

## **ISPS Denmark founded in Copenhagen on March 9<sup>th</sup> 2006.**

More than 50 psychiatrists, psychologists and other mental health workers were assembled at a symposium March 9<sup>th</sup> and 10<sup>th</sup> at the Copenhagen Harbour Front. The two-days symposium became a very successful rite-de-passage, and it created a lot of energy and enthusiasm concerning the psychological and psychosocial treatment of psychosis. In Denmark, as in other places of the world, this is very much needed in order to supplement and counterweight a dominance of biological, and especially psychopharmacological, viewpoints on treatment.

The symposium had the title:

### **“The experience of self and the treatment of psychosis”.**

Professor of philosophy, Dan Zahavi (Centre for studies of subjectivity in Copenhagen) was opened the symposium with a lecture on “Phenomenology and Intersubjectivity”. His theoretical exposition started with Jaspers notion of Schizophrenia as a disturbance of the ego with difficulties of separating the self from others, and with changed subjective feelings of 'here and now' existence, “Dasein erlebnis”. He then went through some arguments and counter-arguments in the Theory-of-Mind debate, and he concluded that "in most *normal* intersubjective situations we have a direct and immediate understanding of the other person's intentions, since these intentions are manifested in the person's behaviour and embedded in a shared social context."

Professor Courtenay Harding (Institute for the Study of Human Resilience, Boston University) talked of “Recovery in a new light” and “Issues for the future”. From her long-term follow-up studies of chronic patients in Vermont and Maine she pointed out the paradox between mental workers wishes to treat patients with schizophrenia and the general pessimistic attitude towards the outcome of schizophrenia prevailing in psychiatry (DSM-IV). She pointed out that the long-term outcome showed another reality: 45-65 % of each cohort significantly improved - i.e. improved in all areas but one - and/or recovered. Courtenay Harding advocated that neuroplasticity and resilience is taken in consideration, and that hope is given to patients which will help these reclaim a life in and after the schizophrenic episodes.

Tor Kjetil Larsen (Rogaland Psychiatric Hospital, Norway) reflected on the theme of “Hypopsychosis – can we prevent schizophrenia?” with results from the TIPS (early psychosis) and TOPP (prodromal symptoms) projects in Norway. He concluded that "Hypopsychosis should be defined and understood as a clinical syndrome that needs to be treated in itself. Whether or not hypopsychosis develops into a psychosis is an interesting and important question but not a necessary condition for the validity of the concept of hypopsychosis." Later he presented on lecture on “Schizoanalysis – the importance of Deleuzes and Guattaris work for modern psychiatry”. Especially the concept of the 'psychosis as a rhizom' characterized by diversity at the root of the categorization (and not only at the top as indicated in a tree-structure), multiplicity in meaning, and productivity.

David Kennard (England) recapitulated history with “Therapeutic communities in the treatment of schizophrenia. He described them in their historical and social context,

and emphasized benefits and pitfalls in the contemporary TC approach to care in the community.

Bent Rosenbaum (Unit for Psychotherapy Education and Research, Glostrup University Hospital, Denmark) talked to the title: "Treatment of people with a schizophrenia diagnosis. A psychodynamic perspective". He distinguished what was dynamic and what was supportive in the supportive psychodynamic psychotherapy. He went through different theories on the topic: Freud, Bion, Ogden and further on to Meltzer, Daniel Stern and Lacan.

Finally Professor Johan Cullberg (Sweden) gave, from a very personal perspective, an insight into: "Art and Psychosis" - thus closing the circle of the theme: self and subjectivity.

### **ISPS Denmark.**

At the symposium a general assembly decided that now was the time to start up the long awaited Danish national branch of ISPS international. Elected as president was Dr. Med Bent Rosenbaum, from the Unit for Psychotherapy Education and Research, Psychiatric University Centre Glostrup where also the ISPS will be located. As members of the committee were elected Francisco Alberdi, MD, Psychotherapeutic Unit, Copenhagen University Hospital, Bispebjerg; Anne Marie Christensen, MD, Child and Adolescent Unit, same hospital (secretary); Mathilde Lajer, MD, Chief psychiatrist, Sønderborg Psychiatric Hospital, and clinical psychologist Bettina Jaeger, Copenhagen (treasurer).

The ISPS Denmark is a part of international ISPS and will follow the laws of this organization. Local rules were voted on. Everybody with an interest in the psychological treatment of person with schizophrenia, who accepts the rules of ISPS, will be accepted as a member. The board will meet at least twice a year and arrange 1-2 local symposia.

Anne Marie Christensen  
Secretary