



## **Psychological Therapies, Medication and Psychosis: How do they relate to one another?**

**An important action-provoking one-day Conference  
organised by the ISPS UK**

**Tuesday 1st July 2008, 09.30 - 16.30 hrs**

**Venue: The Society of Chemical Industries, London SW1**

The next ISPS national conference provides an ideal opportunity to hear from international speakers on the most effective approaches to aid our understanding of the interactions between talking therapies and medication. Psychological approaches are used for many different things and the speakers will explore how psychological therapies may be used to best effect, and how medication integrates with these approaches. For example some therapies may have identical aims as medication - e.g. to 'simply' reduce hallucinations, whilst others might have different or even opposing aims - e.g. to reduce stress on mind vs to increase capacity to manage stress. The conference will hear from leaders in the field who will help us challenge traditional thinking in this area and identify future steps that professionals, service users and their families can take together so that with improved understanding and dialogue we might better improve the chances of integrating these often divergent approaches to treatment within one that supports an individual's recovery. The Conference welcomes attendees from all areas of the mental health profession including service users and carers. Presentations will include:-

**'My experience of talking therapy and how medication helped with this'.**

Janey Antoniou, Service User.

**'The Relationship between psychological therapies and medication'.**

Catherine Clarke, Carer.

**'When a need-adapted psychosocial system of treatment is available, then the indications and contra-indications of medication can be planned in the treatment of severe mental health disorders: experiences from Finland'.**

Professor Jukka Aaltonen Family Therapy Advanced Specialist and Trainer, Psychoanalyst.

**'Helping people reduce psychiatric medication; using a self-help approach'.**

Dr Rufus May, Clinical Psychologist.

**'Do drugs help or hinder psychological therapy'?**

Dr Joanna Moncrieff, Senior Lecturer, University College London

**'ISPS UK National Overview'**

David Kennard, Chair ISPS UK

There will also be opportunity to meet in facilitated discussion groups and an audience/panel debate on

**'Does our practice need to change'.**

**The Conference will offer 5.5 hours CPD**

**Cost: ISPS UK Members £115.00, Non-Members £155.00. Join ISPS UK and Attend Conference £150.00**

(to include membership until August 2009, 4 Newsletters a year, email discussion group, reduced rates at conferences and ISPS Journal 'Psychosis'). **5 free places and 10 places at £25 are available to service users and carers on a first come/first served basis. A limited number of subsidised places at £50 are also available to those on low incomes.**

**Please contact Annabel Thomas: [isps@athomas99.freeserve.co.uk](mailto:isps@athomas99.freeserve.co.uk) Tel: 0845 166 4168 for details.**

To book please complete and return the attached form.

**The ISPS UK has no pharmaceutical sponsorship for its events.**