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Coming off psychiatric medications: Is tolerating uncertainty the next medical revolution?

Peter Groot¹, Will Hall¹, Jim van Os²

¹User Research Center, Maastricht University, MAASTRICHT, The Netherlands

²Brain Centre Rudolf Magnus, University Medical Centre, UTRECHT, The Netherlands

Learning Goal:

To learn that tolerating uncertainty will improve treatment outcomes

Abstract Text:

More than 70 years since antidepressants, antipsychotics, sedatives and other psychotropic drugs were first developed, doctors still have no guidelines or consensus clinical best practices on how to help patients withdraw from and stop using these medicines. Intolerance of uncertainty is a part of the problem. Clinical guidelines purport to eliminate uncertainty by relying on the highest forms of clinical evidence, termed "Evidence Based Medicine". In practice, this has led to an almost complete disregard of self-reported patient experiences, even in the absence of other research evidence. To resolve this, doctors as well as patients must learn to accept and deal with unavoidably unknown and unpredictable aspects of coming off medication. By tolerating uncertainty and embracing flexibility, tapering off medications will become a more natural endeavor with a much greater chance of successful outcome.

During the symposium inevitable sources of uncertainty and the use of tapering medication (tapering strips) as a tool to make shared decision making practically possible will be discussed.

**ON THE HEALING POWER
OF HUMAN RECONNECTION**