

# A Service Users Guide to Survival

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Soteria Brighton  
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# Agenda

- About Mike
- Terminology (Mania, Psychosis, ...)
- Diagnosis via the DSM (the '*Psychiatrists Bible*')
- Hospitalised under the Mental Health Act
- Know Your Psychiatric Meds
- Importance of Sleep
- MBCT: Mindfulness Based Cognitive Therapy
- Conclusions

# About Mike

- First Diagnosed in 2007
  - Breakdown after working 115h in a week
  - First Diagnosed with Brief Psychotic Disorder
- Rebound Psychosis
  - Discharged quickly but stopped taking meds
  - Re-hospitalised and diagnosed Bipolar Type 1
- Since 2012 have been in hospital twice/year
  - Longest spell 3 months (including PICU)
  - History of *Neuroleptic Malignant Syndrome*
- Electronics Engineer at ARM until 2008
  - Formal Mathematical Verification of Smartphones

# Complexity: Smart Phone vs Brain

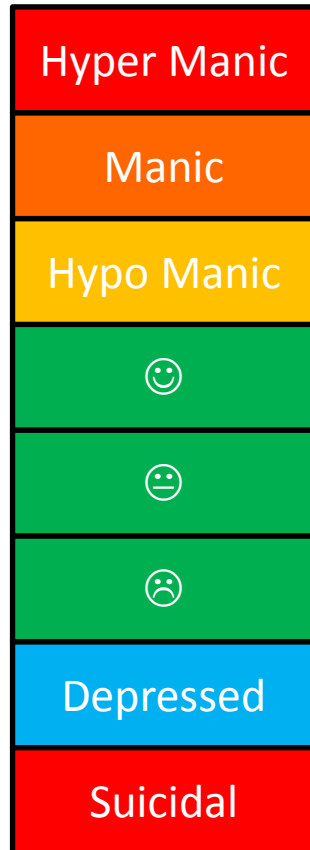


- CPU Complexity:
  - Millions of Transistors
  - 100s of Inputs/Latches
    - $2^{260}$  Atoms in Universe
- More Complex than Apollo Computers
- Dual Core, Quad, Oct
- Hardware & Software
  - Bugs in both



- Complexity
  - 100 Trillion Synapses
  - 100 Billion Neurons
    - $2^{100,000,000,000}$  States
- Most complex structure in the known Universe!
- Massively Parallel
- Dualism: Brain & Mind
  - Psychiatry & Psychology

# Terminology: Mood Spectrum



Normal  
Emotions

- Mania is Raised Mood with little need for sleep
- Confusion: Hypo & Hyper
  - Hypo Manic but Hyper Active!

- Depression is Persistent Low mood

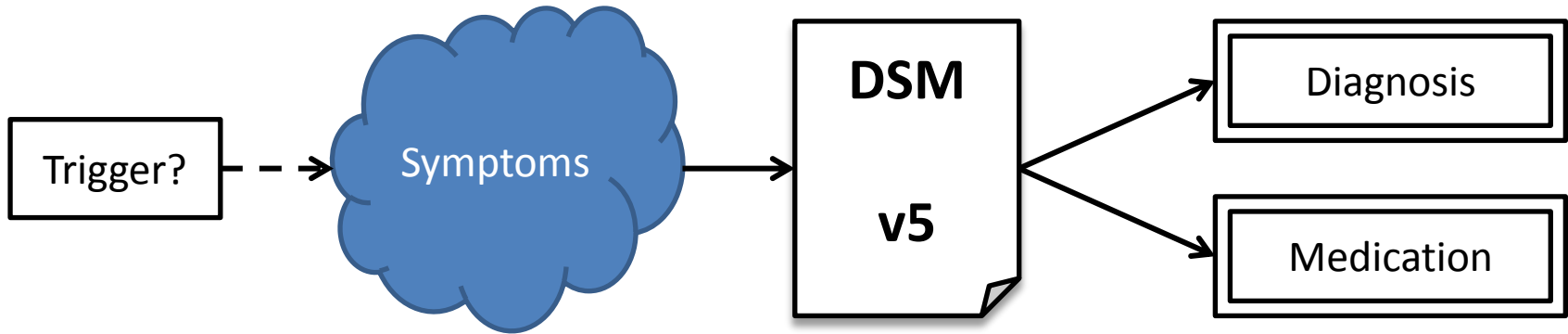
- Emotions don't have to make sense!
  - Fast but not logical

