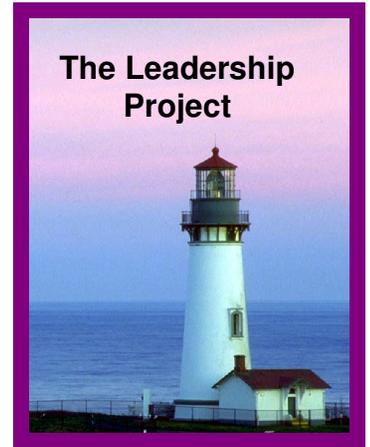


**Challenging Our Understanding Of Psychosis
and Exploring Alternatives for Recovery**



**The International Network Toward Alternatives and Recovery
and The Leadership Project presents**

**Challenging Our Understanding of Psychosis
and Exploring Alternatives for Recovery**

**Hart House – 7 Hart House Circle, University of Toronto, Toronto – Ontario
Thursday, November 3rd and Friday, November 4th, 2011**

Conference Foreword

The conference provides a forum for an extraordinary group of writers, social psychiatrists, clinicians, researchers and activists to come together with an engaged and receptive audience for two days of dissertation, discussion and debate. The conference will challenge and stir questions about the mainstream conception of psychosis and other forms of mental distress, and reflect on a broader conception with a deeper regard for the social, societal and environmental roots of psychosis. Even more important, the conference will focus on the transformative psychological work that is being done in the area of psychosis and recovery, and offer some compelling examples of recovery practices and approaches, some of which are informed by the lived experience of psychosis and the power of personal transformation.

The opening speaker, Robert Whitaker, will provide a journalistic overview of the problems attached to bio-medical treatment and the psycho-pharmaceutical industry, specifically the alarming rise of medication use, drug dependency and the rise of disability, addressing what he terms as an 'epidemic'. These are huge problems that must be confronted, and they are not just the purview of the mental health system. They pose a moral and health challenge for all of society. North Americans are among the highest per capita consumers of psychiatric drugs. One has to ask whether this is in any way a good thing, or a sign of progress. In the spirit of Robert Whitaker's book, *Anatomy of an Epidemic*, we are asking "what is our critical response to increasing numbers of people on psychiatric medication and on 'disability'; and, what are the alternative, social, practical and human responses to extreme states of distress that are helping people recover?"

All of our guests, as experts by experience, by training, or both, will address these questions and challenges, and demonstrate the value of critical psychiatry/psychology in rethinking psychosis and developing alternatives for recovery. Their workshops and presentations will offer a critique of the bio-medical conception of psychosis, and re-assert the role and value of psychology in treatment and personal transformation. They will provide a broad perspective on the human and social nature of psychosis, and seek recovery in the same terms through human understanding and social inclusion. They will pose alternative approaches that are trauma-informed, and that integrate psychology, mindfulness, spirituality, human rights/social justice and wellness. They will argue for a paradigm of care that seeks psychological healing, which is humanistic, compassionate and empowering. They will demonstrate that the best recovery work is about taking charge of one's own psychology. In all of this, they will address the underpinning of recovery; as Bentall says, it depends on the 'supportive relationship and kindness'.

**Challenging Our Understanding Of Psychosis
and Exploring Alternatives for Recovery**

The Leadership Project

The **Leadership Project** started in 1999 with the promotion of leadership within the consumer/survivor and family communities. Our focus on leadership evolved to the promotion and the enhancement of a 'Recovery' vision for the mental health system for and by consumers, survivors, family members and providers in Ontario. The Leadership Project organizes recovery conferences, presentations and workshops that are facilitated in partnership through psychiatric survivors, families and service providers.

International Network toward Alternatives and Recovery

The **International Network toward Alternatives and Recovery** gathers prominent survivors, professionals, family members, and advocates from around the world to work together for new clinical and social practices towards emotional distress and what is often labelled as psychosis. Based in leading-edge research and successful innovations, INTAR believes the prevailing bio-medical overreliance on diagnoses, hospitals, and medications has failed to respect the dignity and autonomy of the person in crisis, and that full recovery must be at the center of ethical care. INTAR understands "madness" and extreme states of distress from a social, holistic, and humanistic perspective. It is committed to building safe spaces and positive relationships, wherein the ordeal presented by extreme states of mind can be met with proven tools and seasoned presence. This necessarily involves the leadership of people who have experienced extreme states of distress and know how to offer the steadfast support needed. www.intar.org

Key Contributors and Sponsors

The conference is sponsored by the following agencies. We thank them for their support.

ALTERNATIVES - the East York Mental Health Counselling Services Agency www.alternativestoronto.org

COMMUNITY RESOURCE CONNECTIONS OF TORONTO (CRCT) www.crct.org

FAMILY OUTREACH AND RESPONSE PROGRAM (F.O.R.) www.familymentalhealthrecovery.org

Conference Planning Group

The following people have contributed to planning this conference: **Karyn Baker, Ron Bassman, Will Hall, Kevin Healey, Michael Hilson, Heinz Klein, Elly Litvak, Brian McKinnon, Leslie Morris, Mel Starkman, Peter Stastny and Alyssa Swartz.**

**Challenging Our Understanding Of Psychosis
and Exploring Alternatives for Recovery**

Conference and Workshop Schedule (Subject to change)

