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June 2011

Peer Support Fife

News Byte

promoting peer support;
peer led initiatives;
survivor user carer
participation & leadership

At the *Sharp Edge* - a dialogue event

"discussions around peer led crisis alternatives"



Tuesday 20 September 2011



Carnegie Conference Centre, Dunfermline

Guests confirmed so far:

Shery Mead & Chris Hansen
Ron Coleman & Karen Taylor
Fiona Venner
Leeds Survivor Led Crisis Service

- working with psychosis
- trauma
- hearing voices
- peer led initiatives
- crisis alternatives

Learning Basic Attendance - Dr Edward M Podvoll

The process of recovery in general, and from psychosis in particular, depends on creating an atmosphere of simplicity, warmth and dignity ... islands of clarity begin to gather and flourish, and one can take his ease and rouse the confidence to recover."
Recovering Sanity (The Seduction of Madness) , chapter 6, page 253

Severe and Enduring?

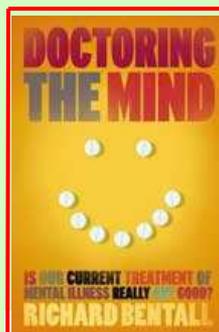
Some of us may have had the misfortune to be labelled 'severe and enduring' by the psychiatric establishment. Consigned to the role of 'revolving door patient'. Given special teams to look after us or otherwise control and manage. Excluded from certain services that could aid our recovery. Put on a path that defines us in terms of our 'mental illness'. Made to fit the criteria. A square peg in a round hole.

And yet some of us have refused to believe the label. We have gone our own way. Taken control of our own mental health. Navigated the system. Reduced and even come off the psychotropic drugs. Recovered. Against all odds, or so they would have us believe.

After all, they tell us, we have an 'illness' that is lifelong. Researchers have been looking for the gene. Brains have been scanned in an attempt to prove the theory. Psychiatry is grasping at straws to maintain their status quo. And still we recover. It's a miracle. Or it could just be that they've got it wrong. That our mental ill health was episodic and related to the stresses and strains of life. A normal reaction to an abnormal situation. An escape valve to relieve the pressure. And all we needed was time out, a break from reality. Sanctuary and healing. A listening ear and therapeutic treatment, gently done. Psychotherapy rather than psychiatry. A real person centred approach. And a different world from the 'severe and enduring' cul-de-sac.

Chrys Muirhead

books



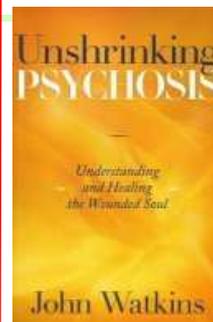
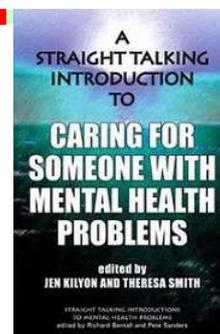
Doctoring the Mind

Is our Current Treatment of Mental Illness Really Any Good? By Richard Bentall

"Bentall's thesis is that, for all the apparent advances in understanding psychiatric disorders, psychiatric treatment has done little to improve human welfare, because the scientific research which has led to the favouring of mind-altering drugs is, as he puts it, "fatally flawed".
Salley Vickers, The Observer

Caring for Someone with Mental Health Problems

Jen Kilyon and Theresa Smith help carers tell their stories. Some have positive outcomes, others ongoing battles. This book looks at alternatives, rather than accept that solutions to mental health problems are owned by the medical professions.



Unshrinking Psychosis *Understanding and Healing the Wounded Soul* By John Watkins

"This book takes a bold quantum leap beyond restrictive bio medical terms of discrete illnesses such as schizophrenia and bipolar disorder to view these conditions from a holistic perspective that reveals a method of madness of psychosis." Amazon UK

More info on PS Fife website **Books** page