

Working together for new pathways in mental health

Thursday 13th of June, 2019
Nordland Hospital, Bodø

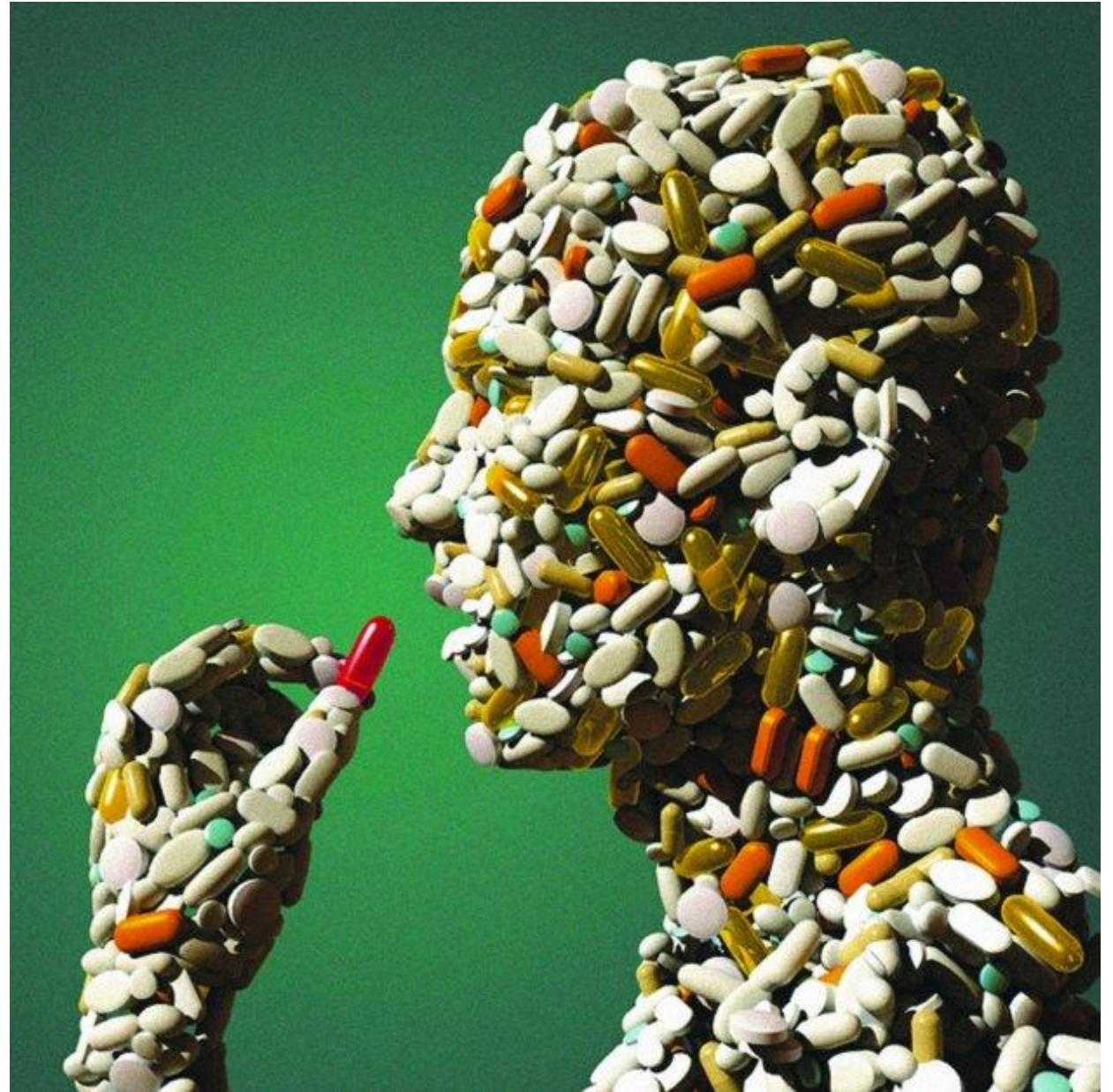
The patient's or professional's health services? A critical view of current trends

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Have recent trends led to patients' health care?



Can the
development of
new drugs be the
solution?

