

Hearing Voices Movement
or a
New Look at Schizophrenia

Judit Harangozó MD

Semmelweis Medical University
Centre of Community Psychiatry
Awakenings Foundation

Schizophrenia is not a valid illness

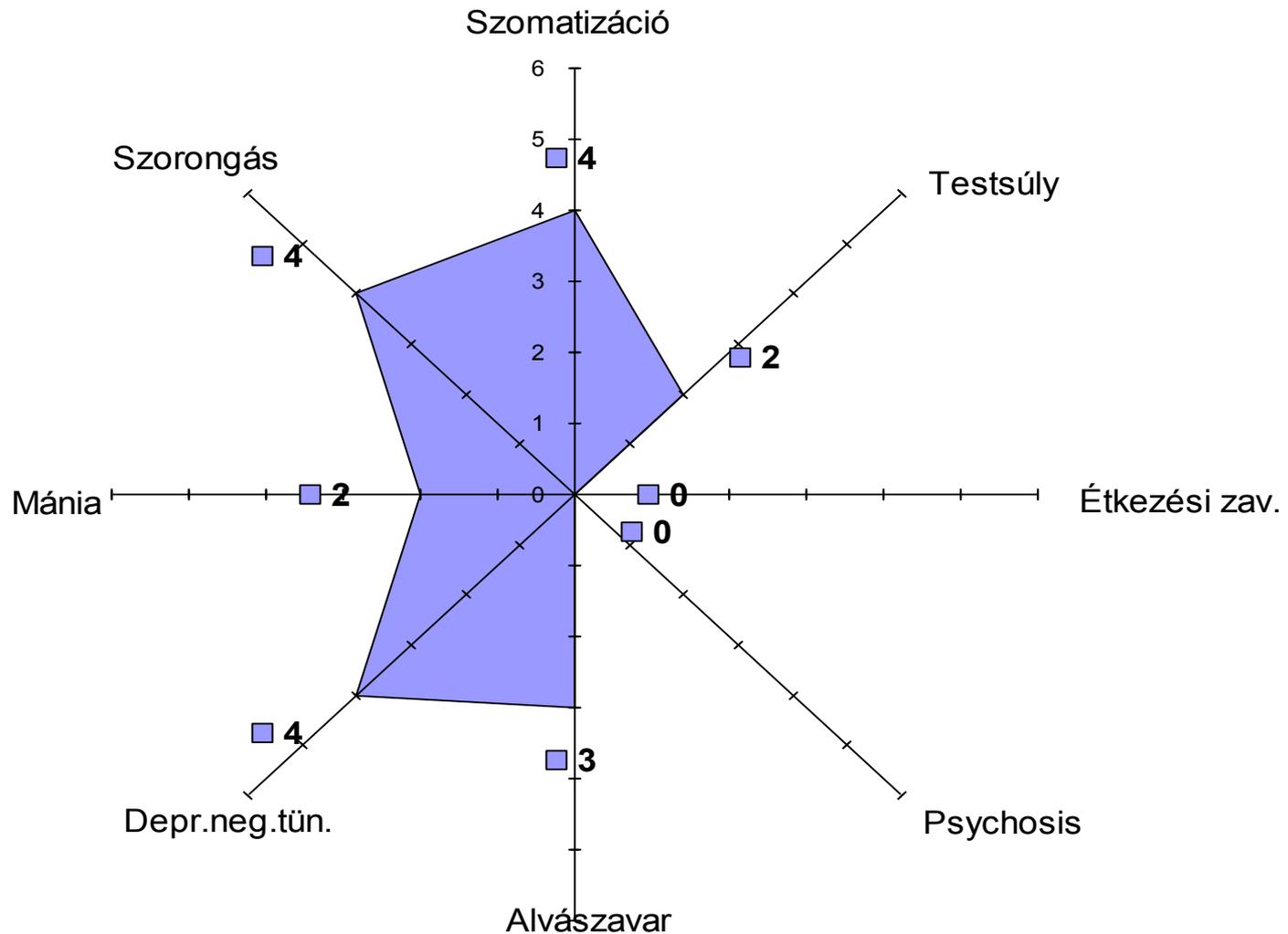
- The level of heterogeneity in terms of psychopathology, need for care, treatment response, illness course, cognitive vulnerabilities, environmental exposures and biological correlates is so great that it becomes implausible that these labels can provide much clinical utility.
- J. Van os et al: Beyond DSM and ICD: introducing “precision diagnosis” for psychiatry using momentary assessment technology. *World Psychiatry*. Jun 2013; 12(2): 113–117.

