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Type of Presentation: Workshop

The integration of your psychosis: a mindset shift and bipolar breathwork (Sean Blackwell's approach)

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Learning Goal:

The main objective is to give you a glimpse of Tim's story straight from his heart and how he integrated his psychosis. Sharing the power of a positive mindset, cultural differences and the potentation of breathwork to connect with your (higher) self.

Video (Dutch): <https://vimeo.com/304461973>

Abstract Text:

"This is the first time during my study that I hear the other side of a psychosis, something positive" - social worker student (3rd year).

"It almost seems that you enjoyed being psychotic, don't you miss that state?" - frequently asked

At first it's overwhelming, you lose your ground, a complete shift in consciousness occurs. But whilst adjusting to that shift, you have to become one with your own script to eventually integrate it. This workshop is about unraveling the gift of a psychotic break into a transformation, without romanticizing it. A story of a guy in his twenties who looks at his psychosis as an opportunity of growth combined with a mission.

Tim: "I'm currently in the same state I was during my first manic episode, but balanced, I can hover between these different realms. As long as you completely accept the past, you can learn from the experience and reshape your current self. It's like an answer to a deep desire, is this what my life is about? There must be something more, I just can't see it yet"

"The more I'd been framed and the more someone tried to take away my hope, the more my motivation grew to break out of it. Even though I was not aware of this at the time, being heavily drugged".

Subjects being addressed:

- The underlying reasons, why this happened
- A temporary migration: contrasts between Ghana (first psychosis) and the Netherlands
- Psychosis, epiphany or spiritual emergency/crisis?
- The power of documenting the entire process of your psychosis
- A different mindset: symptoms of your 'illness' or a map to recovery?
- The healing potential of bipolar breathwork (Sean Blackwell's approach)
- A vision about the mental health system

One glimpse of light can offer a perspective on hope

**ON THE HEALING POWER
OF HUMAN RECONNECTION**