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Crazywise, crazy...or wise?

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Learning Goal:

People learn about the traditional wisdom of indigenous cultures by seeing parts of the documentary CRAZYWISE and two stories of people with lived experience about how integrative treatment turned their psychological crisis into a positive transformative experience.

Abstract Text:

The traditional wisdom of indigenous cultures often contradicts modern views about a mental health crisis. Is it a 'calling' to grow or just a 'broken brain'? The documentary CRAZYWISE explores what can be learned from people around the world who have turned their psychological crisis into a positive transformative experience.

José Hoekstra: In 1992 I experienced what I now know was a kundalini/vital energy awakening during meditation, that led to psychosis and later on bipolar disorder. A 25 year road of healing followed in which I had to follow my intuition and integrate many spiritual experiences. An experience after regressionexercise in dancetherapy triggered a rebirth experience that enabled healing. After not having any connection to my feelings, I could first express myself in dance, and years later in words. Slowly different traumas surfaced and were worked out, which finally opened up the way towards connection with the outside world and other people. José is a mother and recovery worker.

Angèle de Jong: I experienced a few severe traumas, which led to a first psychosis and a psychiatric confinement. At my 26th, they told me I had a serious disease, and had to cope with that as well as taking medicine the rest of my life for my bipolar disorder. One year later I was treated by a psychiatrist which was also an homeopathic therapist. I was treated by telling my livestory, that she analysed, dream analyses, bodyscans and homeopathic medicine. At the end she gave me a healing session, in which she took stress away with her hands from my body. This treatment in 1993 was the best I ever had, and took place in a regular mental health organisation, nowadays Mentrum.
Angèle de Jong is educationalist and works as a teacher and peer worker on recovery.

**ON THE HEALING POWER
OF HUMAN RECONNECTION**