# Defining Symptoms: Psychosis

- Psychosis: not knowing Fact from Fiction
  - Imagine how scary that can be
  - It can be like living/reliving a Nightmare
- Greek Root: Psyche
  - Butterfly or Soul
- Psychotic or “*Psycho*” sounds much worse
  - But everyone is Psychotic at night during REM sleep
- Types of Psychosis:
  - Paranoia
  - Hallucinations e.g. hearing voices
  - Delusions of grandeur e.g. “Hello, I’m Jesus”



# DSM: The Psychiatrists Bible



- Diagnostic & Statistical Manual
  - Explosion of Disorders (DSM-1:106, DSM-5:300 + subtypes)
- Reliability is NOT Validity
  - Reliability: Do Psychiatrists agree on Diagnosis?
  - Validity: No known pathogens or clinical tests!
- Myth of a '*Chemical Imbalance*'
  - Epidemic of Disorders
  - Explosion of Prescriptions (Big Pharma)

# My Heroes of Psychiatry



Joanna Moncrieff  
Psychiatrist

[www.JoannaMoncrieff.com](http://www.JoannaMoncrieff.com)



Robert Whitaker  
Journalist

[www.MadInAmerica.com](http://www.MadInAmerica.com)



Ben Goldacre  
Epidemiologist

[www.BadScience.net](http://www.BadScience.net)



James Davies  
Psychotherapist

[www.CEPuk.org](http://www.CEPuk.org)



Richard Bentall  
Psychologist



Bob Johnson  
Psychiatrist

[www.TruthTrustConsent.com](http://www.TruthTrustConsent.com)



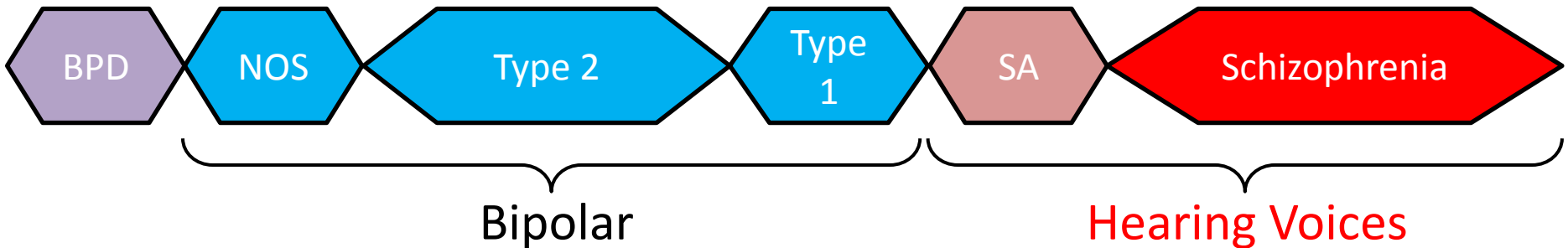
Eleanor Longden  
Psychologist



Thomas Szasz  
Psychiatrist



# Bipolar-Schizophrenia Spectrum



- BPD: Brief Psychotic Disorder
- Bipolar:
  - NOS: Not Otherwise Specified (*catch-all*)
  - Type 2: Hypo Mania + Depression
  - Type 1: Full Blown Mania (*aka Manic Depression*)
- SA: Schizo-Affective Disorder

