



Ouf-Thy, Genape, 23 October 2021

Mental Illnesses : We are Pro-Cure !

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Secretary of *ASBL EspéranceS*,
a Non-Profit Association of Sufferers and Families

<https://esperances.org>

Foreword

This presentation represents the voice of one man, a different voice, the voice of a :

- Father of a son diagnosed mentally ill and traumatized by psychiatry;
- Research Scientist by education and profession, and
- Tax-Payer-Client forced to finance that traumatizing psychiatric system.

Of course, my voice as a tax-payer and client of the psychiatric system is different than the voices of professionals paid by my taxes and/or by fees paid from my scarce resources.

The goal is to investigate implications of the 2015 Law of Norway, of Therapeutic Communities, of Healing Homes and of the Soteria Projects of Europe and Flanders for Belgium, in order to shift the paradigm and to get a higher Quality of psychiatric services, i.e. a humanistic and holistic Quality delivering cures, instead of traumas, and for a lower Price than the existing psychiatry.

More and more voices of parents-tax-payers-clients and sufferers are joining mine. See slide # 35: on the graph, from 0% on the right towards the center, the number is growing.

Some of the readers may not like our voices. You have no obligation to agree with us. But remember, according to “Open Dialogue Principles” and the need for Polyphony, your duty is to respect our voices and to listen to them. What you will then do or not do will be your responsibility.

Our voices are clear : “The best medicine is Love, and with respect to mental illnesses, we are Pro-Cure !”

As a Reminder

The word “Medicine”, from the Latin “*Medicina*”, means “the Art to cure !”

Googling “physician meaning”, one of the responses is :

- a person who cures moral or spiritual ills; a healer.
"physicians of the soul"

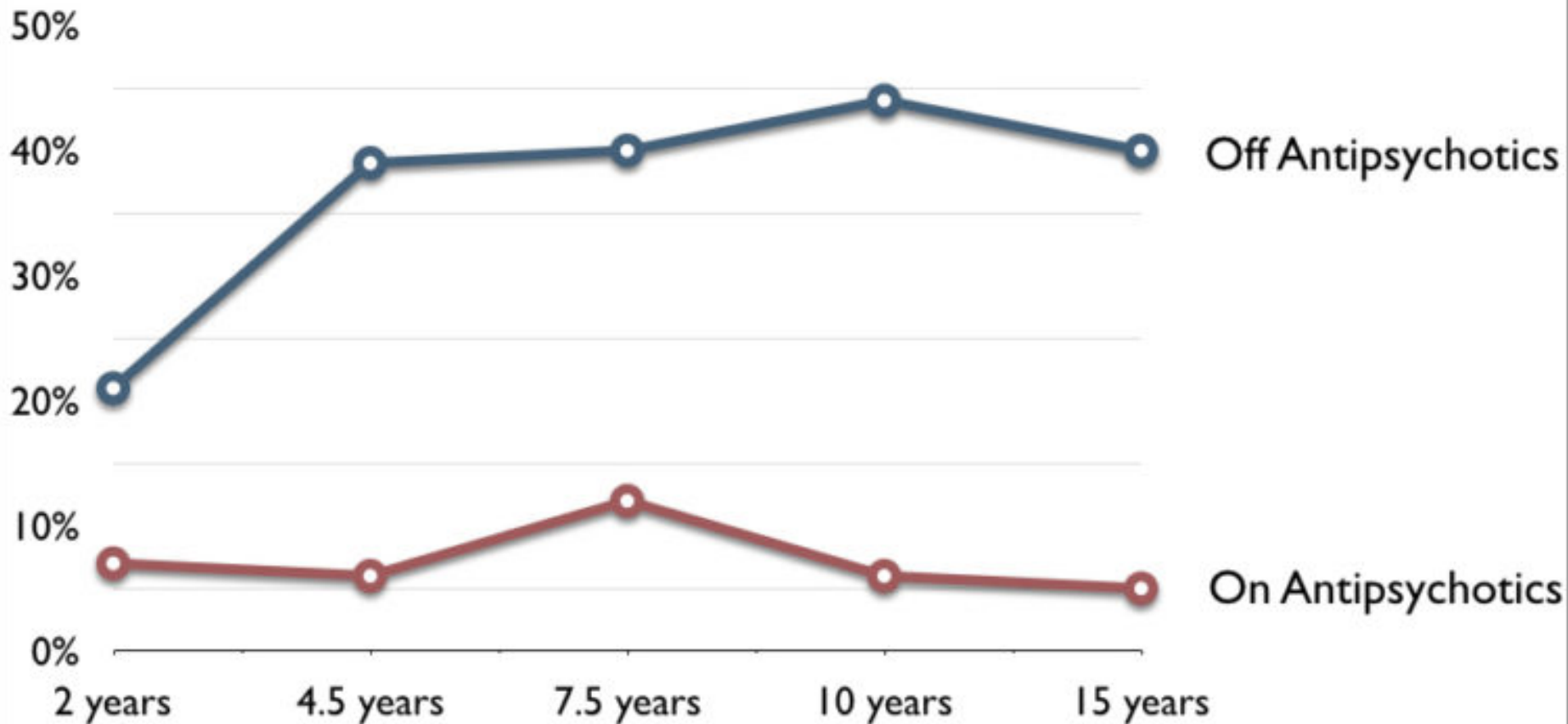
As we all know : “the best medicine is Love !”

Psychiatrists' Dogma

99% of Professionals involved in psychiatry pretend that ...

- Mental illnesses are incurable.
- Sufferers are disabled for life.
- Sufferers must become addict to psych-drugs for life.
- More (tax-payers') money is needed !...

Long-term Recovery Rates for Schizophrenia Patients



Source: Harrow M. "Factors involved in outcome and recovery in schizophrenia patients not on antipsychotic medications." *Journal of Nervous and Mental Disease* 195 (2007):406-14.

This was without the support of the "Open Dialogue Therapy" to get to 80-85% cured!

The power of reproducible data in a graph !

GOAL : to acquire, to learn and to practice the Healing and Curing Therapies

- Chamanism
- Anti-Psychiatry
- Soteria Home
- Hearing Voices
- Open Dialogue
- E-CPR (Emotional - Connecting, emPowerment, Revitalising)
- Healing Home
- Therapeutic Communities
- Secret Language
- AutismeOne
- ADHD Healing
- ...

Non-exhaustive list by the author of this presentation

Inspiration

1. The 2015 Law of Norway

- Four Associations of Parents
- One Association of Professionals

2. UK and US Therapeutic Communities (still open)

- Recovery Devon
- Inner Fire & Spring Lake Ranch in Vermont
- WindHorse, etc

3. Actions in Belgium

- *Verbindend spreken met Psychose*
- *Re-Member with “Open Hart Cirkels”*
- *Poustinia Home, with The Life Chain (Levensnoer)*
- The Soteria Project for Flanders
- The EspéranceS Project for the healing of the 11.5 % of young People “diagnosed” mad.