Day 1 – Thursday, November 3rd 2011	
8:00 – 9:00 am	Registration
9:00 – 10:30 am	Introduction/Keynote/Panel Robert Whitaker (USA) “Rethinking Psychiatric Care: If We Follow the Scientific Evidence, What Must We Do to Promote Good Long-term Outcomes?”
10:30 – 10:45 am	Break
10:45 – 12:30 pm	Workshop 1 Richard Bentall (UK) “Psychological Processes for Paranoia”
10:45 – 12:30 pm	Workshop 2 Julie Repper (UK) “A Rights based Approach to Recovery and Social Inclusion”
10:45 – 12:30 pm	Workshop 3 Dr. Joanna Moncrieff (UK) “The Psycho-Pharmaceutical Complex”
12:30 - 1:30 pm	Lunch
1:30 – 3:15 pm	Workshop 4 Dr. Phil Thomas/Dr. Joanna Moncrieff (UK) “Critical Psychiatry”
1:30 – 3:15 pm	Workshop 5 Alisha Ali (USA/CAN) “The Pathogenesis of Oppression: How Social Injustice is Making Us Sick”
1:30 – 3:15 pm	Workshop 6 Will Hall (USA) “Coming Off Psychiatric Medications: A Harm Reduction Approach”
3:15 – 3:30 pm	Break
3:30 – 4:45 pm	Keynote and Panel Discussion Wilma Boevink (The Netherlands) “From being a disorder to dealing with life: An experiential exploration of the association between trauma and psychosis”
4:45 – 6:30 pm	Conference Reception

Day 2 – Friday, November 4th 2011	
8:00 – 9:00 am	Registration
9:00 – 10:30 am	Keynote and Panel Response Richard Bentall (UK) “Deconstructing Schizophrenia”
10:30 - 10:45 am	Break
10:45 – 12:30 pm	Workshop 7 Dr. Michaela Amering (Austria), Paddy McGowan/Liam MacGabhann (Ireland) “Dialogue – an exercise in communication between users, carers and mental health workers beyond role stereotypes”
10:45 – 12:30 pm	Workshop 8 Nicola Wright (CAN) “Hope and Humanity: The Mindful Journey Through Psychosis”
10:45 – 12:30 pm	Workshop 9 Rufus May (UK) “Beyond Disbelief: Ways of Relating to Unusual Beliefs”
12:30 – 1:30 pm	Lunch
1:30 – 3:15 pm	Workshop 10 Sandra Escher (The Netherlands) “Accepting and Making Sense of the Voice Hearing Experience”
1:30 – 3:15 pm	Workshop 11 Maria Haarmans, Deqa Farah, Kirsten Kaylan, Fiona Seth (CAN) “Creating Empowering Alternatives in the Community: The CRCT Hearing Voices Group Using CBT for Psychosis Tools & Principles”
1:30 – 3:15 pm	Workshop 12 Joe Goodbread/Will Hall (USA) “Introduction to Process Oriented Psychology: The Meaning of Extreme States”
3:15 – 3:30 pm	Break
3:30 – 4:45 pm	Closing Panel

Keynotes and Workshop Descriptions

Day 1 – Thursday, November 3rd 2011

Introduction/Keynote/Panel

9:00 am – 10:30 am

Presentation: “**Rethinking Psychiatric Care: If We Follow The Scientific Evidence, What Must We Do To Promote Good Long-term Outcomes?**” **Robert Whitaker** (USA)

According to conventional wisdom, the arrival of Thorazine in asylum medicine in 1955 kicked off a psychopharmacological revolution. Yet, as that “revolution” has unfolded, the number of disabled mentally ill in the United States has soared. A review of the long-term outcomes literature for psychiatric drugs explains why that is so. History and science tell us that we need to develop new models of care, which emphasize psychosocial support and involve using psychiatric medications in a selective, limited manner.

Workshop 1

10:45 am – 12:30 pm

Presentation: “**Psychological Processes for Paranoia**” **Richard Bentall** (UK)

Paranoid beliefs are perhaps the most common symptom of severe mental illness. They exist on a continuum with normal functioning, so that less severe forms of suspicion about the intentions of others are common, and appear to co-opt normal mechanisms involved in the detection and avoidance of social threat. Nonetheless, there are some important differences between the paranoid delusions found in acute psychosis and less severe paranoid states, which are only revealed by careful attention to the phenomenology of the beliefs and the way they change over time in response to life experiences. Hence, the psychological mechanisms underlying paranoid beliefs are highly dynamic. Recent research into these mechanisms will be described, leading to a bio-psycho-social model that links life experience (for example, disruption of attachment relations, experiences of victimization) to the extreme paranoid fears of patients suffering from a psychotic crisis. The implications of the research for psychological intervention for people with psychosis will be discussed.

Workshop 2

10:45 am – 12:30 pm

Presentation: “**A Rights-Based Approach to Recovery and Social Inclusion**” **Julie Repper** (UK)

People with mental health problems have rights to exercise agency in their own lives and to participate as members of their communities and societies. These basic human rights surpass the prevailing public concerns about risk and containment in society. Such principles are consistent with a Recovery focussed approach (whose origins can be traced back to the Civil Rights movement) and provide a useful framework for considering social inclusion.

This presentation will explore the implications of a rights based approach for the person who experiences mental health challenges; the services set up to support them; their family, friends and others who are important to them; and the communities in which we all live and work.