# Diagnosis: What's in a Name?

Acronym: **BAD**

**Bipolar** *Affective* **Disorder**

*People are complex shades of grey, not simply black or white!*

*Affect is more negative than Effect.*

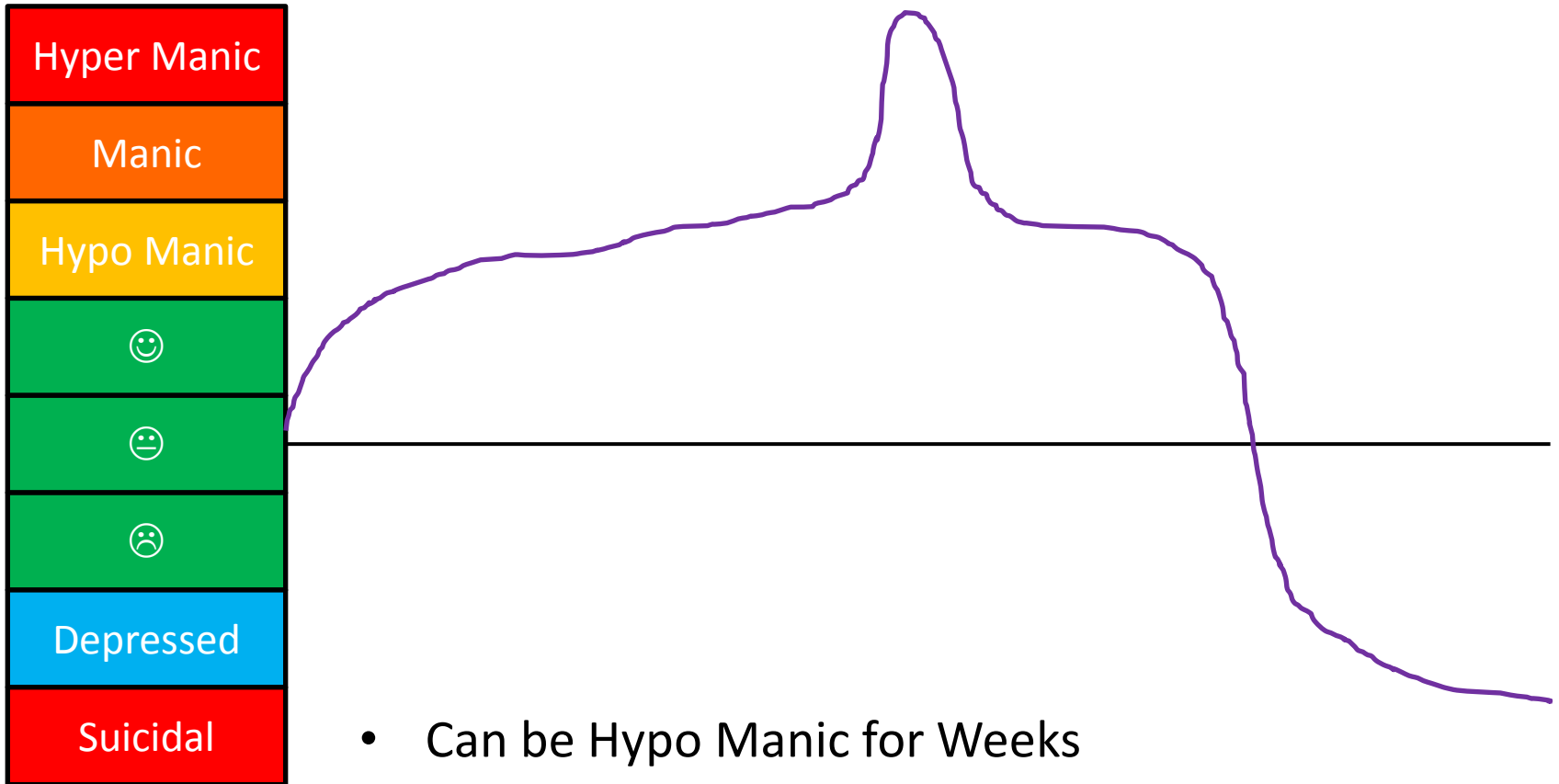
*Very negative.  
A Disorder is for life, not just for Christmas!*

