



Abstract Nr: 208
Internet ID: 508

Type of Presentation: Workshop

UNDERSTANDING THE SUBJECTIVE EXPERIENCES OF PSYCHOSIS THROUGH PSYCHOSIS SIMULATION BASED ON FIVE PILLARS OF CONSIDERATION

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Learning Goal:

The aim of this presentation is to introduce how digital storytelling of the subjective experiences of psychosis may bring simplicity, and a deeper understanding to the general public as well as professionals by digital 'learning through feeling' experiences based on a model of five pillars of consideration.

Abstract Text:

The history of our storytelling of psychosis has been complex and often damaging. Understanding what it is like to experience psychotic phenomena is difficult. Those who have experience with it find it hard to describe, and those who do not have that experience find it hard to envision. Yet, the ability to understand is crucial to the interaction with a person struggling with psychotic experiences, as much suffering is caused due to miscommunications and false interpretations.

A lack of understanding is a lack of action, leading to much unnecessary emotional suffering, loss of work, network and life. A deficit in soft-skills affects relapse, recovery, therapy, trust and loyalty and in turn, affects total costs to society. A flexible imagination is needed to help with early-recognition, early-intervention and prevention, as well as support in recovery.

After my sister-in-law died by suicide in a state of psychosis, I developed two projects that simulate 33 subjective experiences of psychosis in the form of a media arts PhD thesis. These projects have been used in educational workshops training 16.000+ mental health care workers, police officers and prison workers. Described by those with lived experiences as very close, and uncanny, and everybody should experience this. But how to 'learn through feeling' if you do not have access to this simulation technology?

For the past two years I have worked on simplifying the design principles of my simulations into a model that captures the complexity of the subjective experiences of psychosis in five pillars of consideration, yet remains simple to understand for the general public. For ISPS I would like to provide a psychosis simulation workshop, share my personal journey of understanding psychosis, as well premier this model as a tool of education that may help bind the gaps between disciplines.



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OF HUMAN RECONNECTION**