

A close-up photograph of a brick path. The path is made of reddish-brown bricks, some of which are slightly uneven and weathered. Scattered across the path and the surrounding sandy ground are numerous bright red rose petals. Some petals are still attached to green stems, while others are detached and lying flat. The background is a mix of sand, small stones, and more petals, creating a soft, textured look.

**SEARCHING FOR A ROSE GARDEN.**

**FOSTERING REAL ALTERNATIVES TO PSYCHIATRY**

International conference on 2<sup>nd</sup> and 3<sup>rd</sup> September 2011 in Berlin

**verein** zum Schutz vor  
psychiatrischer Gewalt e.V.

Association for Protection against Psychiatric Violence

Mit freundlicher  
Unterstützung von:

**Aktion** MENSCH  
DAS WIR GEWINNT

# SEARCHING FOR A ROSE GARDEN. FOSTERING REAL ALTERNATIVES TO PSYCHIATRY

**International conference on 2<sup>nd</sup> and 3<sup>rd</sup> September 2011 in Berlin**

The international conference **Searching for a Rose Garden. Fostering Real Alternatives to Psychiatry** is the highlight of the event series "Survivor Control: The Rights and Self-help Opportunities of People with Psychiatric Experience" organised by the Berlin Association for Protection against Psychiatric Violence this year.

Experiential knowledge proves to be a unique and invaluable resource in creating radically different social responses and building up real alternatives to psychiatry. Bringing together world leaders in the field, this conference will be a rare opportunity to reflect in depth on these innovative approaches which have mainly been developed by psychiatric survivors themselves. We will focus on survivor-controlled practices including research as well as working partnerships with professionals.

**Searching for a Rose Garden** is a must for anybody working toward different values in mental health.

**Organising Committee:** Viola Balz, Stefan Bräunling, Sabine Dick, Iris Hölling, Jens Obermark, Jasna Russo (Coordination), Kerstin Tiedtke und Kathrin Vogel.

**Visual Design:** Agentur TEKTEK; Tünya Özdemir

# PROGRAMME

## FRIDAY 2<sup>ND</sup> SEPTEMBER 2011

10 am to 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

THE ROLE OF SURVIVOR KNOWLEDGE IN CREATING ALTERNATIVES  
TO PSYCHIATRY

**Prof. Peter Beresford** (UK)

### 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) 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**, Bad Orb

**Sarah Heselhaus**, Association for Protection against Psychiatric Violence, Berlin

**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 & Survivors of Psychiatry (ENUSP), Prague

**Peter Beresford** (UK), Brunel University London

**Heinrich Beuscher (Germany)**, *(to be confirmed)*

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 3<sup>RD</sup> SEPTEMBER 2011

10 am to 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' 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.

**Input:**

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: Dr. Valentin Aichele, German Institute for Human Rights.**

**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**

# PRESENTERS



**Dr. Sigrid Arnade** has been Director of the *Interest Group on Independent Living in Germany (German branch of Disabled People's International – DPI)* since 2010. She is a trained veterinarian, but since becoming a wheelchair user in 1986, she has worked as a journalist, facilitator and project manager focusing on disabled women and their equal treatment before the law. In 2004, Sigrid co-founded the campaign "Toward the visibility of disabled women under the UN Convention!" That same year, she represented German Disability Council in the negotiation of the Convention on the Rights of People with Disabilities.



**Prof. Peter Beresford** OBE teaches social policy and is the director of the Centre for Citizen Participation at Brunel University in London. He is open about his long-term experience of using mental health services and is the chair of the national service user organization and network Shaping Our Lives. Peter is the author of numerous publications including *"It's Our Lives: A short theory of knowledge, distance and experience"* (2003) and *"Being A Mental Health Service User"* (2010). He is an Executive Editor of the journal *Disability & Society* and has been invited to sit on many government bodies.

**Regina Bellion**, year 1941, pensioner



**Patrizia Di Tolla** studied psychology and went on to work in the anti-institutional psychiatric reform movement in Italy. Between 1988 and 2011, she directed the Department of Psychiatry of the German Lead Umbrella Organisation of Independent Charities in Berlin (Der PARITÄTISCHE). In that post, she initiated service user involvement and gave instrumental support to several survivor-controlled projects and organisations. Patrizia sits on the Board of the European NGO Santé Mentale et Exclusion Sociale (Mental Health and Social Exclusion). Since 2010, she has also served on the extended Board of the German Association of Social Psychiatry.



**Alison Faulkner** has worked as a freelance researcher, trainer and consultant in the mental health field for more than 20 years. Among many other publications, she authored *"The Ethics of Survivor Research"* in 2004. She was the manager of one of the first large-scale user-led research projects in the UK – *"Strategies for Living"* (1997 – 2003).



**Beth Filson** is co-author of "*Engaging Women in Trauma-Informed Peer Support - A Guidebook*". As a survivor, she brings attention to the role violence and abuse play in the lives of people psychiatrically labeled and provides training to assist organizations in addressing the issue of re-traumatization. Beth currently works in Massachusetts to help providers engage in healing relationships with people who self-injure.