- Labels are Very Important
  - 20% diagnosed Bipolar will attempt Suicide

# *“Bipolar is the only disease spread by word of Mouth”*

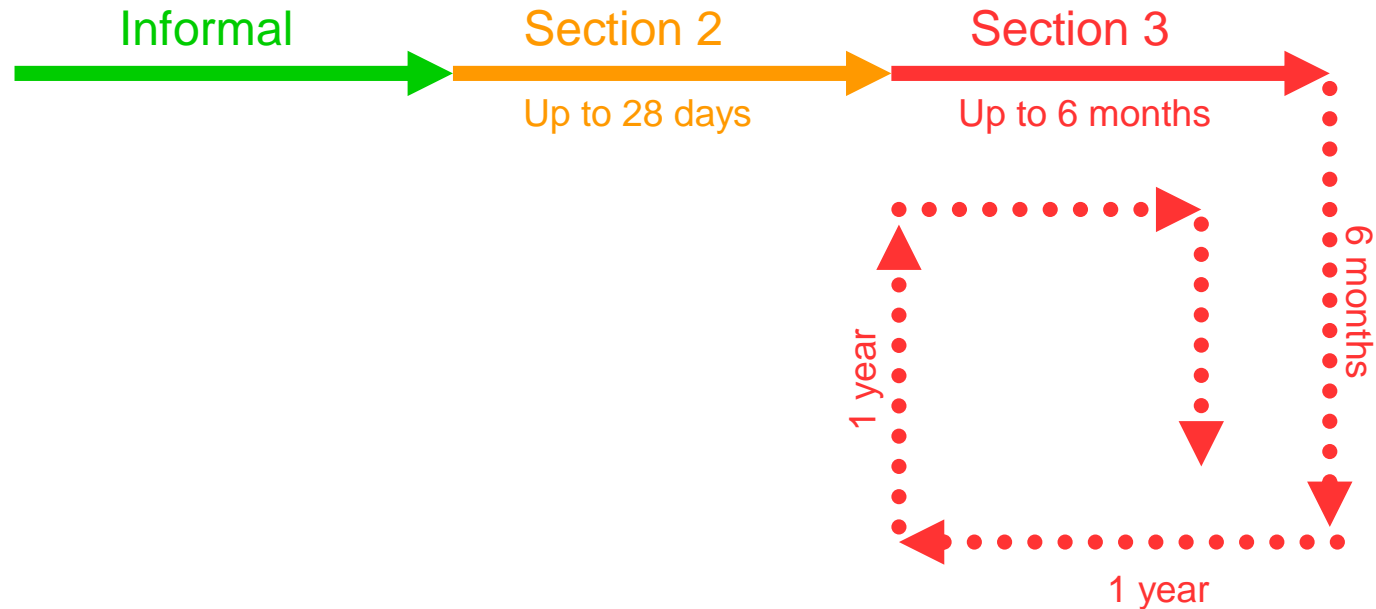
- Quote by Peter Breggin
- Yet, it’s an Exclusive Club of notable people:
  - Stephen Fry, Curt Cobain, Robin Williams
  - Churchill, Mozart, Newton
- Epidemic of Bipolar
  - Mainly in Type 2 Diagnosis
    - Can experience Hypo Mania after Anti Depressants

# Mood Example: Bipolar Type 1



- Can be Hypo Manic for Weeks
- Stress Trigger makes you Manic & Psychotic
- Can become rapidly Depressed afterwards

# Hospitalisation under the Mental Health Act



- Just *Sections* of a Civil Service Document
- Weekly tick of a Ward Round with Psychiatrist
- Discharge feels slow once recovered

