

Content

Disclaimer

Foreword by Mary O'Hagan

Foreword by Martin Zinkler

Introduction

Part 1: 45 years of humanistic-antipsychiatric commitment – Scattered biographically orientated texts

- About myself and my history
- Peter Lehmann's story
- Relapse into life
- What helps me if I go mad? (I)
- From the madhouse to the warmth of others
- Honorary doctorate for Peter Lehmann
- A liberated psychiatry? Expression of gratitude on the occasion of the award of an honorary doctoral degree by the School of Psychology of the Aristotle University of Thessaloniki (Greece)
- Are users and survivors of psychiatry only allowed to speak about their personal narratives?
- "So I lost my fear and gained everything": Peter Lehmann, 50 years of activism for dignity and rights in mental health (I)

Part 2: Humanistic antipsychiatry – Scattered practice-orientated texts

Humanistic antipsychiatry

- About humanistic antipsychiatry
- International noncompliance and humanistic antipsychiatry
- Me and Thomas Szasz

Psychiatric diagnoses and people's real problems

- 'Progressive' psychiatry: Publisher J. F. Lehmann as promoter of social psychiatry under fascism

Equality of psychiatrists and their patients before the law

- Declaration of Dresden Against Coerced Psychiatric Treatment
- A blatant threat to human rights from the Steering Committee on Bioethics of the Council of Europe: Protest against the "White Paper on the protection of the human rights and dignity of people suffering from mental disorder, especially those placed as involuntary patients"
- Main findings on harassment and discrimination in health and mental health services

- Recommendations to combat harassment and discrimination in health and mental health services
- Promotion of mental health and prevention of mental disorders by empowerment: Is there a psychiatry-policy without meaningful participation of (ex-) users/survivors of psychiatry?
- Commentary to: WHO quality assurance in mental health care – “Draft. Human rights of people with mental disorders”
- Transparency first: Disclosure of conflicts of interest in the psychiatric field
- The Psychosocial Advance Directive: Not only in the case of failures in withdrawal from psychiatric drugs

Risks and harms of psychiatric psychotropic drugs

- For and against psychotropic drugs
- Paradigm shift: Treatment alternatives to psychiatric drugs, with particular reference to low- and middle-income countries (I)
- PSY DREAM: Psychiatric drug registration, evaluation and all-inclusive monitoring
- For and against dependence on antidepressants and neuroleptics: Who benefits?
- Psychiatric emergency-treatment: Help against one's will or action of professional violence? (I)
- Early warning signs of chronic or lethal diseases due to the administration of neuroleptics
- Resisting psychiatric assault: A European initiative to introduce a suicide register

Discontinue prescribed psychotropic drugs?

- Withdrawal symptoms connected with cessation of psychiatric drugs
- Recovery by taking psychiatric drugs versus recovery by coming off psychiatric drugs
- And now, how to proceed? A resume (I)
- Discontinuing antidepressant medications
- Psychiatric drug withdrawal: A guidebook for prescribers, therapists, patients, and their families
- And now, how to proceed? A resume (II)

Risks and harms of electroshock

- How to produce normality with electricity
- A concise guide to electroshock: Indications, mode of action, risks, alternatives
- Doctors of deception – What they don't want you to know about shock treatment
- Towards the ban on electroshock

Adequate and effective assistance for people in emotional distress

- Perspectives of (ex-) users and survivors of psychiatry

- Unconventional approaches to psychiatry
- Psychiatric emergency-treatment: Help against one's will or action of professional violence? (II)
- Soteria: As viewed by (ex-) users and survivors of psychiatry
- Paradigm shift: Treatment alternatives to psychiatric drugs, with particular reference to low- and middle-income countries (II)
- Reforms or alternatives? A better psychiatry or better alternatives?

Joining forces

- Working offensively
- “So I lost my fear and gained everything”: Peter Lehmann, 50 years of activism for dignity and rights in mental health (II)
- Self-help, difference in opinion and user control in the age of the internet
- A snapshot of users and survivors of psychiatry on the international stage
- The bright and the dark side of the self-help movement
- Facebook friends and other enemies

Living with madness / Appreciating diversity

- Vejle Declaration: How we propose to deal with each other
- What helps me if I go mad? (II)
- Variety instead of stupidity: About the different positions within the movement of (ex-) users and survivors of psychiatry
- Celebrating Dorothea Buck's 100th birthday
- In memoriam Hubertus Rolshoven
- We express our deep sorrow at the loss of our dear friend Loren Mosher

Resume

- Psychiatry stripped naked: Current human rights violations in psychiatry in Germany, Greece and the rest of the world
- Breaking the terrible taboo of the suicidal effects of neuroleptics

Appendix

- Psychotropic drugs register
- Illustration references
- Name index
- About the author