Static diagnosis is not valid

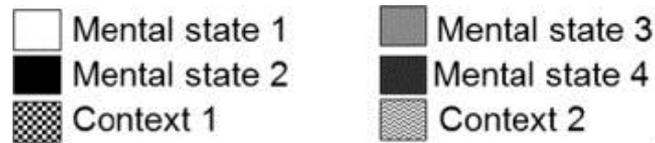
- ...disease categories as defined in DSM and ICD do not map on to what the brain actually does: The use of *ex-cathedra* static diagnostic categories appears distal from the neural circuits that mediate dynamic adaptation to social context....Brain is mediating the continuous flow of meaningful perceptions of the social environment that guide adaptive behavior.
- J. Van os et al: Beyond DSM and ICD: introducing “precision diagnosis” for psychiatry using momentary assessment technology. World Psychiatry. Jun 2013; 12(2): 113–117.

Dimensions of symptom of a patient by a CPS-50

(Falloon, Harangozó, Unoka, et al. Acta Psychiatr Scand 2004: 110: 1–8. a magyar változatban még:
Kovács Z., Varga A.)



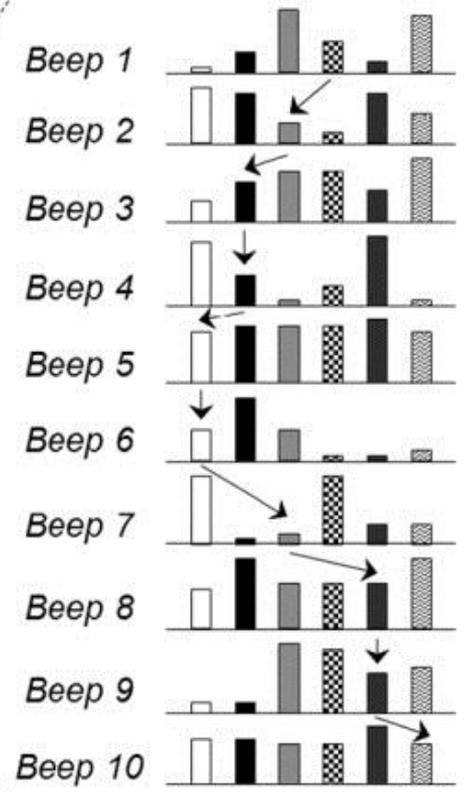
Momentary assessment with the Experience Sampling Method (ESM)



ESM protocol

DAY 1
DAY 2
DAY 3
DAY 4
DAY 5
DAY 6
DAY X

(day 4 in detail)



J. Van os et al:
Beyond DSM and
ICD: introducing
“precision
diagnosis” for
psychiatry using
momentary
assessment
technology. World
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117.

Momentary assessment

- During treatment, patients can directly observe how treatment impacts their dynamically varying mental states in response to environmental challenges in the flow of daily life. Patients thus become empowered to evaluate their own diagnosis and treatments, outside the doctor's office.
- J. Van os et al: Beyond DSM and ICD: introducing “precision diagnosis” for psychiatry using momentary assessment technology. *World Psychiatry*. Jun 2013; 12(2): 113–117.

Early trauma and response to stress

- Early environmental exposures predict altered momentary response to stress in adulthood that increase the risk of mental disorder. There is a suggestion that these ESM phenotypes of behavioural sensitization can be linked to biological models of sensitization.
- 27. Glaser JP, van Os J, Portegijs PJ, et al. Childhood trauma and emotional reactivity to daily life stress in adult frequent attenders of general practitioners. *J Psychosom Res.* 2006;61:229–36.
- 28. Lardinois M, Lataster T, Mengelers R, et al. Childhood trauma and increased stress sensitivity in psychosis. *Acta Psychiatr Scand.* 2011;123:28–35.
- 29. Wichers M, Schrijvers D, Geschwind N, et al. Mechanisms of gene-environment interactions in depression: evidence that genes potentiate multiple sources of adversity. *Psychol Med.* 2009;39:1077–86.
- 30. Myin-Germeys I, Delespaul P, van Os J. Behavioural sensitization to daily life stress in psychosis. *Psychol Med.* 2005;35:733–41.

