

Choices in approaches event - 9.4.14
Information table: **alternative approaches resources**

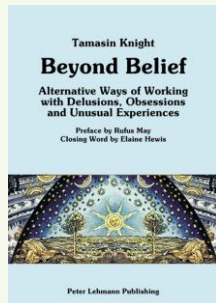


Alternative Routes to Mental Health Recovery

http://www.wcmt.org.uk/reports/1163_1.pdf

A Winston Churchill Travelling Fellowship by Dr Tamasin Knight

Books



Beyond Belief Alternative Ways of Working with Delusions, Obsessions and Unusual Experiences
Tamasin Knight

<http://www.peter-lehmann-publishing.com/books/knight.htm>



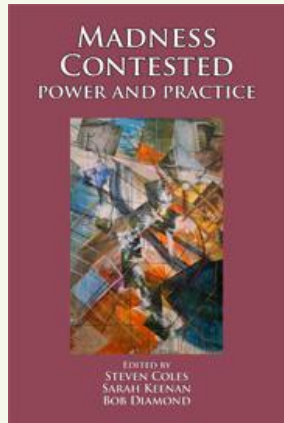
On Our Own By Judi Chamberlin

http://www.power2u.org/mm5/merchant.mvc?Screen=PROD&Store_Code=NEC&Product_Code=Book-OnOurOwn&Category_Code=books

On Our Own is Judi's story as a patient in both public and private hospitals. The story explores her experiences while being a patient as well as the lessons she learned while using services controlled by the patients themselves. It makes a compelling case for patient controlled services; a real alternative to the institutions that destroy the confident independence of so many. This is a work of great hope and optimism.

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Available from [PCCS books](#) Independent Mental Health Publishing



Madness Contested: Power and Practice (2013) S.Coles, S.Keenan and B.Diamond (Eds)

<http://www.pccs-books.co.uk/products/madness-contested-1/>

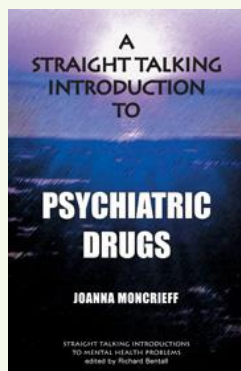
chapter examples:

Chapter 1 The Persistence of Medicalisation: Is the presentation of alternatives part of the problem?
(Mary Boyle)

Chapter 3 Meaning, Madness and Marginalisation (Steven Coles)

Chapter 21 A Beacon of Hope: Alternative approaches to crisis - learning from Leeds Survivor Led Crisis Service (Fiona Venner and Michelle Noad)

There is also a chapter in this book: Soteria by Philip Thomas

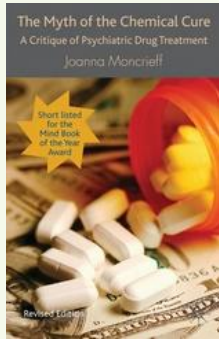


Moncrieff J. (2009) A Straight Talking Introduction to Psychiatric Drugs (Straight Talking Introductions).

PCCS Books; Ross-on-Wye

<http://www.pccs-books.co.uk/products/a-straight-talking-introduction-to-psychiatric-drugs/>

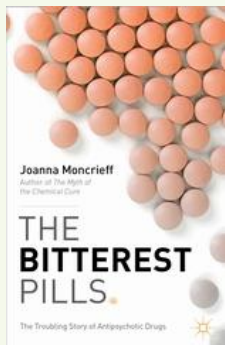
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Joanna Moncrieff's **The Myth of the Chemical Cure** (2008)

Palgrave Macmillan; Basingstoke.

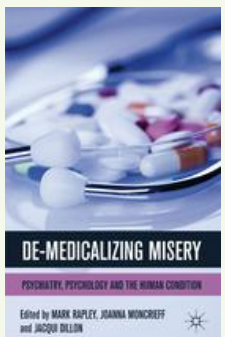
<http://www.palgrave.com/products/title.aspx?PID=283273>



Moncrieff J. (2013) **The Bitterest Pills: the troubling story of antipsychotic drugs.**

Palgrave Macmillan

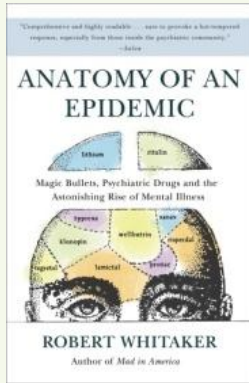
<http://www.palgrave.com/products/title.aspx?pid=638387>



