

Peer Support Fife

December 2010

Volume 2, Issue 1

PeerSupportFife.org.uk

News Bulletin

Twitter.com/
PeerSupportFife

Reflections past and present

Peer Support Fife

is an emerging voluntary organisation working in mental health recovery - promoting peer support user, survivor and carer involvement - peer advocacy

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Festive Greetings!

I'm not dreaming of a white Christmas, daresay you are the same, with many meetings and events cancelled over the last week or two. But having to stay home has meant time to research websites, online information and interaction with Facebook friends, not to mention starting up a Twitter account and website page additions

We are 'keeping it small' at PS Fife although having done many adventurous activities in 2010 including

- ◇ PS workshops in Fife
- ◇ Involvement workshops: Mary O'Hagan, NZ Graham Morgan, HUG Carolyn Little, UCI
- ◇ Caledonia Clubhouse visit
- ◇ Promoting Inclusion with Peter Bates, NDTi

Thanks to all our volunteers and supporters - "all the best in 2011!"

Chrys Muirhead,
Convener

Savage Chickens

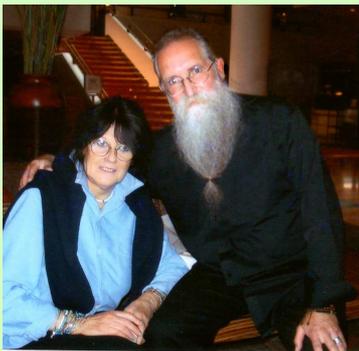
by Doug Savage



www.savagechickens.com

Into the New Year with PS Fife

An Appreciation of the Tidal Model



on

www.tidal-model.com

Thursday 20 & Friday 21 January 2011

Corn Exchange
St Catherine Street
Cupar Fife KY15 4BT

9.30am
to
4.00pm

with

Tidal Model

"helping people
reclaim their lives"

Prof Phil Barker **and** Poppy Buchanan-Barker

The Ten Tidal Commitments

1. Value the voice
2. Respect the language
3. Become the apprentice
4. Use the available toolkit
5. Craft the step beyond
6. Develop genuine curiosity
7. Give the gift of time
8. Know that change is constant
9. Reveal personal wisdom
10. Be transparent

a 2 day *free* workshop
for people who have experience of
mental health problems and their carers

"In the end, it's all just a question of human relationships"
Robert Flaherty – explorer, documentary film-maker

other dates for your diary

see poster and Tidal flyer on PS Fife website

www.peersupportfife.org.uk

To book a place contact Chrys Muirhead

t 01334 656341 e peersupportfife@aol.com

Monday 28 February & Tuesday 1 March 2011
another 2 day free workshop in Cupar
on Solution Focused Approaches

What is narrative therapy? by Alice Morgan **BOOK**

"the person is not the problem, the problem is the problem"
Narrative Therapy philosophy

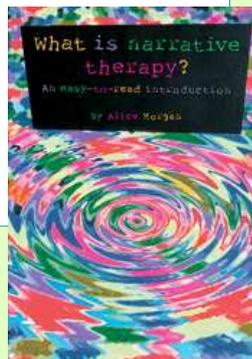
"Narrative therapy is sometimes known as involving 're-authoring' or 're-storying' conversations. As these descriptions suggest, stories are central to an understanding of narrative ways of working. The word 'story' has different associations and understandings for different people. For narrative therapists, stories consist of:

- events
- linked in sequence
- across time
- according to a plot

As humans, we are interpreting beings. We all have daily experiences of events that we seek to make

meaningful. The stories we have about our lives are created through linking certain events together in a particular sequence across a time period, and finding a way of explaining or making sense of them. This meaning forms the plot of the story. We give meanings to our experiences constantly as we live our lives. A narrative is like a thread that weaves the events together, forming a story."

From Chapter
One
[click on book
image for
more]



Psychological Therapies Commitment 4

[from Scottish Government's Delivering for Mental Health]
"We will increase the availability of evidence-based psychological therapies for all age groups in a range of settings and through a range of providers by 2010."
Scottish Government website

"Give me possibilities – or I'll die"
Gilles Deleuze

The Matrix

A Guide to delivering evidence-based Psychological Therapies within NHS Boards in Scotland
December 2008
Scottish Government website

"Impossible only means that you haven't found the solution yet."
Anon

Solution Focused Interactions

Websites

www.dispuk.dk [in Danish]

DISPUK in Denmark is a narrative and post-structuralist training centre, founder and director Allan Holmgren

www.dulwichcentre.com.au

The Dulwich Centre is an independent centre in Adelaide, Australia involved in narrative approaches to therapy and community work

www.erickson-foundation.org

Website about Dr Milton Erickson, psychiatrist and family counselor, a therapist who helped people to extend their limits

"Unlike traditional problem solving approaches which tend to focus on what the problem is and where it came from, Solution Focused Interactions focus on the future and what we want to happen. Specifically, they ask us to describe what we will be doing when the problem is gone.

