

# THE 22<sup>ND</sup> INTERNATIONAL MEETING FOR THE TREATMENT OF PSYCHOSIS

## Open Day Conference

Friday 1<sup>st</sup> of September 2017

### Drug free possibilities in psychiatric care Including the voice of the patient and the network

At Fyrhuset The University Hospital Åsgård , Tromsø.

#### PRESENTERS



#### Magnus P Hald

Psychiatrist and for the last eight years Director of Division of Mental Health and Substance Abuse, University Hospital of North Norway. Engaged in developing a medication-free treatment unit within the hospital.



#### Jaakko Seikkula

has been mainly involved in developing family and social network based practices in psychiatry with psychosis and other severe crises. Since early 80's until 1998 he was a member of the team in Western Lapland in Finland for developing the comprehensive Open Dialogue approach, which Jaakko has been studying both concerning the processes of dialogues and the outcomes in treatment of acute psychosis.



#### Medication free treatment

in Tromsø is an open ward with six beds for patients with severe mental illness, who want treatment without psychiatric medication. The purpose is to give patients a choice. The medication free treatment in Tromsø does also help patients to taper from psychiatric drugs. We try

to organize treatment around physical activity, art therapy and dialog in groups about recovery and daily life, components in a weekly program. The staff and the patients participates together in these activities.

We have a challenge to work with families and network, since patients from all over the northern part of Norway can choose us. We would like to share and discuss our experiences from our first 6 months.



#### Anders Lindseth

(born 1946 in Bodø, Northern Norway) is Professor Emeritus for practical philosophy at the Centre for Practical Knowledge, Nord University in Bodø, where he was full professor 2002–2013. In Sweden he was 2008–2016 Guest Professor for practical knowledge at the School of Design and Crafts, Faculty of Fine, Applied and Performing Arts, Gothenburg University. 1989-2001 he was Professor for practical philosophy and methodology at the Department for Nursing and Health Care Research, Faculty of Medicine, Tromsø University. Since 1997 he has been participating at the annual International Meetings on the Treatment of Psychosis.



#### Carina Håkansson

The Extended therapy room – essential experiences from meeting people in need of help without the use of psychiatric diagnoses and psychiatric drugs. I will talk about the importance of being authentic in the meeting, about participation, and how to make use of ordinary life knowledge in a professional context. Carina Håkansson, founder of Family Care Foundation and The Extended Therapy Room Foundation. PhD, licensed psychotherapist and social worker. Lecturer at the University in Gothenburg and at Ersta Sköndal Högskola in Stockholm.

#### TOPIC

08.30 – 09.15	Registration
09.15 – 09.30	Opening: Tove Karoline Knutsen. Cultural contribution:
09.30 – 10.00	Drug free treatment in Norway, why and how? <b>Magnus P Hald</b>
10.00 – 10.45	In Western Lapland “Open Dialogue”, families’ and social networks’ active participation has decreased the need for medication especially in psychosis. <b>Jaakko Seikkula</b>
10.45 – 11.00	Coffee break
11.00 - 12.30	Drug free treatment unit in Tromsø. Experiences from the first 6 months. Users+ ward staff
12.30 – 13.15	Lunch
13.15 – 14.00	To participate in life - A risky self project that needs accompaniment more than treatment. <b>Anders Lindseth</b>
14.00 – 14.30	Det extendet therapy room – experiences from meeting people in need of help without the use of psychiatric diagnoses and psychiatric drugs. <b>Carina Håkansson</b>
14.30 - 15.00	Coffe break - reflections
15.00 – 16.00	Debate/reflections between the speakers and audience
16.00 – 16.30	Summary
Immediately after the conference, we plan to show the documentary “Cause of Death: Unknown”. Director <b>Anniken Hoel</b> .	

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