Rapley, M. Moncrieff, J. and Dillon J. (2011) **Demedicalising Misery.**

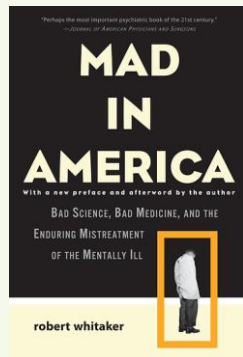
Palgrave Macmillan <http://www.palgraveconnect.com/pc/doifinder/10.1057/9780230342507>

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Robert Whitaker **Anatomy of an Epidemic**

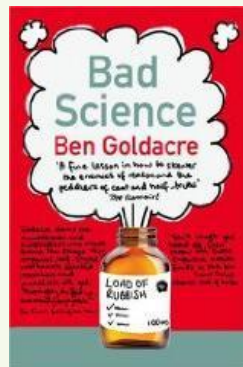
<http://www.randomhouse.com/book/189611/anatomy-of-an-epidemic-by-robert-whitaker>



Robert Whitaker **Mad in America**

Bad Science, Bad Medicine, and the Enduring Mistreatment of the Mentally Ill

<http://www.basicbooks.com/full-details?isbn=9780465020140>



Ben Goldacre **Bad Science**

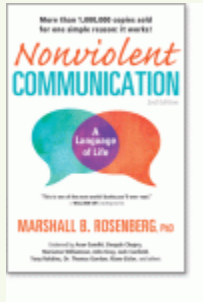
Ben Goldacre **Bad Pharma**

<http://www.badscience.net/>



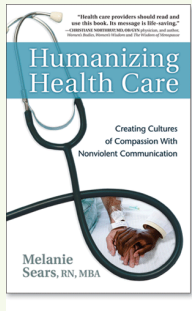
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Available from [PuddleDancer Press](http://www.puddle.com)



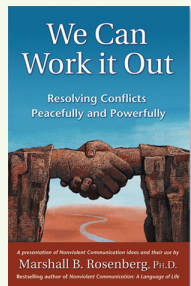
Non-violent communication – A language of life Marshall Rosenberg

<http://www.nonviolentcommunication.com/store/nonviolent-communication-language-life-p-37.html>



Melanie Sears Humanising Health Care with Nonviolent communication

<http://nonviolentcommunication.com/store/humanizing-health-care-p-121.html>



We can work it out – Resolving conflicts peacefully and powerfully

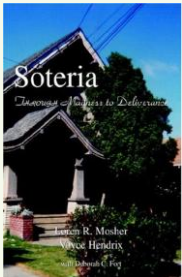
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Soteria Resources

The Soteria Network <http://www.soterianetwork.org.uk/index.php>

Soteria Network Booklet <http://www.soterianetwork.org.uk/resources/files/Soteria-Network-Booklet.pdf>

Loren Mosher M.D. talks about Soteria Project and non-drug treatments for Schizophrenia
<http://www.youtube.com/watch?v=qnryFXxl7yU>



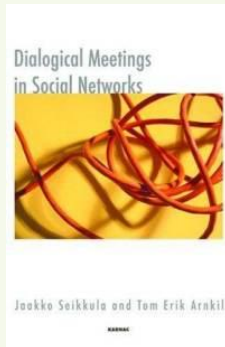
Soteria: Through Madness to Deliverance by Loren Mosher & Voyce Hendrix
<http://bookstore.xlibris.com/Products/SKU-0019640001/Soteria.aspx>

Madness Contested: Power and Practice (2013) S.Coles, S.Keenan and B.Diamond (Eds)
<http://www.pccs-books.co.uk/products/madness-contested-1/>

There is a chapter in this book: Soteria by Philip Thomas

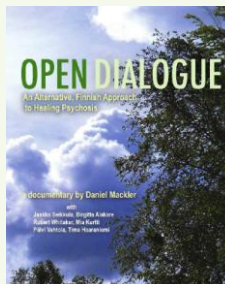
Open Dialogue resources

Available from [Open Dialogue UK](http://opendialogueapproach.co.uk)



Dialogical Meetings in Social Networks – Jaakko Seikkula & Tom Erik Arnkil

<http://opendialogueapproach.co.uk/product/dialogical-meetings-in-social-networks-jaakko-seikkula-tom-erik-arnkil-paperback/>



Open Dialogue – An Alternative, Finnish Approach to Healing Psychosis (DVD)

A documentary by Daniel Mackler

<http://opendialogueapproach.co.uk/product/open-dialogue-an-alternative-finnish-approach-to-healing-psychosis/>

