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## **Soteria Emergis - collaboration between 'someone with psychosis and the others' in inpatient early psychosis care**

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### **Learning Goal:**

How the Soteria paradigm offers an inpatient treatment model of acute psychosis in which alienation from self and others can be prevented, illustrated from the perspective of both patient, family and healthcare providers.

### **Abstract Text:**

Soteria is an inpatient treatment model for acute, early psychosis. It arose in the 70's, as a counterpart of regular psychiatry, by Loren Mosher, but has evolved towards a treatment model closely related to current perspectives in early psychosis care. The focus is on a phenomenological (non-medical) approach of psychosis, enabling people to integrate the psychotic crisis into their lives. Treatment takes place in a homelike, calming environment, where interventions on biological, social and psychological level can be adopted in an integrated way. Low-dose medication strategies are combined with a range of psychotherapeutic and psychosocial interventions. Less familiar is the strong emphasis on collaboration between patients, staff, and family members/ persons of significance. Inspired by Luc Ciompi and the Soteria Netzwerk in Germany and Switzerland, we put up our own Soteria house at Emergis, so far the only Soteria facility in the Netherlands. It is aimed at young people suffering from acute psychosis where hospital admission could not be prevented and general admission wards don't seem to fit the needs of this vulnerable group. Recovery is promoted from an innovative milieu therapeutic setting, with a shared responsibility for household between patients and staff and jointly following of a structured week programme outside the mental healthcare facilities. We have been successfully working with Soteria since 2011, showing from satisfying experiences by both patients and family members regarding their (sometimes involuntary) hospital admission. In this workshop we want to share our experiences with the Soteria model, from a patient-, family- and staff-perspective, in dialogue with the audience. It is illustrated by a short film and brief description of the currently running scientific research into the effects of treatment according to the Soteria model compared to treatment as usual within the Dutch context.

**ON THE HEALING POWER  
OF HUMAN RECONNECTION**