1. The 2015 Law of Norway : Pros vs. Cons

Northern Norway :

- Trained to “Open Dialogue”
- Aware of other Healing Therapies

Southern Norway :

- Not trained to Healing Therapies
- Hence, due to Ignorance...
- Very high Resistance to the Change



Psychiatric Hospital of Tromsø, Norway

The Door to a Revolution in Psychiatry Cracks Open

A MIA Report: Norway's Health Ministry Orders Medication-Free Treatment

By **Robert Whitaker** - March 25, 2017

👁️
109709

💬 137



The Hurdalsjøen Recovery Center

Medication-Free Treatment in Norway: A Private Hospital Takes Center Stage

By **Robert Whitaker** - December 8, 2019

👁️
26143

💬 41





UNIVERSITETSSYKEHUSET NORD-NORGE
DAVVI-NOROGGA UNIVERSITEHTABUOHCEVISSU

Drug-Free Treatment

“The Patients Healthcare System”

HELSE



2010: National Strategy for Reduced Coercion in Mental Health

- Systematic introduction of alternatives to coercion
 - Drug-free treatment options
 - User-controlled beds
 - Outreach teams
 - Individual plans
 - Crisis plan



There is no national
or international
experience
with establishing a drug-free
bed unit
within the framework
of
a psychiatric clinic/hospital.



Journal for the Norwegian Medical Association # 6, 2017:

- Drug-free hospital wards – a measure without any knowledgebase.

Jan Ivar Røssberg, Ole A Andreassen, Stein Opjordsmoen Ilner

- Health secretary Høie has let himself be manipulated by interest groups and not been willing to listen to professionals.

Tor Ketil Larsen

“Open Dialogue” International Meeting August 2017, at Tromso, Norway

Dr.
psychiatrist
Birgitta
Alakare,
Western
Lapland,
North-
Finland
-
Luc
De Bry



Dr.
psychiatrist
Sandra
Steingard,
Howard
Institute,
Burlington,
Vermont,
USA,
and her
Husband,
psychiatrist
Too.

With Tonje Finsas, the very first patient benefiting from the 2015 Law

Since 2015, Treatment Options for Psychosis in Bergen, Norway : no Healing Therapy as yet !

DISTRICT PSYCHIATRIC CENTER	CBT	IPS	IMR	MUSIC THERAPY	FAMILY GROUPS	PHYSICAL EXERCISE	ACT/ FACT	PEER WORKER
KRONSTAD								
BJØRGVIN								
ØYANE								
BETANIEN								
SOLLI								
VOSS								

2016

DISTRICT PSYCHIATRIC CENTER	CBT	IPS	IMR	MUSIC THERAPY	FAMILY GROUPS	PHYSICAL EXERCISE	ACT/ FACT	PEER WORKER
KRONSTAD								
BJØRGVIN								
ØYANE								
BETANIEN								
SOLLI								
VOSS								