**Anja Henke** has personal experience of psychosis. Since 2001, she has taken part in and also co-facilitated psychosis-seminars/trialogues in Potsdam. These are joint discussion groups for people who have experienced psychosis, their family members and psychiatric staff. In an effort to move the exchange of experiences beyond these single discussions and to reform the psychiatric system, some cooperation has followed with psychiatric services in Potsdam. Since 2009, Anja has worked as a recovery companion at a day clinic in Potsdam. She also takes part in school projects and training sessions; these are run on the trialogue model where Anja brings in the perspective of those with direct experience.

**Sarah Heselhaus** is a special needs assistant and a trainer in breathing techniques.



**Maths Jespersen** has been a regional officer of the Swedish national organisation of users & survivors of psychiatry (*Riksförbundet för Social och Mental Hälsa - RSMH*) since 1988. In 1995, he pioneered PO-Skåne, a professional, user-run organisation which provides supported decision-making for hundreds of persons with severe emotional problems.



**Zofia Rubinsztajn** has worked since 2004 at the Wildwasser self-help counselling centre and drop-in team in Berlin, a survivor-controlled project for women/intersex/transgender people who experienced sexual violence as girls. Prior to this project, she worked for a couple of years at an independent shelter for battered women and children and at a hotline for raped women. Before this, she worked in quite different worlds. Besides working with (sexual) violence, Zofia finds related themes such as drug consumption, suicide, hearing voices and self-harm very important as she also connects personally with these experiences.



**Thomas Schlingmann** was one of the founders in 1995 of the Tauwetter drop-in centre in Berlin for men who (among other things) experienced sexual abuse in childhood. At the beginning of 2000, he co-developed a survivor-controlled approach to counselling and wrote "*Sexual Violence, Manhood and the Capacity to Act*".



**Clare Shaw**, MA PGC, is a key figure in the UK self-harm survivor movement. A founding member of the STEPS self-help group for women who self-harm and the Liverpool-based radical campaigns group Mad Women, Clare has drawn from her academic background as well as her own personal experiences to inform her work and publications around issues including self-harm, sexual abuse and Borderline Personality Disorder. This combination of personal, academic and campaigning experience also informs Clare's work as teacher and trainer: in 2006, Clare co-founded *harm-ed*, a user-led self-harm training organisation.



**Terri Shaw** is a qualified and experienced teacher who has provided training to staff in a wide range of services. Whilst practicing as a nurse Terri developed an awareness of the complexities involved in self-harm; however, her real interest and involvement of the issues stemmed from the experiences of her sister who self-harmed over many years. Since April 2006, Terri has worked with her sister Clare Shaw as a director and principal trainer within *harm-ed*.



**Terry Simpson** is a freelance consultant, trainer and writer on mental health issues. He was a founding member of Leeds Survivor Led Crisis Service, Leeds Mental Health Advocacy Group, and Leeds Survivors Poetry, Terry was the National Director of the UK Advocacy Network (UKAN), a survivor led group promoting advocacy, from 1993 - 2002. He has co-edited several books of poetry and stories by mental health survivors including *"Doorways in the Night"* (2004). Two of his play scripts about the mental health system have been filmed for use on Open University Courses.



**Dr. Peter Stastny** is a New York based psychiatrist, documentary film maker and a founder of the International Network toward Alternatives and Recovery (INTAR). He has frequently collaborated with psychiatric survivors, including by spearheading peer specialist services and peer-run businesses, as well as research and writing projects. Examples are a book and major exhibit at the New York State Museum *"Lost Cases, Recovered Lives: Suitcases from a state hospital attic"* (together with Darby Penney); and the edited volume *"Alternatives beyond Psychiatry"* (with Peter Lehmann). Currently he is working on developing alternatives for individuals experiencing serious crises and further investigating the roles of peers/survivors in providing services to their peers.



**Dr. Angela Sweeney** has been involved in survivor research for nearly 15 years. She completed her PhD at the Service User Research Enterprise (SURE) at the Institute of Psychiatry at Kings College London on the topic of service user-defined outcome measures for continuity of care. Angela has written and presented extensively on the topic of survivor research, and is lead author of the book *"This is Survivor Research"* (2009). She now works at University College London on a study comparing hospital wards and crisis houses.



**Kerstin Tiedtke** has a master's degree in pedagogy and is a silversmith and astrologist. Since 2003, she has been a consultant worker for Project "Support" – a survivor-controlled project supporting individuals run by the Association for Protection from Psychiatric Violence. In 2007, she co-founded a voluntary anti-psychiatric counselling centre for the same organisation; this is unfortunately the only centre of its kind in German-speaking countries to date. In her work, Kerstin especially values the advancement of networking and cooperation within the psychiatric survivor movement.