Workshop 3

10:45 am – 12:30 pm

Presentation: “**The Psycho-Pharmaceutical Complex**” **Dr. Joanna Moncrieff** (UK)

Over the last few decades, the western social democratic consensus has broken down, to be replaced by aggressive free market, neoliberal, social and economic policies. These have resulted in increasing exploitation, manifested in increasing inequality of income, longer working hours and greater demands in the workplace, poorer working conditions and job insecurity. Moreover, the economic crisis brought about by the policies of deregulation and the encouragement of speculation, is to be paid off by massive cuts in state expenditure, and further privatisations. Up until now, the population have been bought off by a supply of cheap consumer goods and an ethic of consumerism which places consumption at the centre of human goals.

**Challenging Our Understanding Of Psychosis
and Exploring Alternatives for Recovery**

Expanding medicalisation of distress and disturbance has gone hand in hand with these changes, as personal and social problems are increasingly shaped according to a consumerist model, whereby they are transformed into medical or psychiatric disorders, which are marketed alongside a quick fix solution of a pill or a simple therapy. As well as generating profits for the pharmaceutical industry, this process helps to obscure the increasing pressure of everyday life for the majority of the population, and the vacuity of modern culture. As working life becomes more pressured, and unemployment increases, the option of the sick role becomes ever more appealing and necessary, and drives to reduce public welfare spending may be thwarted by the very policies which were intended to dismantle public welfare provision.

Workshop 4

1:30 pm – 3:15 pm

Presentation: **“Critical Psychiatry”** **Dr. Phil Thomas and Dr. Joanna Moncrieff** (UK)

There are only two questions that matter in assessing the contribution made by evidence based medicine to psychiatric treatments; are they effective, and are they safe? As far as critical psychiatry in Britain is concerned the answer to both these questions is no. In this presentation we will briefly outline why critical psychiatrists remain unconvinced of the safety and efficacy of biological and cognitive behavioural interventions in psychiatry. Historically all sorts of barbaric procedures have been applied to psychiatric patients, whose subsequent submission has been interpreted as improvement. Drug trials, modelled on those conducted for medical disorders, which ignored the complexity of psychiatric problems, became the paradigm of modern psychiatric research. However, the outcome of meta-analyses for drug and psychotherapeutic treatments in depression indicates that non-specific factors – the quality of the therapeutic relationship as seen by the client, and the placebo effect – are the best predictors of satisfactory outcome. There are good philosophical arguments in support of this assertion, but, most important of all, there is a close affinity between non-specific factors and those factors identified in service user-led research as being necessary for user-defined recovery. [see Thomas, P. Bracken, P. & Timimi, S. (2011) The Limits of Evidence-Based Medicine in Psychiatry. In press Philosophy, Psychiatry and Psychology May 2011]

Workshop 5

1:30 pm – 3:15 pm

Presentation: **“The Pathogenesis of Oppression: How Social Injustice is Making Us Sick”**
Alisha Ali (USA/CAN)

This presentation will extrapolate from Isaac Prilleltensky’s framework for psychopolitical validity and Laura Smith’s model of oppression as pathogen to consider the notion that mental health problems are precipitated by societal oppression. Through real-life examples, workshop participants will explore the many ways in which “mental illness” is in fact the result of oppression and will discuss means of reframing specific illnesses as arising from social injustice, socially-sanctioned hate, and inequality. Forms of oppression examined will include: racism, poor-bashing, homophobia, and pharmacologically-dominated psychiatry.

Workshop 6

1:30 pm – 3:15 pm

Presentation: **“Coming Off Psychiatric Medications: A Harm Reduction Approach”**
Will Hall (USA)

Psychotropic medications are the center of treatments for psychosis, often leading to great iatrogenic harm. This workshop presentation will address: What are the short term and long term implications of medications, how do medications work, how are they best used, how do we balance risks and benefits, what are safe protocols for reducing and going off meds, how do we educate about medications, and how can we develop medication alternatives? Based on the peer movement’s Harm Reduction Guide To Coming off Psychiatric Drugs (<http://willhall.net/harmreductionguidecomingoffpsychdrugs/>) and with a view that is neither pro-medication nor anti-medication, participants will learn treatment options that lead to empowerment and greater control of our lives.

**Challenging Our Understanding Of Psychosis
and Exploring Alternatives for Recovery**

Keynote and Panel Discussion

3:30 pm – 4:45 pm

Presentation: “**From being a disorder to dealing with life: An experiential exploration of the association between trauma and psychosis**” **Wilma Boevink** (The Netherlands)

Psychotic experiences can easily be seen as evidence for the existence of schizophrenia as a brain disease when you isolate them as mere symptoms. Wilma Boevink found this to be a dead end street. In her lecture she will go back to the context in which her psychotic experiences could become real, thus making them meaningful and helpful instead of alienating and debilitating. She will share how she grew beyond being a disorder into a woman facing childhood abuse.

Conference Reception

4:45 pm – 6:30 pm

Day 2 – Friday, November 4th 2011

Keynote and Panel Response

9:00 am – 10:30 am

Presentation: “**Deconstructing Schizophrenia**” **Richard Bentall** (UK)

It is now exactly 100 years since the term 'schizophrenia' was introduced into the lexicon of psychiatry by Eugene Bleuler. Its trajectory over a century has been turbulent, with disputes about the boundaries of the condition, the reliability of the diagnosis, and its relation to other conditions such as bipolar disorder. Some have argued that it needs to be replaced by an alternative approach, for example a dimensional system of diagnosing patients. But can we do without the term 'schizophrenia' altogether? It will be argued that the concept of schizophrenia has no utility for the purposes of research and clinical practice. Whereas there can never be a convincing theory of schizophrenia (because it is an incoherent concept) psychological and biological research is revealing the mechanisms underlying particular kinds of psychotic experiences such as hallucinations and paranoid beliefs, pointing to a coherent bio-psycho-social understanding of abnormal and distressing mental states that has no requirement for categorical diagnoses. After 100 years, the time has come to abandon the concept of schizophrenia.