2019

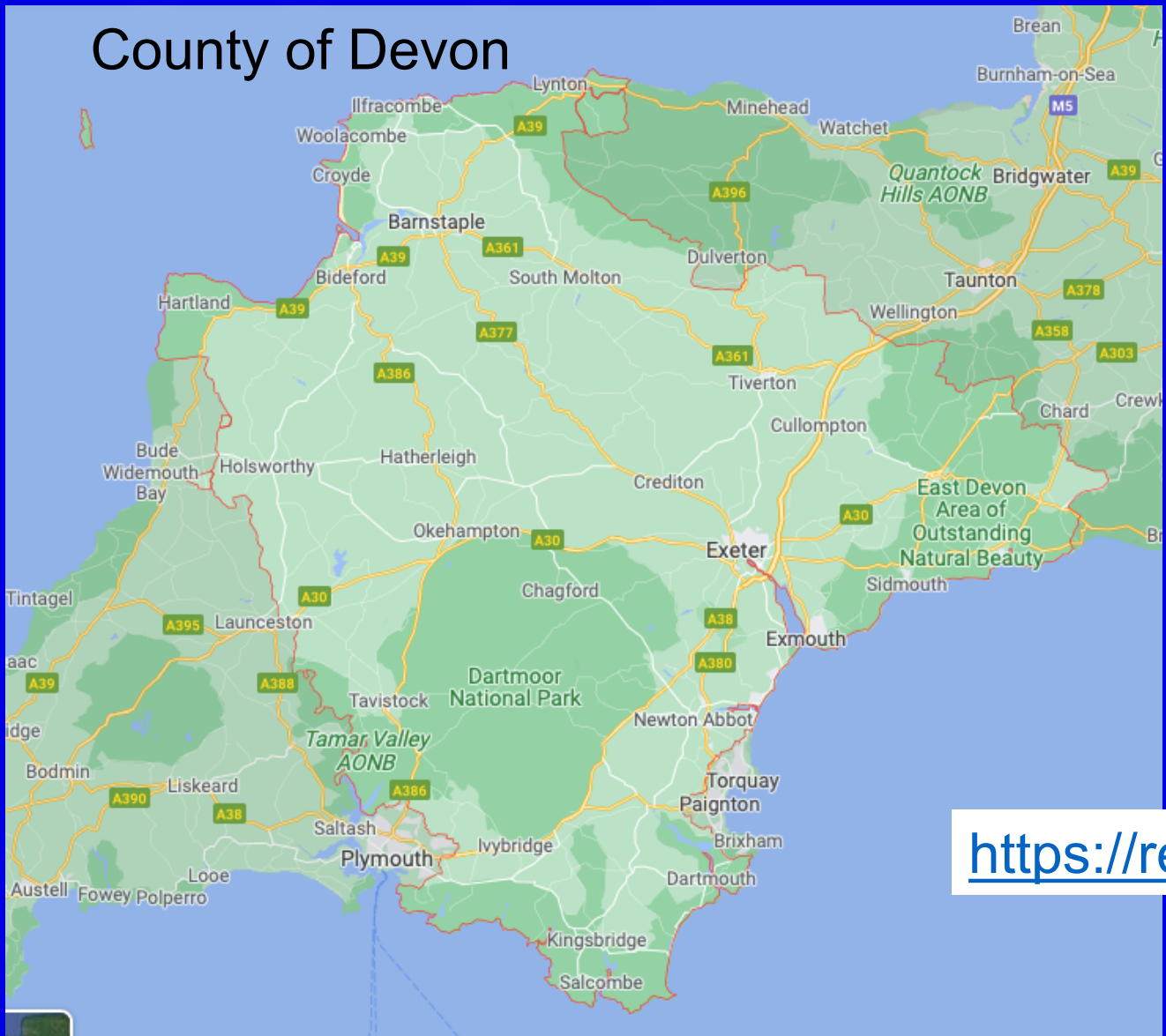
IGNORANCE vs. KNOWLEDGE

The main causes of

- either resistance to the change
- or of acceptance

2. Therapeutic Communities

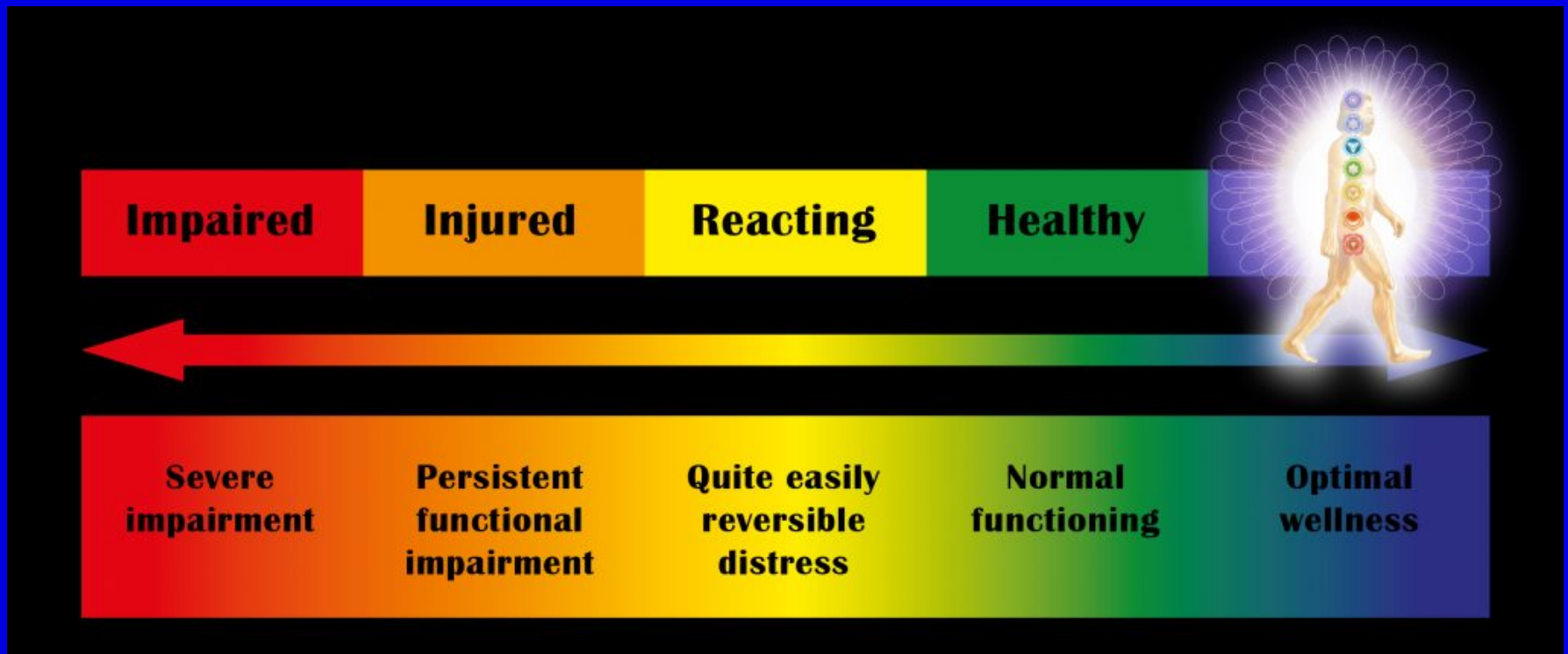
County of Devon



**Recovery
Devon**

<https://recoverydevon.co.uk>

inner  *fire* deep healing • without meds



<http://innerfire.us>



Spring Lake Ranch

therapeutic community



<https://springlakeranch.org>

The Windhorse Guild

BUILDING ON TWENTY YEARS OF INNOVATION IN MENTAL HEALTH CARE

Founded in 2001 in Boulder, Colorado, USA

US Network : Northampton, MA – San Luis Obispo, CA – Portland OR



Threads of Inquiry, Threads of Recovery

European Windhorse Centers :

Vienna, AU – Freiburg, DE – Frankhental, DE – Turin, IT

<https://windhorseguild.org>

Mental Illnesses :

Healing / Curing Therapies for Belgium !!!

What do we plan ?

What are we doing ?

From Innovation to Evidence-Based Practice, the 4 major Steps

1. Criticism, the W. Churchill's way
2. Innovation : the T.A. Edison's way
3. Installation : the R.B. Fuller's way
4. Result : Paradigm shifted !

1. Critical Need of CRITICISM

By Winston Churchill (1874 – 1965)

“Criticism may not be agreeable, but it is necessary. It fulfils the same function as pain in the human body; it calls attention to the development of an unhealthy state of things.

If criticism is heeded in time, then danger may be averted; But if criticism is suppressed, then a fatal distemper may develop.”

Criticism : The big Failure of both the State and psychiatry professionals

Healing/Curing Therapies of mental illnesses **do exist**, but are :

- Not reimbursed by National Health Insurances at all...
- Not taught by 99% of professors to their students...
- Not learned by 99% of professionals...

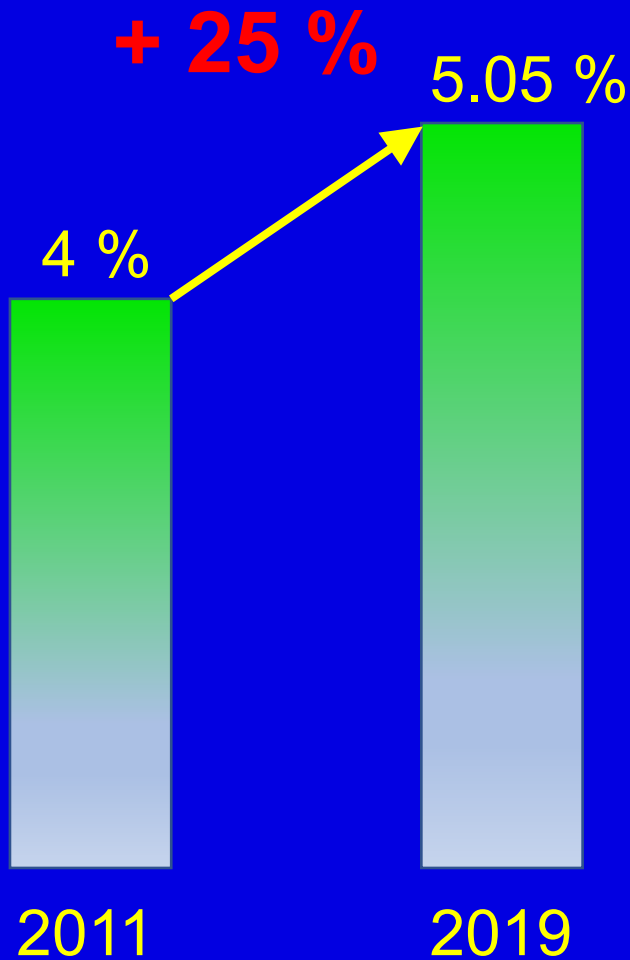
Thus, Healing/Curing Therapies are **neglected**

by both the State and 99% of professionals.

Criticism : Consequence of that Neglect by both the State and psychiatry professionals

- 99% of professionals have no curing competence !
- Very, very bad medical Quality, i.e. zero cure !
- Far too high a Price !
- National Disaster of Mismanagement of
so-called Mental Health Care !
- Highly detrimental to both Sufferers and Tax-Payers-Clients !