**Kathrin Vogel** has worked for several years at "Villa Stöckle" Runaway House, the only anti-psychiatric crisis service in Germany. For four years, her responsibilities have been project independent management and public relations. In the course of this work, Kathrin has given presentations in and outside of Germany and has authored several articles. She studies French philology and contemporary history. Her master's thesis will focus on the phenomenon of cultural transference. Kathrin has also completed training as an intercultural coach. Her special interest is in biography and migration.



**David Webb** completed the world's first PhD on suicide by a suicide attempt survivor in 2006 and *"Thinking About Suicide"*, the book from his PhD, was published by PCCS Books (UK) in 2010. He has served on the board of the World Network of Users and Survivors of Psychiatry (WNUSP) and is International Representative for the Australian Federation of Disability Organisations (AFDO). He has represented both these organisations at various UN forums on the Convention on the Rights of Persons with Disabilities (CRPD).





**Dr. Stefan Weinmann** is a specialist in psychiatry and psychotherapy and is a public health scientist. He has worked in several psychiatric clinics in Germany, most recently as a department head. Currently he works for the German Association for International Cooperation in Eschborn, advising on public health programmes in developing countries. Stefan continues to work as a lecturer at the Institute of Epidemiology, Social Medicine and Health Economy at Charité Center in Berlin. His research focuses on the development and evaluation of guidelines for psychiatric treatment, the investigation of psychiatric care and the evaluation of pharmacological treatment in psychiatry. In his recent academic publications he has criticised the way that psychiatric medication is handled, including in his book *"Success-Myth of Psychiatric Drugs: Why do we need to re-evaluate medication in psychiatry?"* (2008).



**Peter Weinmann**, is a biologist and practitioner of alternative psychotherapy. He has also studied theology and social work. For more than ten years, he worked with people diagnosed with a so called mental illness; since 2008, he has focused on a project that he founded to provide individual support - Saarbrücker Anlaufstelle für Selbstbestimmt Leben (Saarbrücken Drop-in Centre for Independent Living). Peter has personal experience of crisis management and psychiatry as a patient in the 1990s. More information about his work can be found at [www.yael-elya.de](http://www.yael-elya.de)



**Antje Wilfer** is a long-time activist in the voice hearers' movement. Bringing in a perspective rooted in her own lived experience, she works as a trainer in Germany and abroad. Antje was recently involved in setting up an independent office in Berlin to investigate complaints about psychiatry.

# AUF DER SUCHE NACH DEM ROSENGARTEN. ECHTE ALTERNATIVEN ZUR PSYCHIATRIE UMSETZEN

FREITAG, 2. SEPTEMBER 2011 VON 10.00 UHR BIS 17.00 UHR

FRIDAY 2<sup>ND</sup> SEPTEMBER 2011 FROM 10 AM TO 5 PM

SAMSTAG, 3. SEPTEMBER 2011 VON 10.00 UHR BIS 16.00 UHR

SATURDAY 3<sup>RD</sup> SEPTEMBER 2011 FROM 10 AM TO 4 PM

SPRACHEN: ENGLISCH UND DEUTSCH (MIT SIMULTANÜBERSETZUNG)

LANGUAGES: ENGLISH AND GERMAN (WITH SIMULTANEOUS TRANSLATION)

TEILNAHMEGEBÜHR: 100 EURO (Ermäßigungstarif: 50 Euro, freier Eintritt für alle Erwerbslosen)

CONFERENCE FEE: 100 EURO (Reduced fee: 50 Euro, free entrance for unemployed)

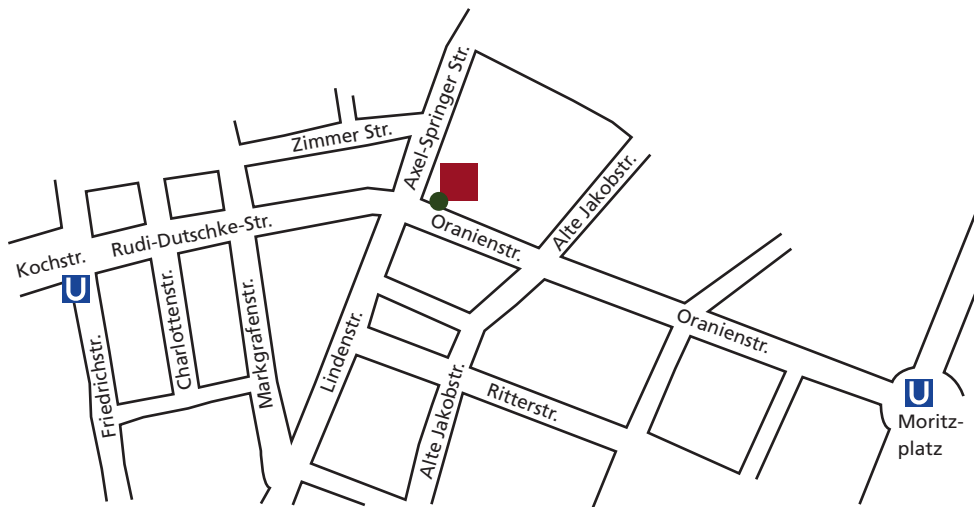
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