

Searching for a Rose Garden. Fostering Real Alternatives to Psychiatry

2nd and 3rd September 2011 in

Tagungshaus Alte Feuerwache, Axel-Springerstr. 40-41, 10969 Berlin

PROGRAMME

**Friday 2nd September 2011
10 am – 5 pm**

- 10.00 – 10.15 **Opening and welcome**
Stefan Bräunling (Germany), Association for Protection against
Psychiatric Violence, Board member
Gabriela Tanasan (Romania), European Network of (ex) Users and
Survivors of Psychiatry, Chair
Prof. Dr. Benjamin-Immanuel Hoff (Germany), Berlin **State Secretary**
for Health, the Environment and Consumer Protection
- 10.15. – 11.15 Keynote and discussion
Prof. Peter Beresford (UK)
**The Role of Survivor Knowledge in Creating Alternatives to
Psychiatry**
- 11.15 – 11.30 Coffee break
- 11.30 – 1.00 Presentations and Discussion
**Survivor-controlled alternatives to psychiatry in practice:
Concepts and Challenges**
Maths Jespersen (Sweden): Personal ombudsman
Beth Filson (USA): Intentional peer support
Kathrin Vogel (Germany): Runaway house Berlin
- 1.00 – 2.00 Lunch break
- 2.00 – 3.30 **Parallel working groups**

Working group 1 (German speaking)
The principle of survivor-control: A conversation

Three survivor-controlled projects from Berlin rooted in different social
movements discuss common ground and differences in their work. The
focus is on the different circumstances of the projects (such as funding)
and the way that these determine the work. The aim of this working
group is to pursue a new understanding of professional roles as well as
to explore what constitutes survivor-control and the mechanisms to
implement and ensure it.
Input:
Thomas Schlingmann, *Tauwetter* - survivor-controlled project for men
who have experienced sexual violence in childhood;
Zofia Rubinsztajn, *Wildwasser* – survivor-controlled project for women
who have experienced sexual violence in childhood;
Kerstin Tiedtke, *Antipsychiatrische Beratungstelle* – Antipsychiatric
Counseling Centre

Facilitation: Jens Obermark

Working group 2 (English/German with translation)

The role of psychiatric drugs in alternative services

The reliance on psychiatric drugs is what prevents many services which claim to be alternative from actually making a real difference to conventional treatment. This working group will look into this fundamental topic in more detail. Following the input presentation - Maths Jespersen (Sweden), Beth Filson (USA) and Kathrin Vogel (Germany) will give short statements about the role of psychiatric drugs in their work.

Input:

Terry Simpson (UK) will present the conception of Pajaro Valley Sunrise Center – a drug free residential place for adults to recover from psychiatric drug use.

Facilitation: Sabine Dick

Working group 3 (English speaking)

Survivor-controlled research

Survivor-controlled research has the potential to fundamentally challenge the nature of psychiatric evidence. Three renowned editors of the key book “This is survivor research” (2009) outline the development and achievements of this kind of research in the UK.

Input:

Dr. Angela Sweeney will give an introductory explanation of what constitutes survivor-controlled research.

Alison Faulkner will present her experience of successful survivor-controlled projects and reflect on the circumstances in which they ended.

Prof. Peter Beresford will outline the prerequisites for survivor-controlled research and discuss its future.

Facilitation: Jasna Russo

Working group 4 (German speaking)

Self-definitions of madness

People labelled with psychiatric diagnoses are rarely recognised as owners of their experiences and are often denied the authority to define them. This working group will offer a space to deepen survivors' own understanding of madness.

Input:

Regina Bellion

Sarah Heselhaus, Association for Protection against Psychiatric Violence

Peter Weinmann, Drop-in Center for Autonomous Living Saarbrücken

Facilitation: Imke Schrader

3.30 – 3.45

Coffee break

3.45 – 5.00

Plenary discussion:

How can we safeguard the future of survivor-controlled projects?