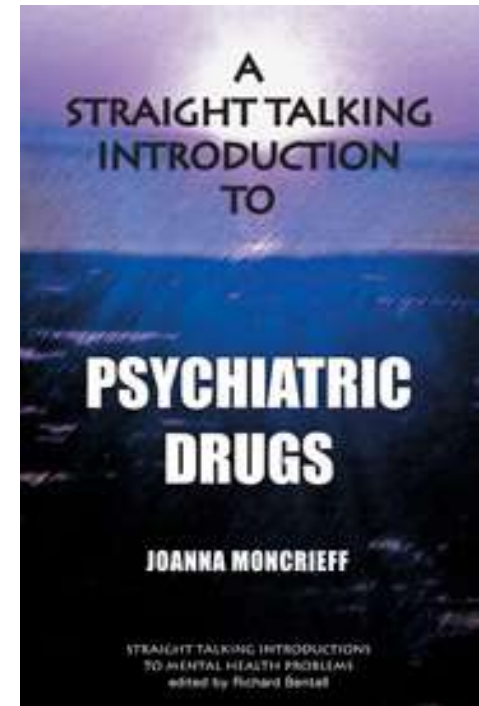
# MHA: Even More Sections

Section	Description
5	Stop an Informal patient from leaving, for up to 3 days
17	Temporary leave from ward, e.g. 2h per day. Can be escorted or unescorted. Can miss leave if escorted and no staff!
117	Aftercare, following a section 3 discharge.
136	Police holding order for up to 3 days in a Police Cell or 136 unit on a ward.
C.T.O.	Community Treatment Order. A section 3 in the Community. Required to take drugs for at least a month and engage with Community services. Can be immediately put back into Hospital by Psychiatrist.

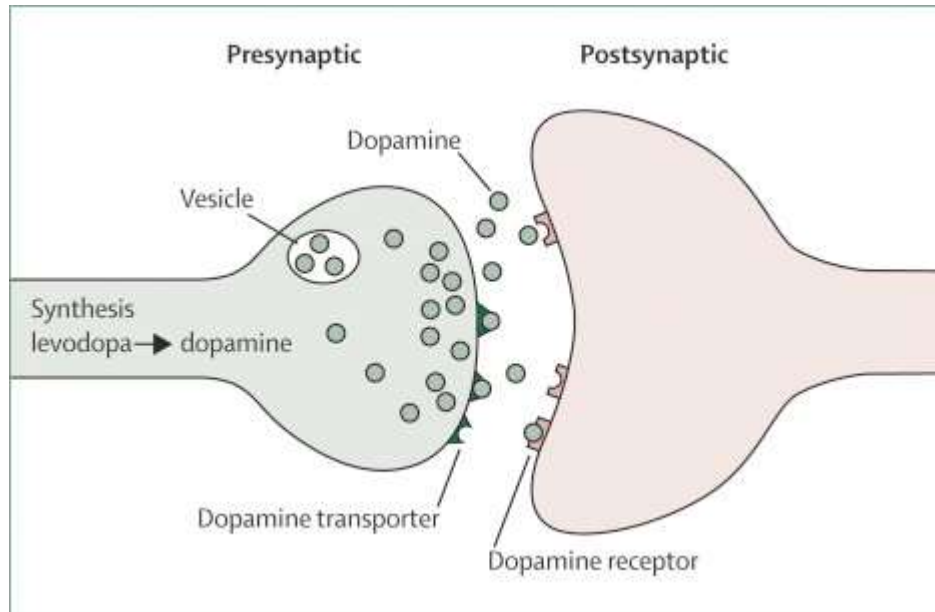
# Know Your Psychiatric Meds

Group	Notes
Anti-Psychotics	Aka Major Tranquilisers, Neuroleptics. e.g. Olanzapine, Haliperidol
Mood Stabilisers	Lithium or Valproate (anti-epilepsy) e.g. Depakote, Epilim
Anti-Depressants	Types: Tricyclic, SSRIs, MAOIs, e.g. Prozac (Fluoxetine)
Benzodiazepines	Reduces anxiety and can help sleep e.g. Lorazepam, Valium, Clonazepam
Hypnotics	Sleeping tablets e.g. Zopiclone, Zopiderm

- Need to understand Half Life
  - E.g. go up on Lorazepam, come off on Valium
- Drug Centred Model:
  - Can be effective, but not a cure!



# Anti-Psychotics Block D2 Receptors



- Anti-Psychotics Block 70% of Dopamine D2 Receptors
- Brain is NeuroPlastic:
  - Short term: Increases PreSynaptic Dopamine
  - Long term: Produces 50% more PostSynaptic D2 Receptors
- Rebound Psychosis if you remove Anti-Psychotic too quickly
  - Super Sensitivity



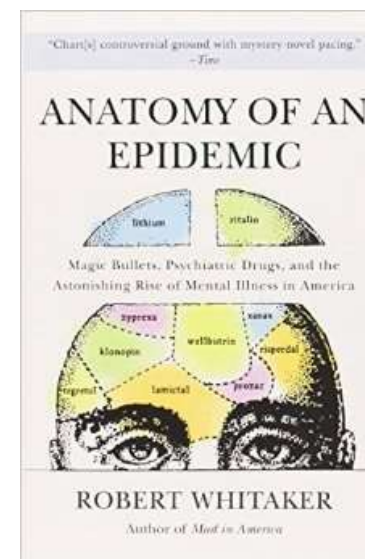
# Side Effects: Nirvana's "Lithium" Song