Workshop 7

10:45 am – 12:30 pm

Presentation: “**Triologue – an exercise in communication between users, carers and mental health workers beyond role stereotypes**”
Dr. Michaela Amering (Austria), **Paddy McGowan/Liam MacGabhann** (Ireland)

The active involvement of users and relatives and friends into mental health care and research is essential for the development of integrative community mental health work. Also, co-operations between mental health professionals, users and carers (*families et al.*) are needed to solve methodological problems of evaluative research and generate new models of needs-orientated interventions. However, accepting each other as equally entitled 'experts by experience' and 'experts by training' is still a challenge for professionals as well as for users and relatives and friends. Changes in structures as well as in forms of communication are warranted. In Triologue-groups users, carers and mental health workers meet regularly in an open discussion forum, which is located on “neutral terrain” outside any therapeutic, familial or institutional context - with the aim of communicating about and discussing the experiences and consequences of mental health problems and ways to deal with them. This setting offers new possibilities for gaining knowledge and insight and developing new forms of communication. It also functions as a basis and starting point for triologic activities on different levels -

**Challenging Our Understanding Of Psychosis
and Exploring Alternatives for Recovery**

e.g. serving on quality control boards - and different topics - e.g. a work group on religion and psychosis. In German speaking countries Trialogues are regularly attended by approx. 5000 people. Currently, the activities of the Mental Health Trialogue Network Ireland afford exciting developments and new insights. Trialogues are inexpensive and a great number of people seem to benefit from participation. Current ideas for the scientific evaluation of Trialogues regarding process as well as possible outcomes pose conceptual and methodological challenges.

Workshop 8

10:45 am – 12:30 pm

Presentation:	“Hope and Humanity: The Mindful Journey Through Psychosis” Nicola Wright (CAN)
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Mindfulness ‘the jewel of the East’ can deeply impact our experience of the human condition and suffering. Through mindfulness and a compassion-focused approach we can enhance hope and our experience of a common humanity. Inspired by Eastern philosophies, mindfulness-based approaches emphasize the healing effects of bearing witness to how we experience the self, our lives and our world. Bringing mindfulness to the experience of self and psychosis has at its core a humanistic approach that is both de-pathologizing and de-stigmatizing. In this presentation, Dr. Nicola Wright will discuss the integration of mindfulness-based approaches in individual and group therapy for those who experience psychosis. She will discuss research support for mindfulness-based approaches for psychosis, as well as the opportunities, barriers and breakthroughs to integrating trauma-informed mindfulness-based approaches to therapy with those who experience psychosis. The therapeutic integration of compassion-focused, acceptance and commitment, and mindfulness-based cognitive therapy approaches will be discussed. Nicola will also describe an 8 week mindfulness-based therapy group provided at the Royal Ottawa Mental Health Centre which incorporates mindfulness based cognitive therapy and mindful movement as applied to the experience of psychosis. The often neglected, but powerful role, of the individual’s relationship with his/her thoughts and voice(s) will be discussed and examples of therapeutic shifts gained using mindfulness-based approaches described.

Workshop 9

10:45 am – 12:30 pm

Presentation:	“Beyond Disbelief: Ways of Relating to Unusual Beliefs” Rufus May (UK)
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This workshop will look at how we can relate to unusual beliefs psychiatry calls delusions. We will look at the protective function of beliefs and ways to understand the social meanings of beliefs. It is also important to understand issues of power and the importance of how we talk about protective beliefs. Recovery stories will be considered and what we can learn from people's use of spiritual beliefs. When to challenge beliefs will be looked at as will helping people become less preoccupied with their beliefs.

Workshop 10

1:30 pm – 3:15 pm

Presentation:	“Accepting and Making Sense of the Voice Hearing Experience” Sandra Escher (The Netherlands)
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The presentation will provide a general overview of the voice hearing phenomenon and the rise of the voice hearers’ movement, as well as report on a specific research project. Sandra will reflect on her role as a co-founder of Intervoice, the international voice-hearers organization; her role in the development of the Maastricht Interview; and the general message that voice-hearing is a normal part of the human experience, that it should not be pathologized, rather accepted. She will also focus on the importance of voice hearers’ support groups where the idea is not to get rid of the voices, but to change one’s relationship with them. With the research project, Sandra will address a three year study involving 80 children between 8 and 19 years of age, all hearing voices. About 50% of the children were in mental health care because of the voices; 50% were not in care. The results of the research, with their conclusions for intervention in first episodes, will be shown and discussed.

**Challenging Our Understanding Of Psychosis
and Exploring Alternatives for Recovery**

Workshop 11

1:30 pm – 3:15 pm

Presentation:	“Creating Empowering Alternatives in the Community: The CRCT Hearing Voices Group Using CBT for Psychosis Tools and Principles” Maria Haarmans, Deqa Farah, Kirsten Kaylan and Fiona Seth (CAN)
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This presentation describes and discusses how a community mental health agency in Toronto developed and implemented a group program utilizing cognitive behavioural therapy for psychosis tools and principles to meet the needs of individuals experiencing distressing voices and seeking empowering alternatives to traditional medical approaches of support. This presentation also describes an integral part of the program which was capacity-building for individuals with lived experience who were trained as co-facilitators of the groups. The audience will hear perspectives from a peer facilitator, a social work facilitator, and CBTp therapist who developed the resource manual and facilitated groups, agency manager and group participant.