Evolution of Psychiatry annual Costs In Belgium, in % of GDP*

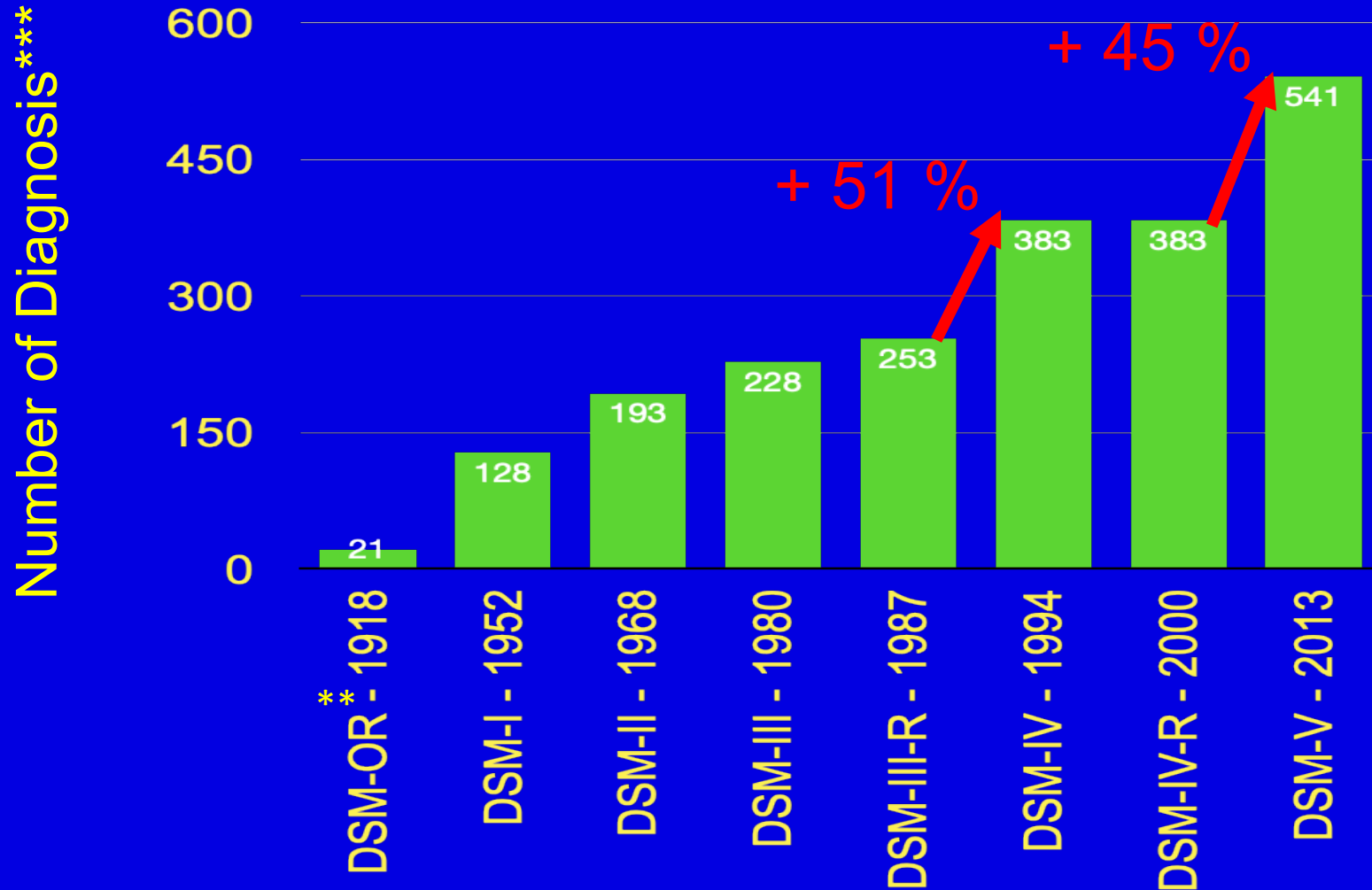


So, psychiatrists got 25% more money :

- Inflation was 10% only...
- In 8 years, almost 5 B** € more,
- In 8 years, from 19 to 24 B €/year,
- **Not** a single step towards healing therapies !
- What do they do with our tax-money ???

* GDP = Gross Domestic Product, in 2019, it was 478.161 B € - <https://fr.countryeconomy.com/gouvernement/pib/belgique> -- ** B = Billion
2011 – NL – https://www.health.belgium.be/sites/default/files/uploads/fields/fpshealth_theme_file/brochure_organisatie_en_financiering_van_de_geestelijke_gezondheidszorg_in_belgie.pdf
2011 – FR – https://www.health.belgium.be/sites/default/files/uploads/fields/fpshealth_theme_file/brochure_organisation_et_financement_soins_psy.compressed.pdf
2019 – EN – <https://kce.fgov.be/en/organisation-of-mental-health-care-for-adults-in-belgium>

From Indian Oppression* to Pedo-psychiatry



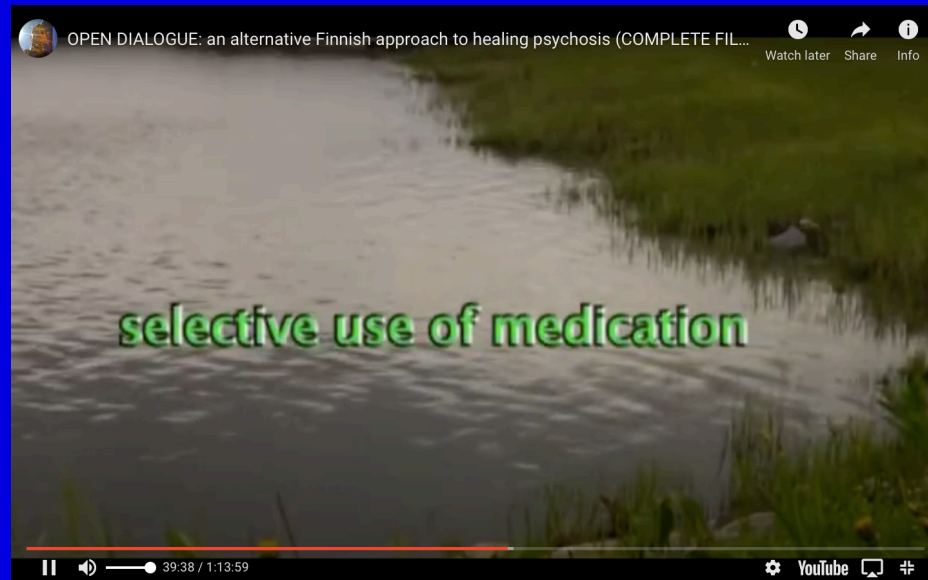
* <https://indiancountrytoday.com/archive/lunacy-crazy-indians-and-the-witchs-hammer-mental-health-care-as-oppression>

** The 1918 DSM Original can be downloaded from here : <https://archive.org/details/statisticalmanu00assogooq>

*** DSM Cycles : http://apsychoserver.psych.arizona.edu/JJBAReprints/PSYC621/Blashfield_etal_2014_ARCP.pdf

OPEN DIALOGUE

Print-Screen from the Film by Daniel Mackler. - At the minute 39'38", starts of the chapter "Selective Use of Medications".



<https://wildtruth.net/films-english/opendialogue/>

Today, psychiatrists prescribe psych-drugs to 100% of the patients, with no discrimination.

From the film - With the "Open Dialogue Therapy" and its "selective use of psych-drugs" :

- 70% of the patients get no prescription at all;
- 13% of the patients, who seriously lack sleep, get prescriptions for sleeping pills, one per day, for maximum 4-5 days;
- 17% of the patients only get prescriptions for psychotropic drugs (anxiolytics), for 2-4 pills and for 1 to 2 days. Then the team evaluates with the patients if more are needed.