- Comment found at [www.SongMeanings.net](http://www.SongMeanings.net)
- *"As a person with type 2 bipolar disorder this song is about ...*
  - *It's the medications used to treat you that strip you of every human emotion.*
  - *You have to:*
    - *tell yourself you're happy*
    - *tell yourself to laugh, and*
    - *tell yourself to love."*

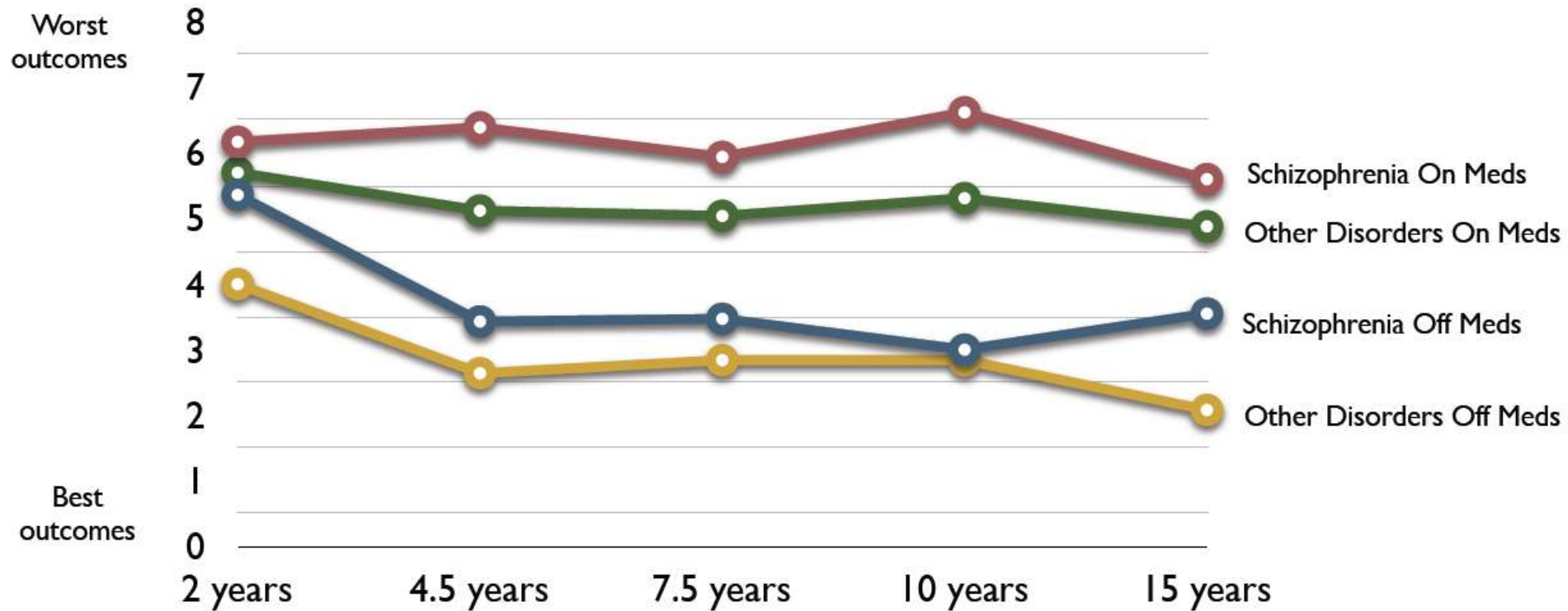
# Effectiveness of Psychiatric Meds

Group	Notes
Anti-Psychotics	Reduces psychosis in short term, but worsens outcome in the long term. Trial showed 10% reduction in brain volume!
Mood Stabilisers	Tranquilising effect, but no better than placebo over the long term!
Anti-Depressants	Not much better than placebo, even in the short term. Can induce Hypo Mania!
Benzodiazepines	Good for restoring sleep cycle. Used by Soteria before Anti-Psychotics.
Hypnotics	Can cause Mania and Psychosis!