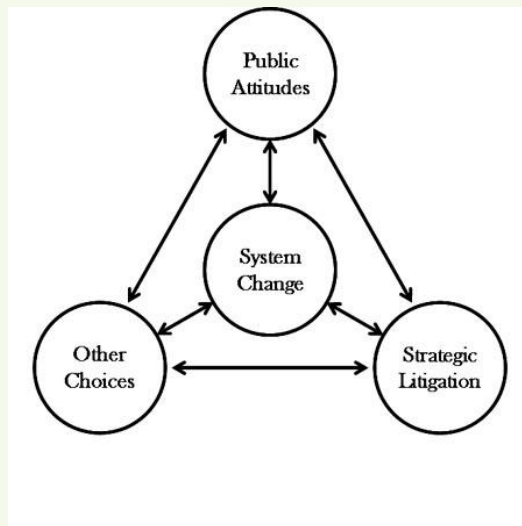
Developing Open Dialogue in the NHS

NELFT (North East London Foundation Trust) to host Open Dialogue in national mental health care conference

http://www.nelft.nhs.uk/news_publications/183

NELFT hosts successful national mental health care conference http://www.nelft.nhs.uk/news_publications/187

Transformation Triangle resources



The Transformation Triangle, James B. (Jim) Gottstein, Esq., Law Project for Psychiatric Rights <http://PsychRights.org/>

The Transformation Triangle -Recovery: Envisioning the Future <http://psychrights.org/education/C-Ville07/C-VilleCAC.pdf>

A Three Pronged Approach to Mental Health System Change <http://www.madinamerica.com/2011/12/a-three-pronged-approach-to-mental-health-system-change/>

What is Evolving Minds? by Rufus May, June 07

http://rufusmay.com/index.php?option=com_content&task=view&id=36&Itemid=33

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Websites and blogs

Tamasin Knight <http://alternativeroutestorecovery.wordpress.com/>

Alternative Routes to Mental Health Recovery. The blog of Tamasin Knight's Winston Churchill Travelling Fellowship to the USA

Council for evidence based psychiatry www.cepuk.org

Jacqui Dillon <http://www.jacquidillon.org/resources/critical-perspectives/>

Jacqui Dillon 's blog <http://www.jacquidillon.org/blog/>

Joanna Moncrieff's blog: <http://joannamoncrieff.com/blog/>

National Association for Rights Protection and Advocacy <http://narpa.org>

The Critical Psychiatry Network have a good website at <http://www.criticalpsychiatry.co.uk/> - you need to sign up to it to be able to access its papers and other resources but it is free to do so.

Robert Whittaker regularly contributes to the Mad in America website at <https://www.madinamerica.com/>, which is also a great resource

Rufus May <http://rufusmay.com>

Centre for non-violent communication <http://www.cnvc.org/>

Films and videos

Bridge Collective links to films <http://www.bridgecollective.org.uk/resources-films/>

Daniel Macklers documentaries now available to download free:

<http://wildtruth.net/my-films-are-now-free-on-youtube/>

To buy: <http://wildtruth.net/dvd/>

"COMING OFF PSYCH DRUGS: A MEETING OF THE MINDS" (on coming off psychiatric medication). A documentary by Daniel Mackler <http://www.youtube.com/watch?v=Q5EpnVdLvkU>

HEALING HOMES: recovery from psychosis without medication A documentary by Daniel Mackler
<http://www.youtube.com/watch?v=JV4NTEp8S2Q>

OPEN DIALOGUE: an alternative Finnish approach to healing psychosis A documentary by Daniel Mackler
<http://www.youtube.com/watch?v=HDVhZHJagfQ>

TAKE THESE BROKEN WINGS - Recovery from Schizophrenia without Medication A documentary by Daniel Mackler
<http://www.youtube.com/watch?v=EPfKc-TknWU>

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Loren Mosher M.D. talks about Soteria Project and non-drug treatments for Schizophrenia

<http://www.youtube.com/watch?v=qnryFXxl7yU>

Rufus May website: links to films and videos:

http://rufusmay.com/index.php?option=com_content&task=blogcategory&id=20&Itemid=37

[Richard Bentall: Why Society Drives You Mad](#)

[The Doctor Who Hears Voices](#)

EVOLVING MINDS (Spanish Subtitles)- psychosis & spirituality

http://www.youtube.com/watch?v=h12_kRYITTA (this film is made by [Undercurrents](#))

[Living Mindfully with Voices 8/11/12 - Copenhagen](#)