



## Introduction of the facilitators and their presentations at the IIPDW course April 6-7 and October 18-20, 2017

**Sami Timimi**

**UK**

*Consultant child and Adolescent Psychiatrist*

*Director of Medical Education*

*Lincolnshire Partnership Foundation NHS Trust*

*Training Programme Director*

*Child and Adolescent Mental Health - Health Education England, East Midlands*

*Visiting Professor of Child Psychiatry and Mental Health Improvement*

*Faculty of Health and Social Sciences*

*Lincoln University*

Sami will present the evidence base on outcomes from treatment of mental health problems including the evidence on pharmacotherapy. He will discuss the implications of this for practice and the importance of the narrative we use to explain and help patients understand the how's and why's of psychotropic prescribing.

Sami will introduce some simple 'scripts' to use when prescribing that can help promote a sense of ownership for any change and enable any prescribing to be short term and with a plan for withdrawal. He will address the problems associated with using psychotropics, including the ethical and clinical issues related to our understanding of 'suffering', 'resilience', and 'agency'. Sami will also touch upon problems associated with withdrawal from psychiatric medications and how this might be done safely.

**Olga Runciman**

**Denmark**

*Psychologist and owner of the company Psycovery*

*Registered psychiatric nurse.*

*She has also learned about psychiatry from the inside out which is why she is able to bridge the two worlds found within psychiatry, that of the psychiatric patient and that of the professionals working in psychiatry.*

Today Olga works primarily with people who have typically been diagnosed by psychiatry as psychotic or schizophrenic. She will, by using examples from her praxis, illustrate how she helps

people, described as severely mentally ill, reduce or withdraw from psychiatric drugs in the everyday. She will show that while there are many considerations related to psychiatric drug withdrawal, it is the reconnecting to people and creating relationships along with pursuing meaning and context that ultimately results in successes. Therefore she will also be exploring the relationship between adverse life events and the “wall of disconnection” which results in a person suffering great distress that cannot be ignored if one wants to help someone taper off their drugs.

### **Carina Håkansson**

**Sweden**

*PhD, social worker and licensed psychotherapist*

*Founder of The Family Care Foundation and its former Director for more than 25 years*

*Founder of The Extended Therapy Room Foundation and its current Director*

*Lecturer at The University for Social Work, Gothenburg and Ersta Sköndal University College in Stockholm*

*Part of a big and colorful network from all over the world*

Carina will talk about her many years of therapeutic practice meeting people who wish to withdraw or never start using psycho pharmaceuticals in a context together with other people who provide ordinary life knowledge and psychotherapy. About what seems to be essential regarding context, relationships and how to handle one’s own feelings and thoughts in critical situations and when fear and doubts appear, both for me as a professional helper and for the one whom it concerns.

She will also refer to her doctorate thesis, and the work of Barbro Sandin, Tom Andersen and some other therapists who have influenced her life and work.

### **Peter C. Gøtzsche**

**Denmark**

*Specialist in internal medicine*

*Professor and Director Nordic Cochrane Centre*

Peter will review the most important biases in trials of psychoactive drugs and will discuss what we can confidently conclude about the benefits and harms of these drugs. Peter will also lecture on the most important harms of psychoactive drugs, both during treatment and when withdrawing from the drugs and will present lists of the most common withdrawal symptoms, which can be used as guides for patients, health professionals and others when tapering.

Peter will discuss the main differences between pharmacotherapy and psychotherapy and what we should believe when patients and psychiatrists differ in their views on drug effects, as both patients and psychiatrists can get it wrong. Peter will, in particular, focus on medication spellbinding, confirmation bias, social desirability bias and the placebo effect, which is consistently being misrepresented in the literature.

## **Robert Whitaker**

**USA**

*Journalist and author of two books about the history of psychiatry, **Mad in America** and **Anatomy of an Epidemic**. He is a co-author of a third book, **Psychiatry Under the Influence**.*

*Founder of **Mad in America Foundation**, a non-profit organization that publishes a critical psychiatry webzine and provides online continuing education courses.*

Robert Whitaker will present a review of the scientific literature that makes an “evidence-based” case for withdrawal of psychiatric drugs, including antipsychotics. He will also present a review of the scientific literature regarding investigations of withdrawal from different classes of drugs, and thus what is known about the physiological aspects of withdrawal from psychiatric medications, success rates related to tapering speeds, and possible biological causes of protracted withdrawal symptoms.

## **Will Hall**

**USA**

*MA, DiplPW*

*PhD Candidate, Maastricht University Medical Center*

*Therapist, teacher, and schizophrenia diagnosis survivor*

*Founder of survivor support and community development initiatives*

Will brings his many years of clinical practice as a therapist as well as a support group facilitator and patient advocate around medication withdrawal. He bridges best research evidence on what is known and not known about withdrawal with a client-centered and pragmatic harm reduction approach that puts each individual's unique experience at the center. Will has trained in Open Dialogue and emphasizes collaboration and working with the relational context around medication decisionmaking, including awareness of power and status in communication encounters.

Will is author of the Harm Reduction Guide to Coming Off Psychiatric Drugs, a mutual support resource translated to 14 languages and used by patients, families, and clinicians worldwide, as well as host of Madness Radio, which has featured more than 170 interviews on recovery and innovative approaches to psychosis and mental distress. He will present practical concrete skills that can be used to support the withdrawal process given the diversity of experience and unpredictability of response that characterize psychotropic drug action.

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