- Can be effective in the short term
- Question Psychiatrist about coming off
  - Need to come off very slowly



# Worse Outcomes on Anti-Psychotics



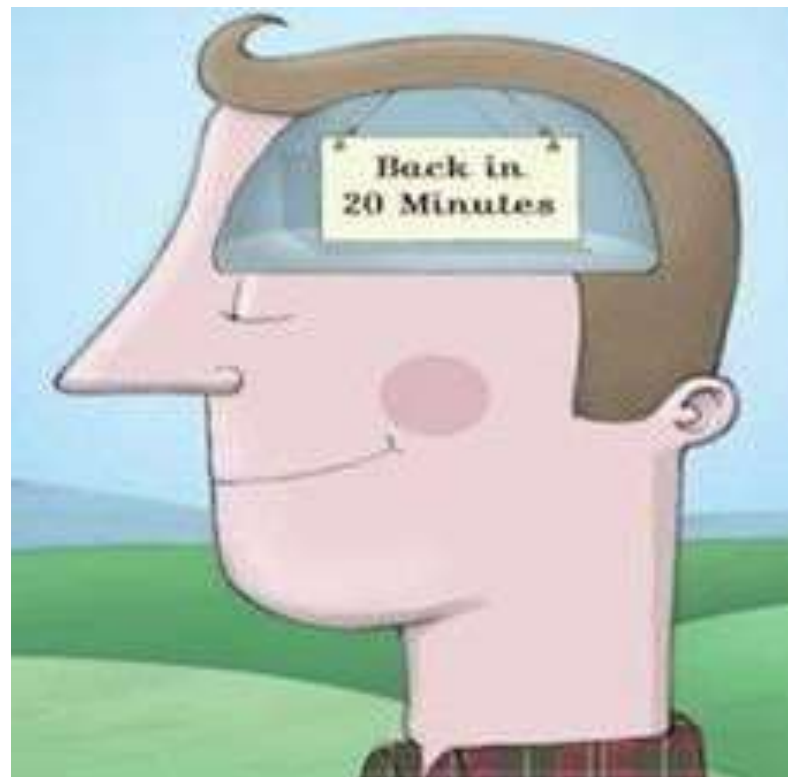
Source: Harrow M. "Factors involved in outcome and recovery in schizophrenia patients not on antipsychotic medications." *Journal of Nervous and Mental Disease* 195 (2007):406-14.

# Importance of Sleep

- We naturally Sleep in two 4-hour chunks
  - Sleep Anxiety (expect single 6-8 hour sleep)
- Hypo Mania can be caused by lack of Sleep
  - Mania & Psychosis can be caused by no Sleep
- YouTube: “Pillow Talk” by Dr Russell Foster
  - Restoring Sleep improves Bipolar & Schizophrenia
  - Circadian Rhythm: When you Sleep is Important
- “Dreams and Psychosis” by Charles McCreery
  - Kant: *“The Lunatic is a Wakeful Sleeper”*
  - Does Mania occur during Deep/REM Sleep States?

# MBCT: Mindfulness based Cognitive Therapy

- MBCT: Mindfulness + CBT
- NICE approved for Depression
- Good for:
  - Reducing Anxiety
  - Lifting Depression
  - Helping you to Sleep
- Run by Sussex Partnership
  - Group therapy
  - 10 week course
  - Simple Meditations
  - Can be Mindful in everyday activities
- Mindfulness Is:
  - Taking a break from your Worries



**Quiet the Mind**, Matthew Jonstone

# Conclusions

- Important to Understand:
  - Limitations of Psychiatric diagnosis
  - Effectiveness of Drugs over Short & Long term
  - Approach by Soteria and Open Paradigm
- Never be afraid to ask questions:
  - Why should I be on these drugs?
- Sleep is very important
- Mindfulness reduces stress & improves sleep
- Keep a diary of Mood & Sleep
- Exercise & Diet (e.g. Omega 3 oils) can help
- New Group in Sussex: [www.Health-Ability.org.uk](http://www.Health-Ability.org.uk)