Thus, too many psychiatrists means too many prescriptions and too high costs/taxes.
Hence, to reduce the number of psychiatrists will lead us to a useful cost-saving.

PRICE : Investments* in Health in Belgium, in 2020

Disciplines	Medical Doctors (MD)	Annual Health System Costs		
		% GDP *	EUROS	€/MD**
Generalists	43,000	4.95	23.669 B	0.550 M
Specialists				
Psychiatrists	1,960	5.05***	24.147 B	12.320 M
TOTAL	44,960	10.00	47.816 B****	

2019 GDP Data = 478.161 B € : <https://fr.countryeconomy.com/gouvernement/pib/belgique>

* GDP = Gross Domestic Product

** MD = Medical Doctor

*** 2019 National KCE Report

**** The cost of subsidies for studies of medicine (over 100K/year/student) is not counted here.

Consequence of the mistaken investment of Tax-Payers' Money in the physico-chemical psychiatry in Belgium

Mental Illnesses of young People	DSM-V %	Persons K	Psych-drugs
• Before Puberty			
➤ Autism	0.6	69.0	✓
➤ ADHD	3.55	408.3	✓
• Eating Disorders			
➤ Anorexia (20% die)	1.7	195.5	✓
➤ Boulimia	0.8	92.0	✓
➤ Binge	2.3	264.5	✓
• Psychosis (many suicides)			
➤ Bipolarity	2.1	241.5	✓
➤ Schizophrenia	0.9	103.5	✓
TOTAL	11.5	1.374 M	

2. INNOVATION

By Thomas A. Edison (1847 – 1931)

“There must be a better way to do it. Find it. !”

Properties of Therapies curing mental illnesses

- **QUALITY** : correctly applied, they deliver cured patients.
- **PRICE** : Overall, they are 15-30 times cheaper than psychiatry.

3. INSTALLATION

By Richard Buckminster Fuller (1895 – 1983)

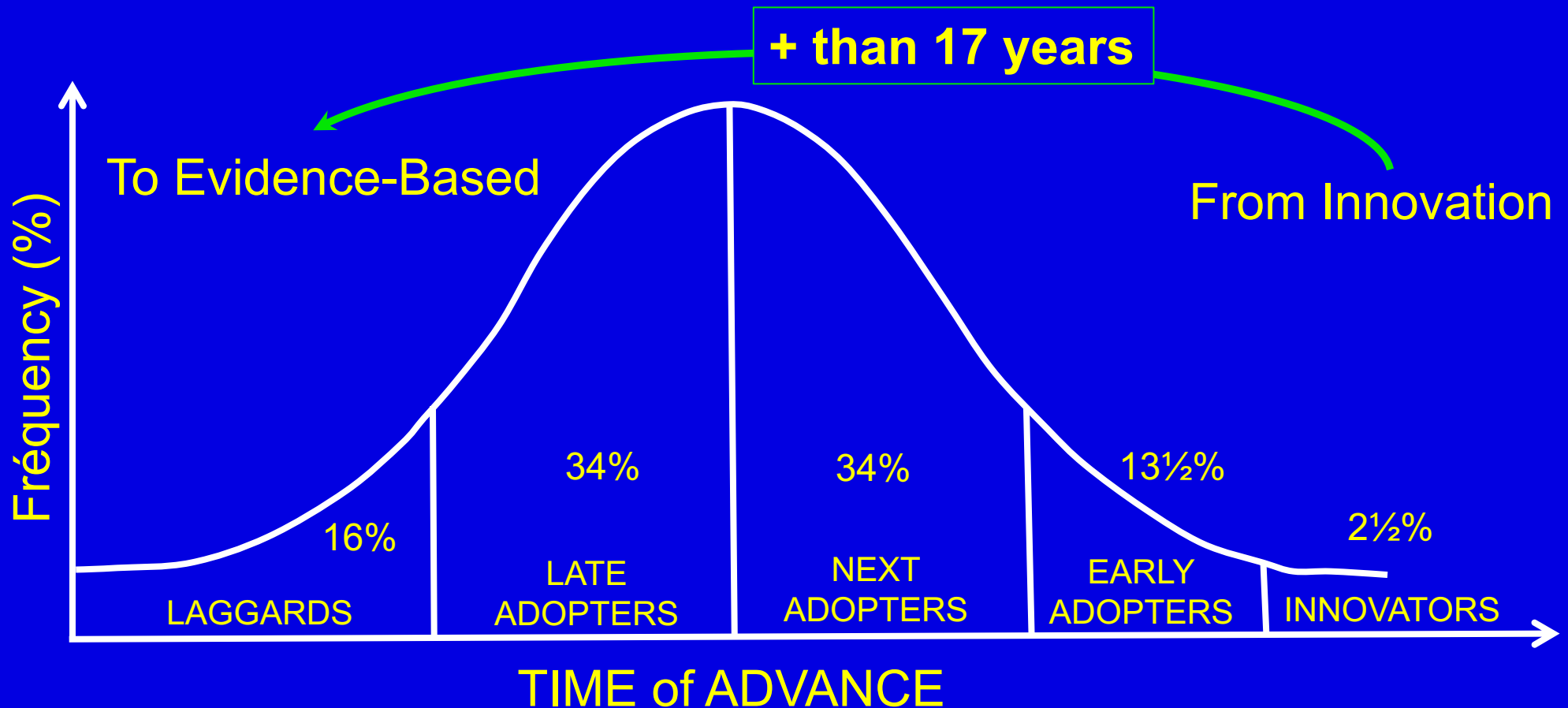
“You never change things by fighting the existing reality.

*To change something,
build a new model that makes the existing model obsolete.”*

That is precisely what they have done in Western Lapland :
They did not fight the existing psychiatry.
They build the novel “Open Dialogue” model that rendered
the existing psychiatry obsolete.