This approach isn't entirely unlike the maze puzzles we used to play with as children. If we try and 'solve' the maze we frequently end up going down 'blind alleys' and becoming stuck. However, some of us discovered that if we started at the end of the maze (where we wanted to get to) and worked backwards, the process

was much more straightforward and less time-consuming. This is how Solution Focused Interactions can offer a brief, and effective, route to positive change.

Based on the Solution Focused Brief Therapy approach developed by Steve De Shazer and Insoo Kim Berg, Solution Focused Interactions are brief because they don't spend much of the time discussing the problem, and effective because they work on the goals the client wants to achieve, not the goals someone else thinks they should achieve."

Robert Gordon University website:
www.rgu.ac.uk

Solution Focused Brief Therapy modules

“there is a crack in everything, that’s how the light gets in”

Leonard Cohen



Scottish Information Commissioner
‘It’s public knowledge’

Crisis and Connection

“Psychiatric interventions for crisis care lie at the center of the conflict between forced treatment and recovery/wellness systems in mental health services. Though crisis can mean completely different things to people who have the experience, the general public has been taught a unilateral fear response based on media representation. More and more this has led to social control but is erroneously still called treatment. This does nothing to help the person and in fact further confuses people already trying to make meaning of

their experience.

This paper offers a fundamental change in understanding and working with psychiatric crises. Rather than objectifying and naming the crisis experience in relation to the construct of illness, people can begin to explore the subjective experience of the person in crisis while offering their own subjective reality to the relationship.”

Shery Mead & David Hilton
Full paper on **PS Fife** website

Shery Mead and Chris Hansen are coming to Scotland in May 2011
www.MentalHealthPeers.com

Kevin Dunion, the Scottish Information Commissioner, is a public official appointed by Her Majesty The Queen on the nomination of the Scottish Parliament. He is responsible for enforcing and promoting Scotland's **freedom of information** (FOI) laws. Kevin employs 24 staff to support him in fulfilling his role. His office is based in St Andrews, Fife.

Anyone - from anywhere in the world - has a right to see any kind of recorded information from a Scottish public authority, however old the information is. You do not have to say why you want the information or what you want it for and the authority is obliged to respond to all information requests they receive within **20 working days** of receipt.

www.itspublicknowledge.info

Dr Loren Mosher [1933-2004]
architect of the Soteria Project

“A crisis is an opportunity riding the dangerous wind”
Chinese Proverb

“From 1970 to 1992 Dr Loren Mosher was a collaborating investigator, then Research Director, of the Soteria Project – Community Alternatives for the Treatment of Schizophrenia.

In this role, he was instrumental in developing and researching an innovative, non-drug, non-hospital, home-like, residential treatment facility for acutely psychotic persons. The many publications from this experiment demonstrate both the feasibility and cost-effectiveness of its non-traditional approach to the treatment of persons newly identified as having schizophrenia.

www.moshersoteria.com

‘Mosher was never persuaded that psychotic behavior is caused by brain abnormalities. He moreover came to believe that if schizophrenia is not an organic disease, then it’s wrong to force schizophrenics to take drugs that change their brains.

He acknowledges that the powerful antipsychotic medications prescribed for schizophrenia nowadays often

do suppress the symptoms of lunacy and make disturbed individuals easier to control. But Mosher argues that there are better ways to help most schizophrenics recover their sanity - cheaper, more humane and libertarian, less devastating to the human body and soul.”

‘Still Crazy after all these Years’

San Diego Weekly Reader
Vol. 32, No. 2, Jan. 9, 2003

Full article on **PS Fife** website

www.soterianetwork.org.uk

“The Soteria Network are a network of people in the UK promoting the development of drug-free and minimum medication therapeutic environments for people experiencing 'psychosis' or extreme states.

We are part of an international movement of service users, survivors, activists, carers and professionals fighting for more humane, non-coercive mental health services.”

Soteria Network, PO Box 517, Burnley, BB11 9EU.