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Jen Kilyon

A family perspective on psychosis and alienation

In commenting on Brenda's talk I will use my experiences over 20 years as a family member of someone experiencing psychosis. As a campaigner for more compassionate, trauma informed and family friendly services I have got to know many others in a similar situation so I will draw on their experiences too. I will include comments about how this may impact on siblings and other relatives.

Speaking out publicly can at times cause conflict with our loved ones and increase any estrangement that may exist. Making complaints about poor services can also result in deterioration of relationships including those with providers. I believe this dilemma may sometimes prevent us from saying what we really think about the way we see psychosis being treated and what could make it better.

This is why we need organisations like ISPS to bring us together so that we can all share our perspectives, understand each other better and work together to make real change happen. Thank you for giving me the opportunity to be here today speaking to you all and I look forward to some interesting discussions throughout the conference.

Jen Kilyon

Jen@empathywithcarers.co.uk

Twitter @mothermindful

**ON THE HEALING POWER
OF HUMAN RECONNECTION**

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