Understanding INNOVATIONS' ADOPTION

The Theory of Rogers and Translational Research

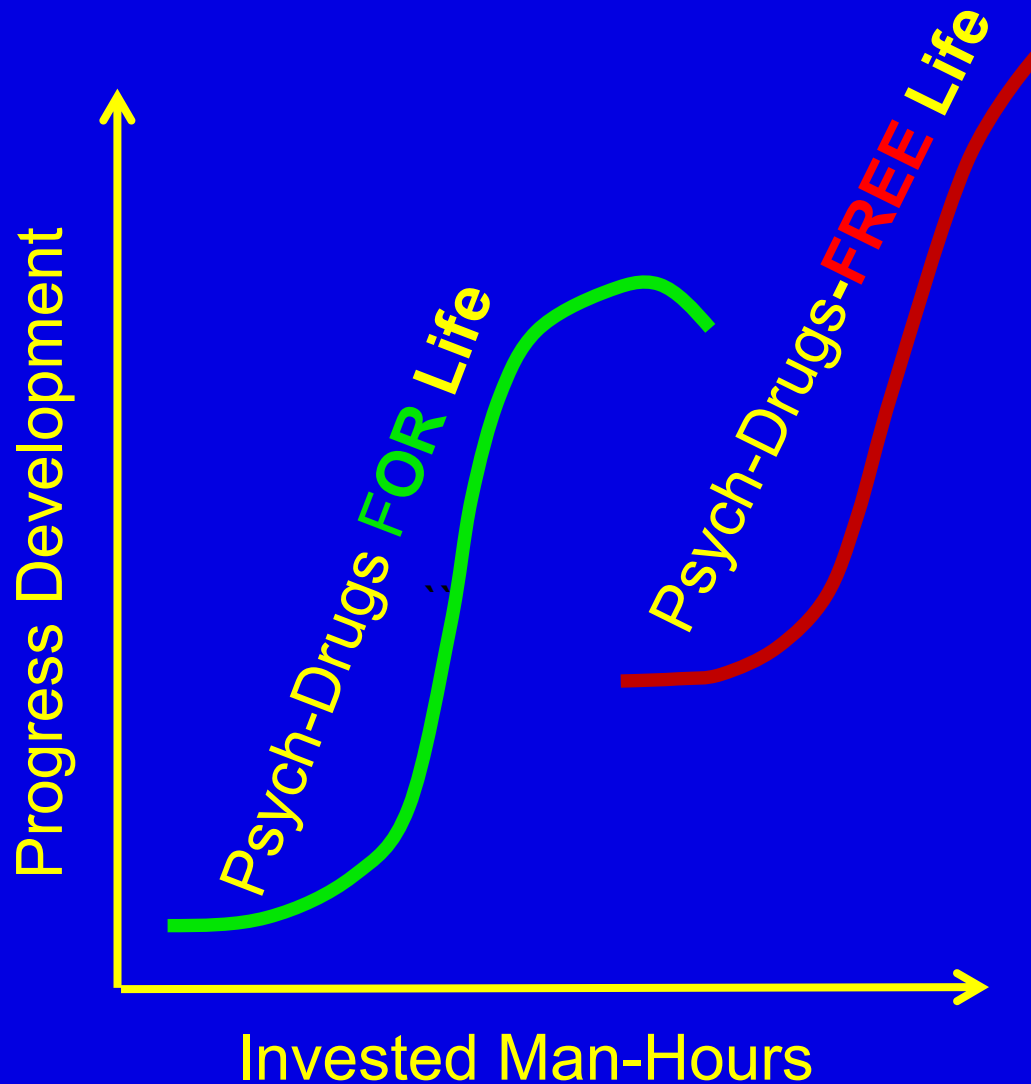


Adapted from :

1) <https://sphweb.bumc.bu.edu/otlt/MPH-Modules/SB/BehavioralChangeTheories/BehavioralChangeTheories4.html>

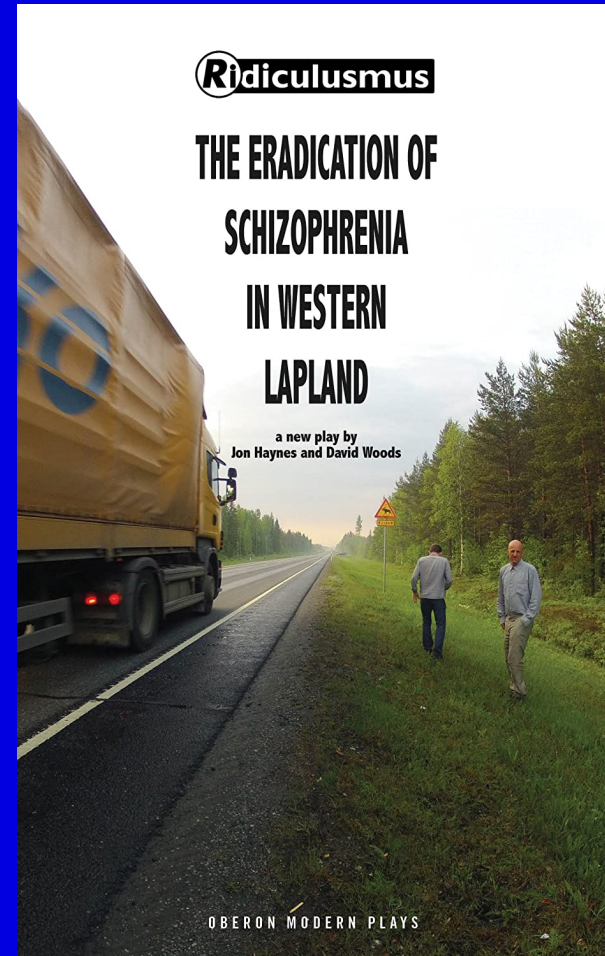
2) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3241518/>

4. Result : Paradigm Shifted



Adapted from R.N. Foster (1982). McKinsey Report.

First the Nurses !



Theater Play,
First played in London, UK, in 2014
Book available from webshops

”Open Dialogue” in Brugge-Beernem



<http://www.verbindendsprekenmetpsychose.com>



VZW Re-Member is recognised by the Flemish Government for developing a different approach to dealing with young people/ young adults with mental health problems.

VZW Re-Member was founded in January 2014 by a group of people, sufferers and families, all touched by a deeply human event in their lives and/or in those of people close to their hearts.

VZW Re-Member organises also a network of “*Open Hart Cirkels*”, eight in seven different cities and towns of Flanders, in Antwerp, Ghent, Leuven, Mechelen, en Kortrijk.

<http://re-member-psychischezorg.be>

<http://re-member-psychischezorg.be/openhartcirkels/>

Poustinia Home

House for re-sourcing, inner growth and transition



The Life Chain : Inspired by compassion. Creating Houses of Healing in the heart of society.

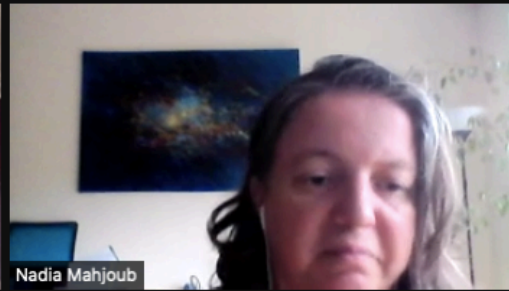
The Life Chain ←→

<https://www.poustinia.be>
<https://hetlevenssnoer.be>

Located at Beho, 108
6672 Beho - Belgium

Soteria Working Group, Flanders

Inspired by Soteria Switzerland, Germany, UK, Israël, Netherlands



<https://www.tegek.be/soteria/werkgroep-soteriahuizen>

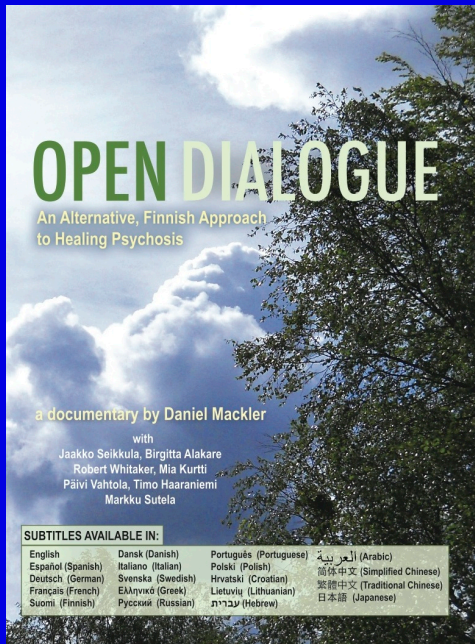
Unmute Stop Video

Participants 11 Chat Share Screen Reactions Apps

Leave

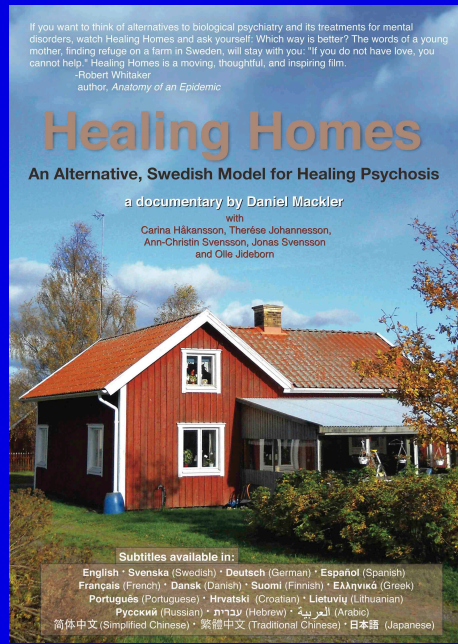
Next Step : In the present context of Belgium, To organise the natural healing Environment