Panel:

Debra Shulkes (Czech Republic), European Network of (ex) Users and Survivors of Psychiatry (ENU SP), Prague

Peter Beresford (UK), Brunel University London

Heinrich Beuscher (Germany), Regional Chairman for Psychiatric Services in Berlin

Patrizia Di Tolla (Germany), German Association for Social Psychiatry, Board member

Christian Reumschüssel-Wienert (Germany), Head of Division for Psychiatry, German Umbrella Organisation of Independent Charities

Facilitation: Iris Hölling

Saturday 3rd September 2011

10 am – 4 pm

10.00 – 11.15

Keynotes and discussion

Self-harm and suicidality: First-person perspectives

Clare Shaw (UK)

Self-harm and survival

Dr. David Webb (Australia)

Thinking (Differently) about Suicide

11.15 – 11.30

Coffee break

11.30 – 1.00

Parallel working groups

Working group 1 (English/German with translation)

Partnerships at work

In this working group, both professionals and psychiatric survivors engaged in different partnership projects will exchange their experiences and lessons learned. Those partnerships include research, advocacy, support structures, political activism, joint networks, and art projects. The group's aim is to identify some factors in project success and failure and to highlight some principles for fruitful partnerships.

Input:

Dr. Peter Stastny (USA) will describe and reflect on his diverse experiences of working partnerships with psychiatric survivors.

Terry Simpson (UK) will reflect on the danger of unequal partnerships using some of his work experience as an example.

Antje Wilfer (Germany) will describe and discuss opportunities and difficulties around working partnerships between users/survivors and professionals.

Facilitation: Wouter van de Graaf

Working group 2 (English speaking)

Addressing suicidality and self-harm in practice

Suicidality and self harm are used to justify (forced) psychiatric intervention which often proves inadequate and can lead to the damage it claims to prevent. The presenters will show that these experiences don't require coercion and that different responses are possible. They will feature first-person knowledge as a key to developing supportive coping strategies and present their practical work.

Input:

Dr. David Webb (Australia),
Beth Filson (USA),
Clare and Terri Shaw (UK)

Facilitation: Debra Shulkes

Working group 3 (German speaking)
Peaks and pitfalls of participation

Analysing three concrete examples of involvement, this group aims to explore the levels of system change that different models of participation are able to initiate. The main structural obstacles as well as the essential preconditions for service user/survivor involvement will be discussed.

Input:

Dr. Stefan Weinmann will present his current experience of service user involvement in developing guidelines for psychiatric treatment. Anja Henke will describe the possibilities and limitations of her role as a 'recovery companion/attendant' in one day hospital. Patrizia Di Tolla will outline the involvement of service users in creating the new version of the official Treatment and Rehabilitation Plan document.

Facilitation: Viola Balz

Working group 4 (German speaking)
Political strategies for implementing the UN Convention on the Rights of Persons with Disabilities (CRPD)

The efforts to date to make the CRPD a reality will be reported and evaluated. The special focus of this working group is on examining the possibilities for working alliances between psychiatric survivors and disabled people's organisations.

Dr. Sigrid Arnade will draw on her experiences of negotiations around the CRPD. Speaking from the perspective of a self-advocacy organization of people with disabilities, she will reflect on alliances with the movement of psychiatric survivors.

Maths Jespersen (Sweden) who was also involved in the negotiations around the CRPD will contemplate alliances from the perspective of psychiatric survivors' organisations.

Facilitator: N.N.

1.00 – 2.00

Lunch

2.00 – 3.00

Keynotes and discussion

Working in Partnership: Risks and Gains

Dr. Peter Stastny

Fringe benefits, empty promises or radical transformation

Alison Faulkner

Dilemmas of identity and power

3.00 – 3.15

Coffee break

3.15 – 4.00

Closing plenary

Highlights of the Conference, Future Prospects

Facilitation: Stefan Bräunling