Workshop 12

1:30 pm – 3:15 pm

Presentation:	"Introduction to Process Oriented Psychology: The Meaning of Extreme States" Joe Goodbread and Will Hall (USA)
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Human states of consciousness occupy a spectrum of breathtaking diversity. Despite the temptation to label those that are disturbing to individuals and their relationships as “pathological”, careful observation reveals mental life to be fluid, creative, and meaningful, no matter how troublesome it may become. Process Work, developed by Arnold and Amy Mindell and their colleagues, gives us tools for facilitating and unfolding the layers of meaning and potential development that lie beneath the surface of difficult and unusual states of consciousness. In this workshop, we will explore, through a brief theoretical discussion, experiential exercises, and examples from clinical practice and everyday life, a viewpoint that can bring “frozen” or static-seeming processes once more into motion, to help them reveal their meaningful core.

Closing Panel

3:30 pm – 4:30 pm

The last plenary session will be an INTAR panel addressing thematic highlights of the conference and future plans, projects and prospects.

Presenters

Alisha Ali Ph.D.

Alisha Ali is an Associate Professor in the Department of Applied Psychology at New York University. Her area of expertise is mental health and emotional wellness in disadvantaged populations. She has conducted research on psychosocial factors related to depression in marginalized women, including such variables as violence, racism, and poverty. She has extensive experience conducting community-based collaborative research, including partnering with domestic violence shelters and poverty transition programs in New York City. She conducted the first published study to document the effects of emotional abuse on functional somatic syndromes in women. She has also conducted cross-cultural research investigating depression and related variables among women living in the Caribbean and among Caribbean immigrant women in Canada and the U.S. Among her recent work are research projects (funded by the American Psychological Foundation and by the Allstate Foundation) on the effects of economic empowerment and anti-poverty programs on the mental health of abused women. Dr. Ali is co-editor (along with Dana Crowley Jack) of the book *Silencing the Self Across Cultures: Depression and Gender in the Social World* published in 2010 by Oxford University Press. She received her PhD in Human Development and Applied Psychology from the University of Toronto.

**Challenging Our Understanding Of Psychosis
and Exploring Alternatives for Recovery**

Dr. Michaela Amering

Michaela Amering is a Professor of Psychiatry at the Medical University of Vienna, Department of Psychiatry and Psychotherapy, with a focus of interest on psychosis, and the development of the families` and the users` movements. Her experience also includes work in community psychiatry and research in the UK and USA. She is currently serving as secretary of the EPA Section on `Women`s` Mental Health` and as secretary of the WPA Section on `Public Policy and Psychiatry` and as executive board member of the World Association of Social Psychiatry.

Richard Bentall Ph.D.

Richard Bentall was a non-stellar performer at school and was required to repeat his final school examinations, before being given a second chance by being admitted to the psychology undergraduate course at the University College of North Wales (now Bangor University). After discovering a fascination with psychology that has proved life-long, he went on to do a PhD in experimental psychology before moving to Liverpool University, where he completed his training in clinical psychology in 1984. He worked in the British National Health Service for two years, at a time when to be a psychologist interested in psychosis was considered to be eccentric. In 1986 he took up a lectureship at Liverpool and began a research programme into psychosis that continues today, and which has encompassed studies of psychological mechanisms using both psychological and biological (e.g. fMRI) methods, and also randomized controlled trials of novel psychological interventions. His work has been supported by a succession of brilliant and hard-working PhD students who have generously allowed him to share credit for their work, many of whom have gone on to pursue their own research careers. Geographically, his career path has involved a slow orbit of the north west of the UK, with chairs at Liverpool (1994-1999), Manchester (1999-2008) and Bangor (2008-2011). In 2011 he returned to Liverpool University but remains a visiting professor at Bangor University. At the time of writing this bio he feels not as young as he used to feel and very knackered.

Wilma Boevink

Wilma Boevink works as a researcher at Trimbos-institute in Utrecht, the Netherlands, and as a professor of recovery in Hanze University in Groningen, the Netherlands. She is chair of Weerklank (`resonance`), the Dutch organization for voice hearers. She is a member of the supervisory board of The Netherlands Center for Chronic Early Childhood Traumatization (LCVT).

Sandra Escher Ph.D.

Sandra Escher is a one-time science journalist who became a research psychologist, and who has been involved in the Hearing Voices Movement from the very beginning. She and her partner, Dr. Marius Romme, have over twenty-five years experience of working with voice-hearers, pioneering the theory and practice of accepting and working with the meaning in voices. She arranged for the appearance of Patsy Hage and Dr. Marius Romme on the Dutch TV talk show (the first time a serious effort was made to reach out to voice hearers not in contact with psychiatry and to find out about their experiences). She organised the hearing voices congresses in Holland, which are held every two years, as well as the four congresses for INTERVOICE in Maastricht. She is a co-author of the Hearing Voices `trilogy`. In 1996 she started her own research with children hearing voices. Her book (*Children Hearing Voices: What You Need to Know and What You Can Do*) on children who hear voices was published in 2010.

Deqa Farah

Deqa Farah is a Mental Health Promoter with Community Resource Connections of Toronto.

Joe Goodbread Ph.D.

Joe Goodbread teaches and practices Process Work in Portland, Oregon, and throughout the world. He is the author of several books, including *Living on the Edge: The Mythical, Spiritual, and Philosophical Roots of Social Marginality*, and *Befriending Conflict: How to make conflict safer, more productive, and more fun*. He is currently exploring the connections between extreme states of consciousness and interpersonal conflict.