1st Episode



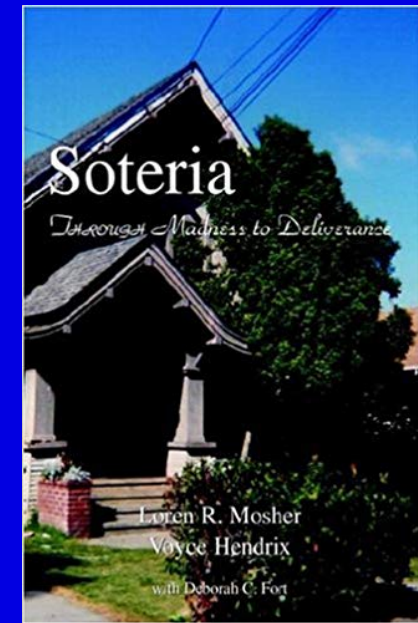
Mobile Teams

2nd Episode



Guest Families

3rd Episode +



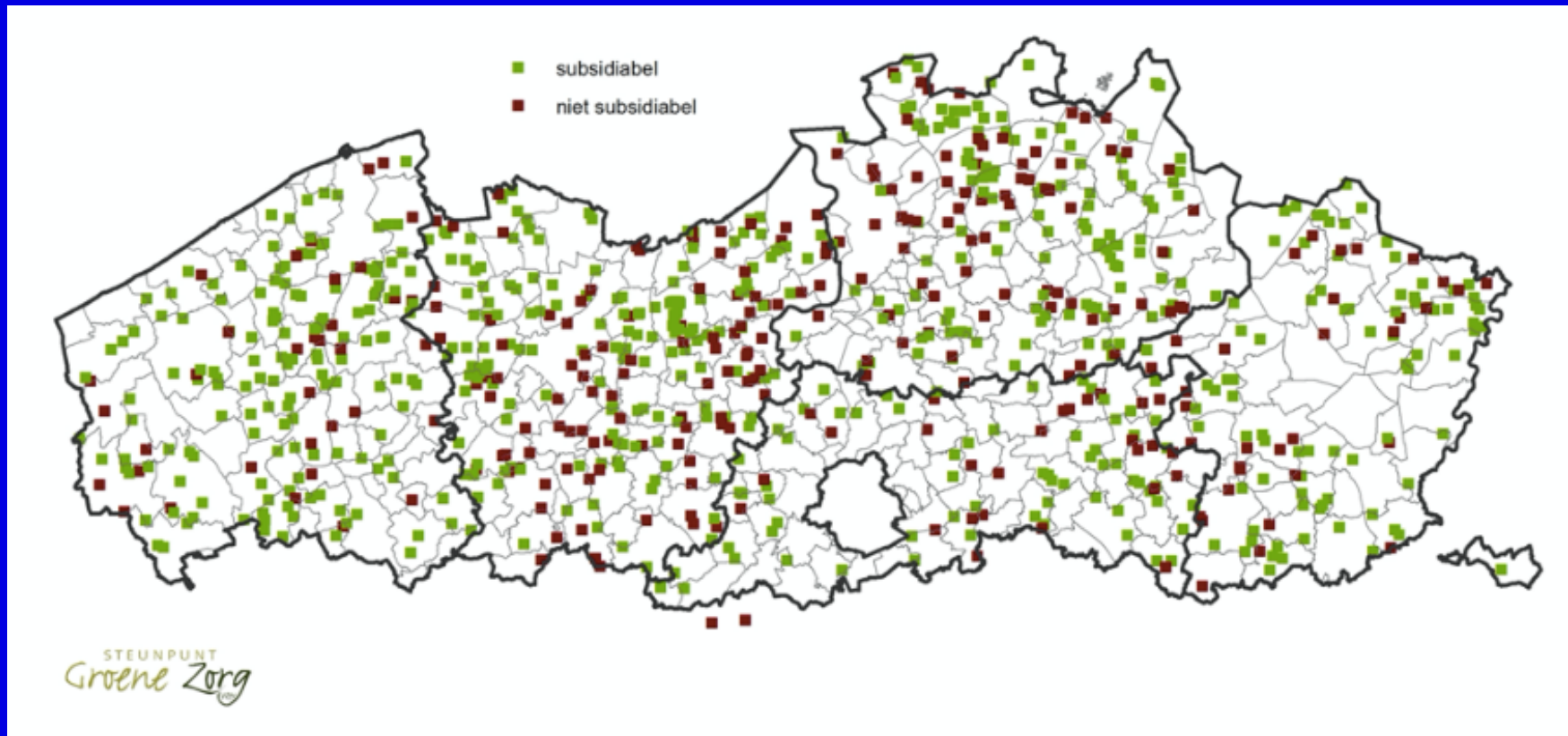
Lekenspersoneel

<https://wildtruth.net/films-dutch/>
[https://be.wikiquibe.net/wiki/Soteria \(psychiatric treatment\)](https://be.wikiquibe.net/wiki/Soteria_(psychiatric_treatment))

In Flanders : "ZorgBoerderijen"

Farms for Care, in 2018, more than 950

Imagine the potential in Healing Homes for Sufferers of Mental Illnesses



Farms for Care where direct Contact Is possible



<https://zorgboerderijenvlaanderen.be>

GOOIKENSHOEVE V.Z.W.

In 2021, the very first “Healing Home” of Flanders

A photograph of a long, white building with a red-tiled roof and a cobblestone courtyard. The building has several windows and a large tree in the foreground. The text "Gooikenshoeve V.Z.W." is overlaid in white on the bottom half of the image.

Gooikenshoeve V.Z.W.

<https://gooikenshoeve.be>

Partners and Sponsors of Gooikenshoeve VZW

In October 2021





ESPÉRANCES

PROJET ESPÉRANCES 2020-2040...

POUR LA GUÉRISON DES SOUFFRANCES PSYCHIQUES !

Lieu d'accueil

The very first Healing Home of Wallonia

Ouf-Thy

Un lieu convivial
et familial

dans un écrin

de verdure



<https://esperances.org>

In Brussels-Wallonia

Imagine the potential in Healing Homes for Sufferers of Mental Illnesses



- *Foyers* 72
- *Hébergements* 421
- *Santé Mentale* 279
- ...