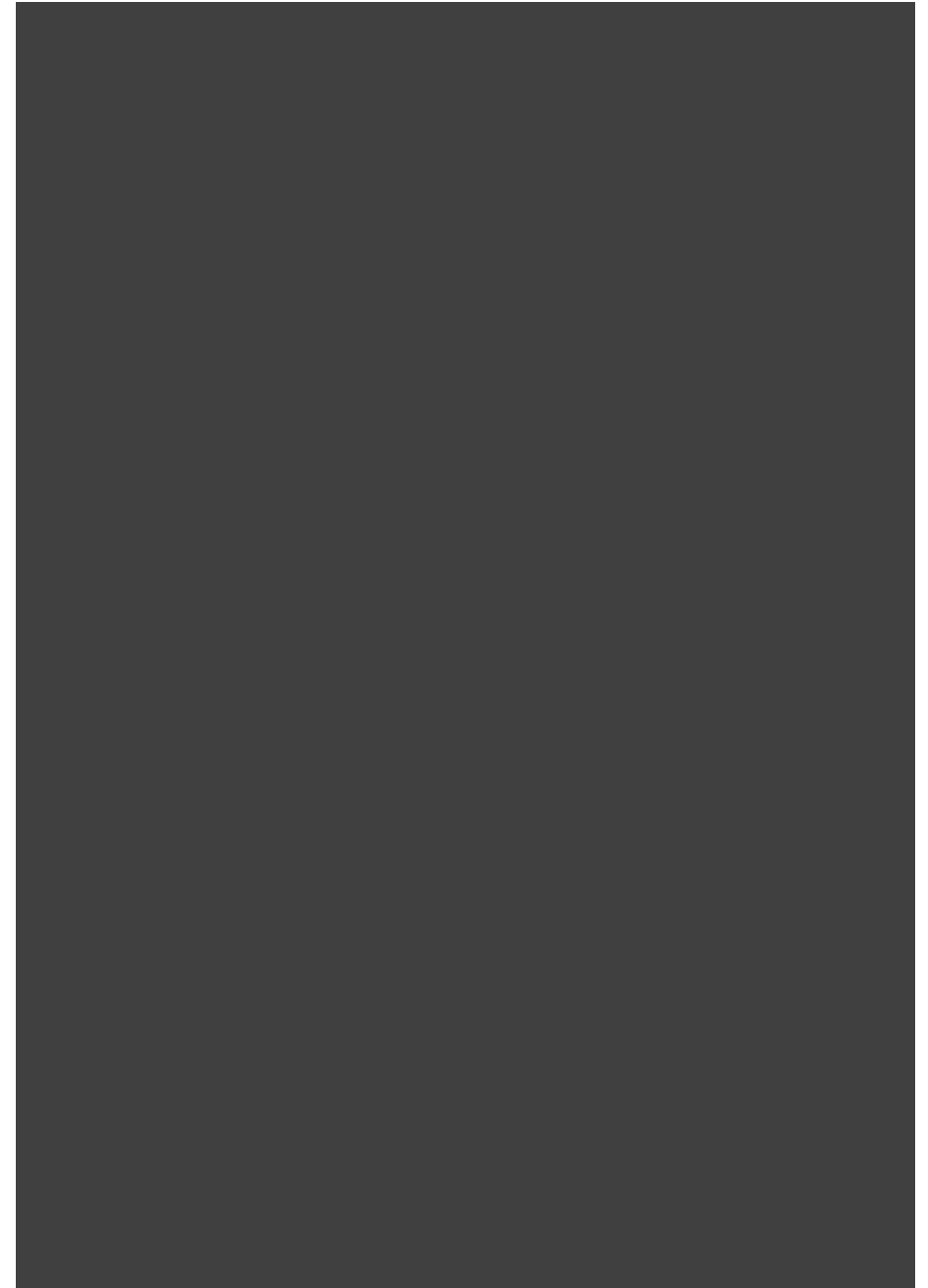


Can more brain
research be
solution?





Changes in legislation and introduction of the concept of consent competence. Has this brought down forced treatment in mental health care? No!



Has early
intervention in
psychosis led to
any progress?



Can the
introduction of
package paths
create this?
Probably not!



Will the Illness Management and Recovery (IMR) based on the biochemical model and made by professionals solve this? Probably not!

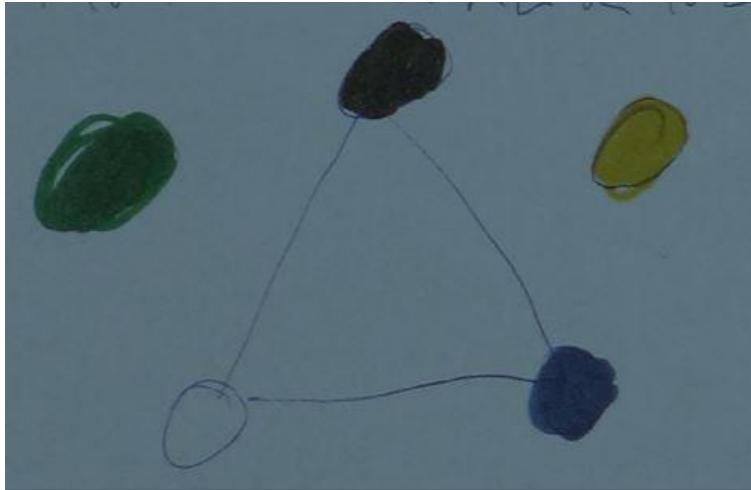


Unfortunate aspects of diagnosis in the mental health field.

