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Type of Presentation: Workshop

From crisis and misbalance to a new equilibrium

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Learning Goal:

To change peoples view on psychosis from one of fear and anxiety to one of hope and understanding.

To share a roadmap from crisis to a new feeling of balance.

To see psychosis in a broader context through stories of indigenous tribes and examples in nature.

Abstract Text:

I'm a psychiatrist in training who has spent a lot of time in nature. I travelled two winters on the back of a dogsled in Alaska and I did a 90 day expedition with kites on Antarctica. After I came back I finished my medical studies and started working as a resident in psychiatry. It was quite a shock exchanging life in the outdoors for the hectic life in the hospital. After a couple of months I went through my first psychotic episode. Ever since I've been trying to understand what happened to me and I'm working on my own process of healing.

In this keynote I share experiences and insights drawing the parallel with my life out in nature looking at a mental crisis as the start of an intra-psychoic adventure. I am inspired by indigenous tribes and their view on psychosis. I had close contact with a Lakota-medicine man for many years. They consider mother nature an encyclopedia and I use examples from natural processes to better understand psychosis. The central theme throughout this lecture is: A mental crisis signals misbalance within the person, the environment he lives in and the world at large. How does this help us to better understand psychosis? And how do we restore balance?

The way we look at people and illness defines much of how their lives will evolve. I try to offer a story of hope if the right sacrifices are made so psychic vulnerability can be transformed into a powerful sensitivity. At the moment I'm in my fourth year of training to become a psychiatrist and I'm dreaming of creating a Soteria-inspired place out in nature where people can recover from their crisis and find healing.

**ON THE HEALING POWER
OF HUMAN RECONNECTION**