early Assessment and Support Alliance, is an early intervention program for psychosis in Oregon that will be co-sponsoring the conference, along with Portland State University.



Our website continues to grow. ISPS-US now offers classified ads Members can post ads for free, and the public can see the ads. The categories include: Study Groups, Call for Papers, Research Positions Wanted, Research Positions Available, Other Training Opportunities, Internship / Externship Opportunities, Looking for Employment, Job Openings, Support Groups, Services Wanted, Services Offered. You can visit the classifieds here <http://www.classifieds.isps-us.org/>.

We have also been partnering with the [Mad in America Continuing Education](#) website to promote online learning, as well as offering our own webinars. ISPS-US has also launched its own [You Tube channel](#), featuring some conference content as well as other relevant videos.

Jessica Arenella, Ph.D.  
President, ISPS-US  
[President@isps-us.org](mailto:President@isps-us.org)  
[www.isps-us.org](http://www.isps-us.org)

## **ISPS 2017 Plenary Session**

**What is a therapeutic ward atmosphere for patients with psychosis?  
Challenges in developing and maintaining such milieus.**

**Speakers: Anne Berit Eie Torbjørnsen, Jon Vidar Strømstad and Svein Friis**



This plenary session will focus on the evaluation and development of treatment milieus.

- What are the characteristics of a therapeutic milieu?
- How can ward atmosphere be measured and used in systematic programs to develop and sustain therapeutic milieus?

Anne Berit Eie Torbjørnsen

- is a psychiatric nurse. She has been working with the Ward Atmosphere Scale (WAS) since 2009.
- As a head nurse she has been focused on the perspective of professional leadership and how it affects the therapeutic milieu in psychiatric wards.

Jon Vidar Strømstad

- is a psychiatric nurse and assistant ward leader
- He has also been working with WAS since 2009.
- He is an experienced clinician and places himself in a psychodynamic tradition of 'relational treatment'.

Svein Friis

- is an emeritus professor of psychiatry
- since 2014 he has been associate editor of Schizophrenia Bulletin.
- He has comprehensive experience in evaluation of treatment programs and has used the Ward Atmosphere Scale since 1972.
- His research has demonstrated the need for differentiation of therapeutic milieus, and the challenges in developing a therapeutic milieu.
- He has been awarded Knight of the Royal St. Olav's Order.

Further information <http://www.isps2017uk.org/>



The 20th International Congress 30.08-03.09.2017 in Liverpool, UK

### **ISPS 2017 pre-conference workshops**

#### **Developing Family-Sensitive Services and Practice**

with Gráinne Fadden

#### **Making Sense of Voices**

with Jacqui Dillon

**CBT for Psychosis: A recovery focused approach**

with Alison Brabban

**Structures Introducing Disruptive Change to Disability-Focussed Mental Health Care**

with Jim van Os and Peter Groot

**Producing equity in mental health service provision for Canada's diverse population - what worked and what did not**

with Kwame McKenzie

**How to make residential units therapeutic**

with Anne Berit Eie Torbjørnsen, Jon Vidar Strømstad and Svein Friis

**Primary care for people experiencing psychosis - how can I help?**

with David Shiers and Chris Dowrick (half day)

**Beyond Diagnosis to Meaningful Patterns in Emotional Distress: The Power - Threat - Meaning framework and 'Psychosis'**

with Lucy Johnstone (half day)

**Pre-conference workshop fees**

Full day workshops: 9.30am to 4.30pm with a one hour break for lunch

Non-ISPS members: £80

ISPS members: £70

Subsidised rates: £25

The half day workshops will run for 3 hours only (lunch not included)

Non-ISPS members: £40

ISPS members: £35

Subsidised rates: £12.50

***Places are limited and will be allocated on a first-come first-served basis***

## [Further information](#)



### **ISPS Executive Committee Elections**

**Voting will close on 14th June**

The ISPS Executive Committee (ISPS EC) is composed of eight members who are elected by ballot, by the ISPS membership, at least every three years. The current chairperson is Jan Olav Johannessen.

The ISPS EC is made up of people with a wide range of interests and experience, all of whom donate their time voluntarily, and all of whom are highly committed to the common aim of advancing education, training and knowledge of mental health professionals in the treatment and prevention of psychotic mental disorders for the public benefit.