<https://pro.guidesocial.be>

Independent NPA

- *Les Lotus d'Ocquier*
- *C.H.A.A.P.*
- ...

<https://www.leslotus.eu>
<http://www.chaap.be>

Nota Bene : Today, for an admission into most of these social homes,
Patients have to swallow their prescribed psych-drugs.

Next : to replace psych-drugs by adequate psychotherapy and, once cured, to taper psychotherapy.

Farms for Care per Province

Total in The Netherlands = ± 900



<https://zorgboeren.nl/zorgboerderijen>

Team Composition

Healing Functions	Western Lapland	Belgium Mobile Teams, Healing Homes, Soteria
• Nurses	69	For Healing Efficiency : <ul style="list-style-type: none">• First the Nurses : 70% of the Team !• Reduce the number of psychiatrists, now 1 per 5,867 inhabitants, down to 1 per 25,000 inhabitants; so, total for Belgium, from 1,960 down to 460.• Put a <i>Numerus Clausus</i> on psychiatrists.
• Peers OD	6	
• Sociologist	9	
• Psychologists	8	
• Psychiatrists	3 to 8 *	
Total	95 to 100	

* Birgitta Alakare [2020]. Personal communication :

“During the “Open Dialogue” Development, from 1985 to 2005, we had 1 psychiatrist for 25,000 inhabitants, i.e. 3 for all Western Lapland. Today, with 8, we have too many, hence too many prescriptions... which is counter-productive to both the “selective use of medications” and the efficiency of the Open Dialogue Therapy...”

Open Dialogue Foundation Training

By the end of 2021,

- Team *Verbindend spreken met psychose*, 30 professionals, and
- Team *ASBL EspéranceS*, 8 professionals,

financially supported, respectively either by their organisation, or on personal money, will have followed the same 20 days Foundation Training to “Open Dialogue”, in English, German or French.

<http://www.verbindendsprekenmetpsychose.com/open-dialogue-foundation-training-2021.html>
<https://www.pzonzelievevrouw.be/open-dialogue-foundation-training>

EN : <https://opendialogueapproach.co.uk/training/foundation/>

DE : <https://www-offener--dialog-de.translate.google.com/weiterbildung/index.html>

FR <https://www.facebook.com/opendialogueformation>

Therapies for Curing Mental Illnesses psych-drugs-free

Importance of Law Protection

NONE → Budgets killed :

- Geel
- Soteria
- Esalen
- Diabasis
- Montreux
- OD-Parachute-NYC
- POD-Maastricht
- ...

Due to big-pharma corruption,
All had to stop and close...

WITH LAW PROTECTION :

- 2015 : 1st Law of Norway

NEXT STEP, a new Law of Belgium for protecting :

- *Verbindend spreken met Psychose*
- *Re-Member met O.H.C.*
- *Poustinia Home*
- *EspéranceS Project*
- *Healing Homes*
- *Soteria Homes*
- ... all healing projects...

Next Steps

To get a Law for organising and protecting the acquisition and installation of Healing/Curing Therapies for Belgium

- 1) Shifting the Paradigm : a Master-Plan on 20 years
- 2) Reimbursement of Healing Therapies, at 100%
- 3) Program for Students in Institutes and Universities
- 4) Training of the psychiatry professionals
- 5) To found and finance Healing Homes and Soteria Homes
- 6) *Numerus Clausus* on psychiatrists : max 1/25,000 inhabitants

Last but not least...

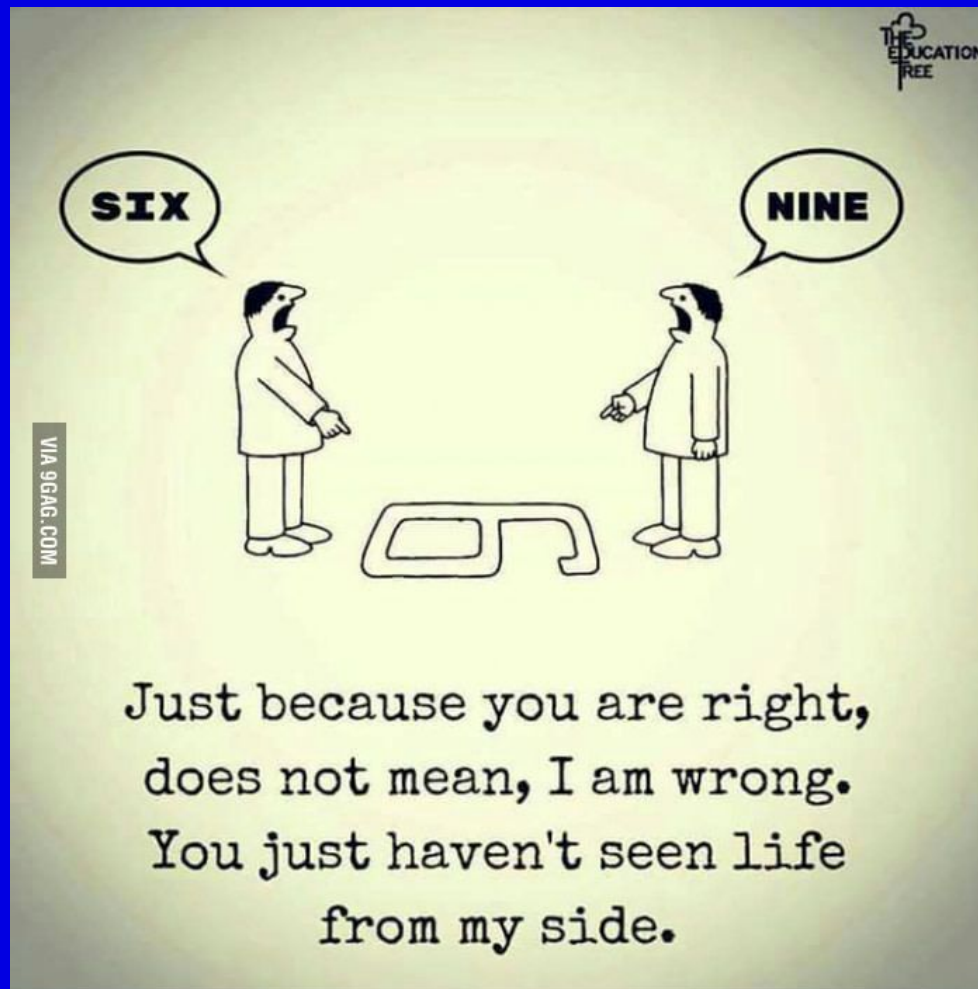
A perspective, happy for everyone in mental health:

Those resistant to change, the late adopters and laggards (see slide # 35) need not worry : with a 20-years Master Plan to shift the paradigm, they will not lose their jobs.

Simply, as they retire, they will be replaced by young professionals motivated by, trained in, and competent in the practice of Healing and Curing Therapies of so-called mental illnesses.

To be able to cure sufferers of mental illnesses is so gratifying, indeed.

So, this was the voice of a father, research scientist, and tax-payer-client.



This symbol of “Open Dialogue” was communicated to me by Mia Kurtti, Head of Nursing during the “Open Dialogue” development in the District of Western-Lapland, North-Finland.

Mental Illnesses : We are Pro-Cure !

Thank you for your attention !

At ASBL EspéranceS, we  you !

<https://esperances.org>