**Challenging Our Understanding Of Psychosis
and Exploring Alternatives for Recovery**

Maria Haarmans MA

Maria Haarmans has over 20 years' experience in the mental health field in both hospital and community settings. She has received extensive training in CBT for Psychosis (CBTp) from leading experts in Canada and the UK. In addition to practicing as a CBT therapist, Maria has published on CBTp and gender issues and provides training and supervision/consultation for mental health care providers. She is dedicated to promoting empowering and normalizing understandings of and approaches to mental health difficulties and to this end has collaborated with consumer/survivor organizations in Canada and Japan as a volunteer and researcher. Maria joined the Leadership Project in 2009, was the Canadian representative of INTERVOICE from 2009-2011 and worked with the Leadership Project to start the process of setting up a Hearing Voices Network in Toronto. She is currently completing a PhD in Clinical Psychology in the UK supervised by Richard Bentall at the University of Liverpool, focussing on gender roles and 'psychotic' experiences.

Will Hall MAPW

Will Hall, MAPW, is a schizophrenia survivor and therapist who has worked for ten years with mental health peers, professional providers, clients and families around medication education. He is Director of Portland Hearing Voices, host of Madness Radio, co-founder of Freedom Center, on the Board of the Foundation for Excellence in Mental Health, and internationally recognized for his advocacy and teaching on mental health alternatives. More info at www.willhall.net.

Kirsten Kaylan

Kirsten Kaylan is employed with Community Resource Connections of Toronto as a Community Support Worker. She is also a co-facilitator of the Hearing Voices Group Using CBT for Psychosis and contributed to the development of the facilitators' manual.

Liam MacGabhann Ph.D.

Liam MacGabhann (Ph.D.) In 1988 I qualified as a mental health nurse, and thought that this qualified me to change the world. Raised in Ireland, I spent most of my early career in England with some brief sojourns in Australia and the Middle East. Work roles have varied from research to service development with the common grounding of practice at the centre of each one. In 2001, I returned to Ireland with my family. I practice on an acute psychiatric admission ward and co-ordinate some interesting professional development courses at Dublin City University. My clinical research focus utilizes participative methodologies and focuses on the relationships and understandings of mental health professionals and service users in relation to mental health, illness and health care. I am the lead for our research programme 'service user involvement in research' with the aim to shift service users from the objects of research, to orchestrators, partners and leaders in mental health research. I recognized early on that one way to push the boundaries of health care practice was to seek academic pursuits in other areas. I began with Health Studies for my first degree, then completed a Masters in Sociology of Health and Health Care, finally returning to nursing to complete my Doctorate in Nursing Science. Thankfully, I am still trying to change the world.

Rufus May Ph.D.

Rufus May (rufusmay.com) works as a clinical psychologist in adult mental health Bradford England. He has an interest in promoting holistic recovery based approaches to mental health problems. This interest is rooted in his own experiences as a teenager of psychosis, psychiatric treatment and recovery. He writes and delivers training on recovery oriented approaches. He organises community meetings that look at different approaches to emotional well being called Evolving Minds meetings. His work was featured in the British Channel 4 documentary 'The Doctor who hears voices'.

**Challenging Our Understanding Of Psychosis
and Exploring Alternatives for Recovery**

Paddy McGowan

Paddy McGowan is currently working as lecturer for Dublin City University, School of Nursing but hails originally from Omagh in County Tyrone. He recovered from schizophrenia with the support of other survivors and professionals and can speak authoritatively and humanely from the inside out, relying not on the presuppositions of dubious and largely unproven scientific theories, but from reflecting sensitively, honestly and often painfully on the experience of “hearing voices” synonymous with a diagnosis of schizophrenia. He was involved in organizing the first “Voices” conference in Derry in November 1999. As a member of the Institute for Recovery in Mental Health and a prominent member of the International Network toward Alternatives and Recovery (INTAR) he is committed to creating alternatives to the medical/maintenance model. Paddy set up the first user group in Ireland in 1994 and was the founder and first Chief Executive Officer of the Irish Advocacy Network, which is heavily involved in developing peer advocacy training alongside staff awareness training in user empowerment and advocacy to an accredited degree level. He continues to lecture on mental-health advocacy and recovery-oriented approaches to severe psychiatric disability in Universities and Colleges locally, nationally and internationally, alongside facilitating training for mental-health and allied professionals, families and carers.

Dr. Joanna Moncrieff

Joanna Moncrieff is a consultant psychiatrist, a Senior Lecturer at University College London and the co-chair person of the Critical Psychiatry Network. She has written numerous articles on psychiatric drug treatment, and the history and politics of psychiatry, and she is the author of “The Myth of the Chemical Cure”, published by Palgrave Macmillan, and “A Straight Talking Introduction to Psychiatric Drugs” (PCCS books).

Julie Repper Ph.D.

