CONFERENCE IN CELEBRATION OF
20 YEARS OF PCCS BOOKS

Shared practice in non-medicalised mental health care

16th October 2013
10.00 am–4.30 pm
Clarendon Suites, Edgbaston, Birmingham B16 9SB

PCCS Books is celebrating 20 years of independent publishing this year with a one-day conference bringing together experts in their fields who share the desire for honest, democratic, equal and fully informed care for people in distress.

The speakers represent the dominant themes in PCCS Books' lists: person-centred psychology, critical psychology and psychiatry, and service-user perspectives.

Speakers

Richard Bentall
Professor of Psychology, University of Liverpool

Mick Cooper
Professor of Counselling, University of Strathclyde

Jacqui Dillon
Chair of Hearing Voices Network, England

Stephen Joseph
Professor of Psychology, Health and Social Care, University of Nottingham

Joanna Moncrieff
Senior Lecturer in Psychiatry, University College London and Co-chair of the Critical Psychiatry Network

Lisbeth Sommerbeck
Client-centred clinical psychologist, accredited specialist in psychotherapy, Danish Psychological Association

For service users, carers, professionals, students and everyone interested in critical debate on mental health care

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PCCS Books

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PCCS Books

Shared Practice in Non-medicalised Mental Health Care

Richard Bentall: *The myth that schizophrenia is a genetic disease*

The idea that schizophrenia is an inherited disease has been treated as an axiom rather than a hypothesis throughout the history of psychiatry. Recent expensively funded attempts to find the molecular basis of schizophrenia have been justified by the high heritability coefficient (> 70%) calculated from twin studies. Because this coefficient has been widely misunderstood as a gene/environment causation ratio, high values have been assumed to mean that the causes of schizophrenia are mostly genetic. In fact, heritability means something quite different, and it is possible for environmental factors to be crucial even when heritability approaches 100%. The only way of establishing whether environmental factors are important is to study them. Recent studies have shown very large effects for a number of environmental influences, including exposure to the urban environment, poverty and social inequality, childhood trauma and exposure to victimisation.

Richard Bentall is Professor of Clinical Psychology at Liverpool University, takes on far too many tasks, and often lets down his friends as a consequence. He has previously held chairs at the universities of Manchester and Bangor, and is the author of *Madness Explained* (Penguin, 2003) and *Doctoring the Mind* (Penguin, 2009).

Mick Cooper: *Are the facts friendly? Person-centred therapy in an era of 'evidence-based' practice*

This presentation will look at the development, status and future of person-centred therapy in relation to the present calls for evidence-based counselling and psychotherapy. It will critically examine the current evidence base for the approach, and discuss some of the key contemporary developments that are attempting to address present limitations. The presentation will also consider some of the key challenges that face the person-centred community in engaging with the field of research and evidence, and how these can be addressed.

Mick Cooper is a Professor of Counselling at the University of Strathclyde and a practising counselling psychologist. He has written and edited a range of books and papers on relational and research-based approaches to therapy, including *The Existential Counselling Primer* (PCCS Books, 2012) and *Pluralistic Counselling and Psychotherapy* (Sage, 2011).

Jacqui Dillon: *The history and work of the Hearing Voices Network – the personal is still political*

The Hearing Voices Network, inspired by the work of Prof Marius Romme, provides hope for thousands of voice-hearers. It promotes an inclusive approach to mental distress, with the idea that in order to truly understand psychosis we must begin by listening to those who know these experiences from the inside out; the voices and narratives of those who have been condemned as 'unanalysable' and mad.

Jacqui Dillon is Chair of Hearing Voices Network, England. She is a writer, campaigner, international speaker, trainer and co-editor (with John Read) of the second edition of *Models of Madness* (Routledge, 2013).

Stephen Joseph: *The positive psychology of the person-centred approach*

Over the last decade the new science of positive psychology has transformed the landscape of psychology with its emphasis on well-being, personal growth and human flourishing. While such ideas have been new to many, the person-centred approach has always been a positive psychology. Today, more than ever, person-centred psychology can offer a positive psychological vision for the helping professions.

Stephen Joseph is Professor of Psychology, Health and Social Care at the University of Nottingham. He is co-editor (with Richard Worsley) of *Person-Centred Psychopathology: A positive psychology of mental health* (PCCS, 2005), *Person-Centred Practice: Case studies in positive psychology* (PCCS, 2007) and *What Doesn't Kill Us: The new psychology of posttraumatic growth* (Piatkus, 2013).