Early trauma and psychosis

- Psychotic patients with a history of childhood trauma tend to present with a variety of additional problems, including post-traumatic stress disorder, greater substance abuse, higher levels of depression and anxiety, and more frequent suicide attempts. Initial studies suggest that trauma-specific treatments are as beneficial for these patients as for other diagnostic groups.
- [Ingo Schäfer](#), [Helen L. Fisher](#): Childhood trauma and psychosis - what is the evidence? Dialogues Clin Neurosci. Sep 2011; 13(3): 360–365.
- ... the work of developing evidence-based therapies for people with psychosis who have experienced childhood trauma is in its infancy. Sarah Bendall et al.: Childhood trauma and psychosis: An overview of the evidence and directions for clinical interventions. Family Matters No. 89, 2011

Nil nocere

Panhellenic Association Sopsi
Mrs. Nana Mandalis
Editor of MINIMATA



Dear Mrs. Mandalis,

Incidentally, my middle name is not "Ford" but rather "Forbes", a name of Scottish origin rather than English.

What can I say or a message?

Most simply, I think that mental illnesses are not yet well understood, in terms of etiology or other aspects, by the medical professionals who deal with them professionally.

Perhaps humanity can still learn something relevant here from the ancient philosophers and a good theme is perhaps the Hippocratic theme of "Do no harm."

Of course I also do not understand what is not yet scientifically understood and thus I don't have magic answers either.

Sincerely,
John D. Nash, Jr.

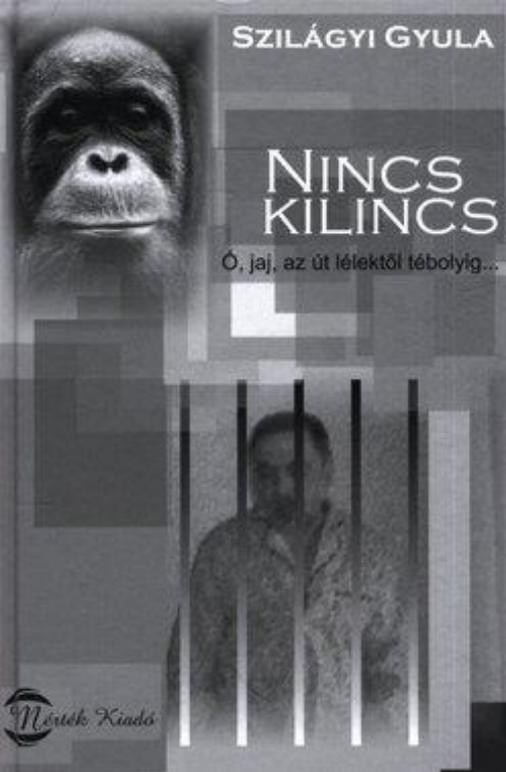
- 37% of patients living with schizophrenia diagnosis felt stigma by mental health professionals
- Harangozo J., Reneses B., Brohan E., Sebes J., Csukly G., López-Ibor JJ., Sartorius N., Rose D., Thornicroft G.: Stigma and discrimination against people with schizophrenia related to medical services. *International Journal of Social Psychiatry*. *Int J Soc Psychiatry*, 0020764013490263, first published on June 19, 2013



The Good Person of Sechuan (Bertold Brecht)

- Zoltán
- Tamás
- Tomi
- István
- Anita
- Dani
- Gábor

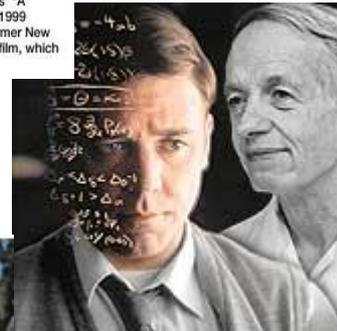




Recovery



Nobel Prize winner John Nash (S '48), the topic of Universal Pictures' "A Beautiful Mind," received an honorary degree at Carnegie Mellon's 1999 commencement. The film was adapted from the book written by former New York Times writer Sylvia Nasar. Russell Crowe portrays Nash in the film, which is directed by Ron Howard.



Hearing voices movement in Hungary



<http://www.nyitnikek.hu/index.php?p=hanghallok&pollid=1>



Summary

Zoltán – we try to find the lost feelings of early trauma – now back to university

Tamás – we teach communication to the family and assertivity to Tamás, voices decreased, consultation with expert of HV group - he is back to work

István- expert of experience, work in a family business, voices have gone, medication decreased by 50% - he learns now to let himself to enjoy life freely

Anita – understands that she is a victim of father and voices teach her to say 'no' to critical comments

Dani-expert of experience, now in a middle of a love story, voices decreased, medication decreased by 50%

Gabor- realizes that his mental problem is related to the family traumas. He feels he could not cope with the lost of the previous relationship with his brother after his brain operation that changed his personality

They all help professionals to change their minds about the basic classical concepts of psychiatry....