Julie Repper is Recovery Lead in Nottinghamshire Healthcare Trust, Associate Professor of Recovery and Social Inclusion at University of Nottingham, Director of two service user led voluntary sector groups and she is working on the DoH funded ‘Implementing Recovery in Organisational Contexts’ project 2 days per week. She works collaboratively with people who have lived experience to develop innovative training, research and service developments and is currently Director of the Nottingham Recovery Education Centre and leading the development of the Peer Support Workers’ training and employment in her local services. She has written widely, of most relevance is the book she co-authored with Rachel Perkins: *Social Inclusion and Recovery. A Model for Mental Health Practice (2003) Edinburgh, Bailliere Tindall.*

Fiona Seth

Fiona Seth is an original CBT for Distressing Voices team member at CRCT, an experienced WRAP and ‘WRAP plus’ facilitator, and part-time peer worker at F.R.E.S.H. - a joint project of the Gerstein Centre, Houselink and Primary Support Unit (PSU) that encourages fitness and reduces isolation. Fiona is also working on developing Witgiitk.com a peer run agency.

Dr. Philip Thomas

Philip Thomas graduated in medicine from Manchester University in 1972, and trained as a psychiatrist in Edinburgh. He worked as a full-time consultant psychiatrist in the NHS for over twenty years, but left clinical practice in 2004 to focus on writing. He is well known internationally for his scholarly work in philosophy and its relevance to madness, diversity and identity in psychiatry and society. He has worked closely with survivors of psychiatry, service users and community groups, nationally and internationally. He is a founder member and co-chair of the Critical Psychiatry Network, and has published over 100 scholarly papers mostly in peer reviewed journals. Until recently he was professor of philosophy, diversity and mental health in the University of Central Lancashire. He is now a full-time writer, working on a collection of short stories, on madness, magic and medicine.

**Challenging Our Understanding Of Psychosis
and Exploring Alternatives for Recovery**

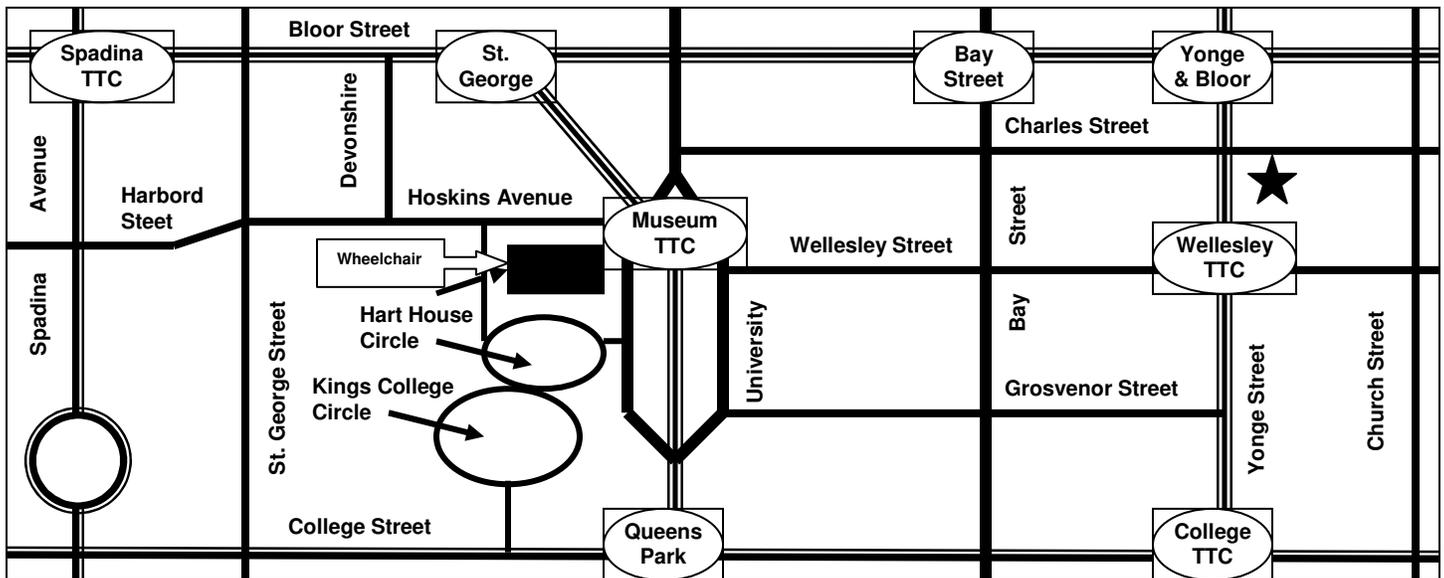
Robert Whitaker

Robert Whitaker is a journalist who has been writing about medicine and science for 30 years. His writings on psychiatry and the pharmaceutical industry have won several national awards, including a George Polk award for medical writing and a National Association of Science Writers' award for best magazine article. He has written two books on the history of psychiatry, *Mad in America* and *Anatomy of an Epidemic*. The Investigative Reporters and Editors Association gave *Anatomy of an Epidemic* its 2010 book award for best investigative journalism.

Nicola Wright Ph.D.

Nicola Wright is a clinical psychologist on the 'Schizophrenia Program' of the Royal Ottawa Mental Health Centre. She engages in individual therapy and co-leads groups on Mindfulness, Cognitive Behavioural Therapy for people who experience psychosis (CBTp), Voices, coping with distressing affect/anxiety and women's issues. Nicola is a Clinical Professor with the University of Ottawa supervising graduate students in psychological approaches for Psychosis. She is a staff supervisor with the Beck Institute of Cognitive Therapy & Research specializing in CBTp. Based on her research (a grant for group CBTp) and group work at the Royal, Nicola & her colleagues just signed a book contract with New Harbinger Publications for a treatment manual on Integrating Acceptance and Commitment, Mindfulness and Compassion-focused approaches in CBTp. Nicola conducts training workshops and presents internationally on a compassionate, mindful approach to CBTp. She believes passionately in the importance of hope, inclusion and empowerment in a humanistic and compassionate approach to care. Among other pursuits she has been found meditating in a Buddhist Monastery in Nepal, taking precepts with the Dalai Lama in Dharamsala, India, volunteering with Mother Theresa's organization in Calcutta, handing out clean needles in Outreach vans and caring for countless abandoned and injured animals.