Joanna Moncrieff: *Mother's little helper: The politics of consumerism and psychoactive drug use*

This talk will look at use of psychoactive drugs through the ages, and draw parallels between the illicit and recreational use of these substances and the use of prescription drugs for mental health problems. The marketing of psychoactive substances by the pharmaceutical industry and their presentation as specific, disease-targeting treatments by the psy professions will be explored, along with the political motivations that demonise self-directed substance use, while promoting paternalistic, medically initiated use.

Joanna Moncrieff is Senior Lecturer at UCL and practising consultant psychiatrist in London. She is Co-chairperson of the Critical Psychiatry Network and author of *The Bitterest Pills: The troubling story of antipsychotic drugs* (Palgrave, 2013), *The Myth of the Chemical Cure* (Palgrave, 2009) and *A Straight-talking Introduction to Psychiatric Drugs* (PCCS Books, 2009).

Lisbeth Sommerbeck: *Rebutting criticisms of person-centred therapy with people diagnosed with psychosis*

Several popular misconceptions of person-centred therapy will be refuted, including: (1) that person-centred therapy is insufficient or unsuitable for people diagnosed with psychosis, (2) that because person-centred therapy is antithetical to the medical model it cannot be practised in psychiatric settings, and (3) that empathising with, or trying to understand psychotic experience is detrimental to recovery. On the contrary, the positive therapeutic impact of empathic responding in psychotic process will be described.

Lisbeth Sommerbeck is a clinical psychologist accredited as a specialist in psychotherapy by the Danish Psychological Association. She has worked in psychiatric settings for 35 years and is now retired. She has written many journal articles and two books, one in English: *The Client-Centred Therapist in Psychiatric Contexts: A therapist's guide to the psychiatric landscape and its inhabitants* (PCCS Books, 2003).

Pete Sanders: *Towards shared practice*

It will not be news for many to hear that Carl Rogers' work advocated the demedicalisation of distress over 60 years ago. Contemporary psychological treatments seem to be re-inventing a number of the wheels developed by Rogers in the 1940s and 50s, from research into psychotherapy to the therapeutic potential of human relationships. This talk maps out the co-ordinates of shared practice for the 21st century.

Pete Sanders is a Co-director of PCCS Books. He has been talking and writing about this topic for 35 years, and shows no signs of stopping.

Conference details

Provisional timetable

9.30 Registration, refreshments and browse stalls
10.30 Maggie Taylor-Sanders *Welcome*
10.45 Pete Sanders *Setting the scene for the conference*
11.00 Jacqui Dillon
11.30 Lisbeth Sommerbeck
12.00 Richard Bentall
12.30 Lunch
1.30 Mick Cooper
2.00 Joanna Moncrieff
2.30 Stephen Joseph
3.00 Break - refreshments
3.30 Pete Sanders *Towards shared practice*
4.00 Panel
4.30 Close

Dates and fees

Earlybird rate until 31.08.13: £65.00
Full rate from 01.09.13: £75.00
Service user rate: £20.00
Registration by official purchase order or requiring an invoice incurs an administrative charge of £10.00
Fees include refreshments and buffet lunch.

Venue

The Clarendon Suites, 2 Stirling Road, Edgbaston, Birmingham B16 9SB. See map on page 4 of this leaflet.

Accessibility

The Clarendon Suites has wheelchair access to all conference rooms and disabled toilets.

Travel

See map on page 4 of this leaflet.
Parking: The Clarendon Suites is easily accessible from Junction 3 of the M5, with ample free parking on site.
Train: Birmingham New Street station is 2 miles from the venue and accessible by taxi or bus from the city centre.
Plane: There are regular train links from Birmingham International Airport to Birmingham New Street station.

Accommodation

We have tried our best to arrange timings so that as many delegates as possible can travel to and from the conference in one day. If you need to stay in Birmingham before or after the conference, the Clarendon Suites conference centre is located just off Hagley Road within walking distance of hotels to suit all budgets.

Profits

We are planning this as a not-for-profit event, however, if it is particularly well subscribed, any profits from the conference will go to Soteria Network UK: www.soterianetwork.org.uk

Organisations represented at the conference

We have asked organisations with which PCCS Books has special affiliations to bring a stand and publicity to the conference:

Association for Humanistic Psychology in Britain
Asylum Collective
British Association for the Person-Centred Approach
Critical Psychiatry Network
Hearing Voices Network
International Society for Psychological and Social Approaches to Psychosis
Soteria Network UK
World Association for Person-Centered and Experiential Psychotherapy and Counseling

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How to find us

By rail, Birmingham New Street, Snow Hill & Moor Street Stations.
We are about a 5 minute taxi journey from all of these stations.

By road
Easily accessible from the A38, M42, M5 and M6 motorways.

By bus.
A regular bus service operates to and from the city centre.

Parking
Free on site car parking for over 250 vehicles.