[Read more](#) about the current ISPS Executive Committee and the statements of the 10 election nominees [here](#)

Email [isps@isps.org](mailto:isps@isps.org) for further information

All current ISPS members are eligible to vote - deadline: 14th June 2017

## ISPS Hellas



On 28 January 2017, ISPS Hellas held the traditional Greek ceremony of cutting the New Year's cake. In addition to our members, many colleagues and others from various fields of the psychiatric and psychotherapeutic world were invited and attended. The atmosphere was uniquely festive and functioned as a strong means of consolidating the bonds between colleagues and collaborators. Many new members also registered.

The Society's General Assembly followed, at which the decision was made to hold our 8<sup>th</sup> Annual Conference, entitled "Migration and psychoses", in May 2017 in Athens. It is expected to draw the interest of participants from a broad range of professions who have special sensitivity to the psychotherapy of psychoses and to dealing with the issue of migration, and specifically, its effect on mental health.

Dr Anastassios Koukis

President of ISPS HELLAS

Contact: [ispshellas@gmail.com](mailto:ispshellas@gmail.com)

## **ISPS-Lowlands**

ISPS lowlands is organising a local conference on November 8th. David van de Berg, will give a talk about trauma therapy with people with psychotic experiences and PTSD. In the afternoon he will give a workshop on how to recognize people with trauma among people with psychosis. The next speaker will be Jeanny Severijns who spent many years in hospital until she met a decent trauma therapist. The third speaker will be Manoëlle Hopchet, on the difference of dissociate symptoms and psychosis. The fourth speaker is not known yet. There will be more workshops in the afternoon, including a workshop among people with lived experience on trauma.

Margreet de Pater

[Margreet.depater@ziggo.nl](mailto:Margreet.depater@ziggo.nl)

Join Our Mailing List!

### **Are you a member of ISPS?**

ISPS members pay reduced delegate fees at the biennial ISPS Congress, receive 4 issues per annum of our journal 'Psychosis' - in addition to having online access to all issues - receive a 20% discount on books in the ISPS series when ordering through our publisher Routledge, plus many other benefits...

(Annual Membership Fees vary across regional groups)

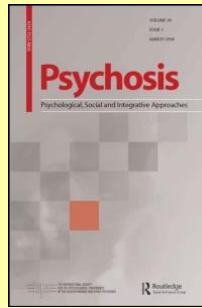
**TO JOIN US NOW**

contact Antonia Svensson for further details

[isps@isps.org](mailto:isps@isps.org)

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FOR PSYCHOLOGICAL AND SOCIAL  
APPROACHES TO PSYCHOSIS

Formerly the International Society for the Psychological Treatments of the Schizophrenias and Other Psychoses



## **Forthcoming ISPS Conferences**

### **46th Meeting of ISPS-Germany**

Thursday, 15 June 2017- Saturday, 17 June 2017

Klinik für Psychiatrie und Psychotherapie - Psychosomatik, Klinikum Frankfurt, Germany

Speakers, among others:

PD Dr. med. Michael Grube, Prof. Dr. med. Peter Hartwich, Prof. Dr. med. Klaus Hoffmann,  
Prof. Dr. med. Ansgar Klimke, Dr. med. Nicolas Nowack

Conference Fee: 50.- EUR (for coffee etc. during the breaks)

[Further Information](#)

For registration, please write to Dr Nicolas Nowack and the organising committee: [ISPS-Tagung@gemeinde-psychiatrie.de](mailto:ISPS-Tagung@gemeinde-psychiatrie.de)

### **20th International Congress of the ISPS**

**"Making REAL Change...Happen"**

30th August-3rd September, 2017

Liverpool, UK

**Register by the end of June or we may not be able to accommodate you**

Plenary speakers include:

Jacqui Dillon, Jim van Os, Alison Brabban, Grainne Fadden, Shelagh Musgrave, Rai Waddingham, Kwame McKenzie, Svein Friis, Jon Vidar Strømstad and Anne Berit Eie Torbjørnsen

[Pre-conference workshops](#) will take place on Weds 30th August.

**Places are limited**

[Book now](#)

### **ISPS Sweden autumn meeting**

Saturday the 11th of November 2017

Stockholm, Sweden

"Treating a disease or learning how to live your life".  
Invited speaker is Arnhild Lauveng, licensed psychologist.

More speakers to be announced further on.

Contact: Julius Lindeberg: [jullovitch@gmail.com](mailto:jullovitch@gmail.com)

**ISPS-US Annual Meeting** Friday, 17 November 2017 - Sunday, 19 November 2017 Oregon, USA

The next annual meeting will take place in Oregon, at Portland State University. More news coming soon.

Further information can be found at our [website](#)



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