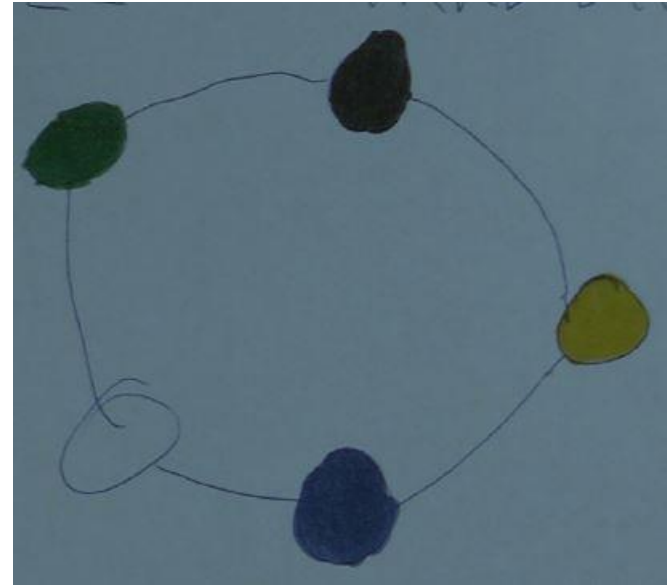


The science and research on mental health is not as excellent as many think

The limited perspective that supports the old myths



The whole perspective / reality



Health Minister Bent Høie says, "Everyone who wants drug-free treatment will get it, no matter where in the country they live"

He made a requirement for the establishment of drug-free offers in all health regions within Norway by 1 June 2016.

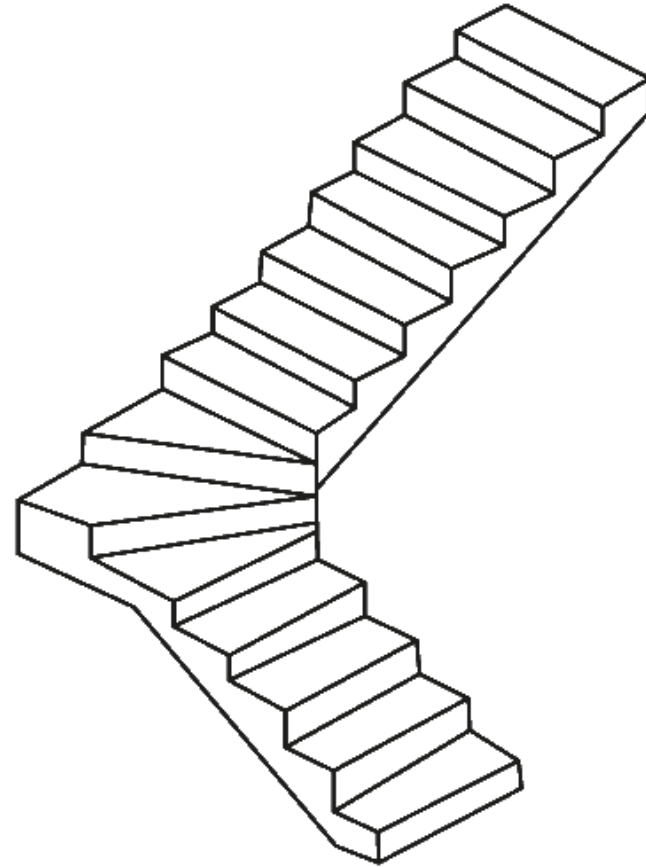
What is needed?

- Introduce a whole new basic view of mental health.
- Understand that humans are body, mind and soul
- Stop diagnosis and instead go directly to the problem
- Give patients guidance and tools to perform self-therapy

Treatment and recovery measures

- ❖ Physical activity
- ❖ Proper nutrition
- ❖ Rhythm, music and dance
- ❖ Yoga, meditation and breathing exercises
- ❖ Exposure (BET)
- ❖ Practice self-discipline
- ❖ Learn self-therapy strategies
- ❖ Psychomotor Physiotherapy
- ❖ Psychotherapy (Mental Training)
- ❖ Guide for spiritual development
- ❖ Challenge your own fear and anxiety
- ❖ Find belonging and deeper meaning to life.
- ❖ Meet with another model of understanding when it comes to hearing voices and what is considered hallucinations.
- ❖ Forest and field tour. Canoeing.
- ❖ Creative show, art therapy, writing, etc.
- ❖ Common discussion of life experiences, often around the campfire
- ❖ Other activities for empowerment

Action step by step



Er det kunnskapsbasert behandling, når brukerkunnskapen ikke får gjennomslag til å endre grunnsynet på psykiske problemer/tilstander?



An example of alternative perspective.
Psychosis is a process of transformation.



Understand the effect of mass consciousness



It is the drug profiteers' mental health service. Neither professionals nor patients' mental health services.