Accommodation for Conference Participants



Comfort Hotel Downtown

(Indicated by a black star at Conference Location Map)

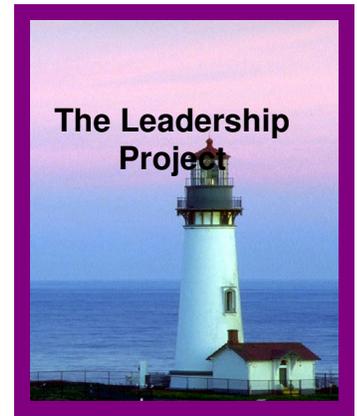
15 Charles Street East - Toronto ON - M4Y 1S1

Telephone: 416-924-1222, ex. 2002 **Fax:** 416-927-1369 **Email:** fom@comforthoteltoronto.com

Group ID 535839 **Group Name:** Alternatives for Recovery

129.00 per room - conference Block booking good until Oct. 2 - make reservations prior to that date

**Challenging Our Understanding Of Psychosis
and Exploring Alternatives for Recovery
Registration Form and Policy**



**The International Network Toward Alternatives for Recovery
and The Leadership Project presents**

**Challenging Our Understanding of Psychosis
and Exploring Alternatives for Recovery**
Hart House – 7 Hart House Circle, University of Toronto, Toronto – Ontario
Thursday, November 3rd and Friday, November 4th, 2011

Registration Form and Workshop Preferences (Subject to change) (1 preference per time slot)		
Day 1	P 1:	“Psychological Processes for Paranoia” Richard Bentall (UK)
Morning	P 2:	“A Rights based Approach to Recovery and Social Inclusion” Julie Repper (UK)
Nov 3 AM	P 3:	“The Psycho-Pharmaceutical Complex” Dr. Joanna Moncrieff (UK)
Day 1	P 4:	“Critical Psychiatry” Dr. Phil Thomas/Dr. Joanna Moncrieff (UK)
Afternoon	P 5:	“How Social Injustice is Making Us Sick” Alisha Ali (USA/CAN)
Nov 3 PM	P 6:	“Psychiatric Medications: A Harm Reduction Approach” Will Hall (USA)
Day 2	P 7:	“Dialogue” Dr. Michaela Amering (Austria), Paddy McGowan/Liam MacGabhann (Ireland)
Morning	P 8:	“The Mindful Journey Through Psychosis” Nicola Wright (CAN)
Nov 4 AM	P 9:	“Beyond Disbelief: Ways of Relating to Unusual Beliefs” Rufus May (UK)
Day 2	P 10:	“The Voice Hearing Experience” Sandra Escher (Netherlands)
Afternoon	P 11:	“The CRCT Hearing Voices Group” M. Haarmans/D. Farah/K. Kaylan/F. Seth (CAN)
Nov 4 PM	P 12:	“Process Oriented Psychology” Joe Goodbread/Will Hall (USA)

Please indicate your food requirements										
Gluten Free		Dairy Free		Halal		Kosher		Vegan		Vegetarian

Complete this Registration form, checkmark your initial preferences

I have read and understand the Registration Policy (next page)

First Name		Last Name			
Organization			C/S	Family	Provider
Street		City		Province	ZIP
Phone			E-Mail		

Registration Policy & Information

Full Conference Registration Fee is \$300.00 per person.

**Note: we have a group registration rate –
three people from a group or agency can register for \$750**

A number of reduced rate (**\$150**) registrations are offered to employees of the consumer/survivor initiatives (CSIs), peer support workers, students and family members.

**Make cheques or money orders payable to Alternatives
and mail registration(s) to:**

**Alternatives,
c/o Family Outreach and Response Program
658 Danforth Avenue - Suite 402
Toronto ON M4J 5B9**

Or, fax the registration form to 416-285-5733, and send payment after.

Please review the conference program. Proceed with the registration process by choosing the four workshops (one for each morning and afternoon of the two-day conference) you would like to attend. *Please note that these are preferences, and that your selections are not guaranteed.* The **registration fee** covers all workshops and presentations, two lunches and refreshment breaks. Mail your registration and the attached cheque. Your registration will not be confirmed until payment is received. ***We need a registration form for each person attending the conference (please copy).***

Cancellation Policy: Refunds will be issued for cancellations made in writing prior to October 15, 2011, subject to a \$ 50.00 processing fee. No refunds will be honoured after October 15, 2011. Delegate substitutions are welcome. In the event of unforeseen circumstances (Flight cancellations, etc.), the Conference Planning Committee reserves the right to reschedule, relocate or cancel the conference. (Partial refunds would be issued after expense disbursement.)

In filling out the registration form you have read, understood and accept the terms and condition of this Registration Policy, including the Cancellation Policy.

For more conference information contact:
Brian McKinnon at bmckinnon@alternativestoronto.org or 416 285 7996 ext 227

Note: A **Pre-Conference Event** for People with 'lived experience' will be held on **Wednesday, Nov 2, 2011** from 1:00 pm to 5:00 pm at Hart House – University of Toronto, 7 Hart House Circle. For more information about the 'Pre-Conference Event' contact: heinz_klein@hotmail.com