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Where there is a will, there is a way (into and out of psychosis)

Cynthia Dorrestijn

Expert-by-experience, ENSCHEDE, The Netherlands

Learning Goal:

The auditor acquires new vocabulary to interact with clients, drawn from this first-hand personal story.

Abstract Text:

During my life I faced three episodes of psychosis. Each time, prior to the psychosis, I felt I did not belong and my way to deal with the situation was to try even harder, which ultimately led to a flight from reality. In our society, I sense that competences such as persistence or will power are valued highly, on the other hand, being able to recognize boundaries and acting accordingly by giving up an activity is not even considered to be a competence at all. Mastering the skill of being a worthy quitter has helped me to live a balanced life though.

Society seems to advertise: keep going, no matter what! And so I did. For example, I managed to study maniacally for days, I persisted in doing chairman's work without support, and in my job, I kept on going, even while faced with a sick-making working climate. In those three situations, I endured and persisted which led to psychosis. Later, however, I learned a better response to resistance: when facing a non-supportive supervisor and when facing an all-consuming fear to fail breastfeeding, I quit, and I did not become psychotic.

Implementing my willpower to face pressure and endure disappointment, feelings of shame and failure and to seek support has proved to be a wiser and more successful way to deal with the situation. What does this mean in a society telling me: Where there is a will, there is a way?



**ON THE HEALING POWER
OF HUMAN RECONNECTION**