

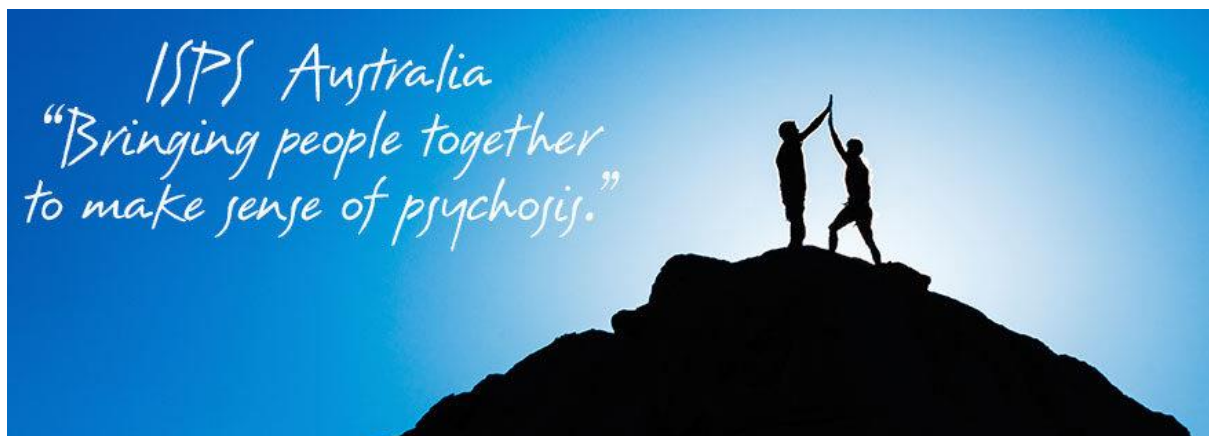


International Society for Psychological  
and Social Approaches to Psychosis



## **2017-2018**

**(for the period July 1<sup>st</sup> 2017 – June 30<sup>th</sup> 2018)**



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## OUR OBJECTIVES

Our principle objectives are to:

- promote the appropriate use of psychosocial approaches to psychosis which include but are not limited to peer lead recovery, psychotherapy and other psychological treatments;
- promote research and dissemination of evidence relating to psychosocial programmes for those with psychosis;
- advance education, training and knowledge for mental health professionals in comprehensive approaches to the treatment and prevention of psychotic mental health;
- develop partnerships with other organisations and individuals working in the area of psychosis management and education

## ABOUT US

ISPS Australia is part of a broader international organisation that has its origins in Europe in the 1950s. It was formed with the intention of promoting psychotherapy for psychosis and providing a forum for like-minded individuals to exchange ideas. Since then it has continued to grow and refine its objectives. Now ISPS has expanded to have over 20 branches around the world and involves many leaders in this field.

Prior to our incorporation in 2013, our founder Philip Benjamin had spent several years raising awareness of ISPS in Australia. Earlier in 2013, Philip gathered together a group of interested individuals to form a steering committee and formally establish the organisation ISPS Australia Limited. Since our incorporation, we have been presenting seminars and workshops around Australia but have also worked to develop the organisation by establishing governance.

ISPS Australia was first incorporated as a public company limited by guarantee in October 2013 and is also recognised as a small charity registered with the Australian Charities and Not-for-profits Commission.

Since our beginnings in 2013, we have presented seminars and workshops from a number of important leaders in the field of psychosis. We have also supported local events and have provided a forum for debate and the exchange of information through our email discussion group.

## STRUCTURE & MANAGEMENT

ISPS Australia is registered with the Australian Charities and Not-for-profits Commission (ACNC). We are considered a small size charity and operate in accordance with the guidelines outlined in the ACNC Act and in our constitution. We are an unfunded member based organisation and therefore do not have paid staff at this point in time. All activities are carried out by the Board.

The ISPS Australia Board is composed of up to seven members who are elected by ballot by the ISPS membership every year. The ISPS Board is made up of people with a wide range of interests and experience, all of whom donate their time voluntarily. The board is geographically spread out across different states in Australia and so we meet for our monthly board meetings via Skype.

## OUR PEOPLE

<b>Voluntary Board of Directors</b>	
<b>Name</b>	<b>Board Director Role</b>
Melissa Connell	President
Lyn Mahboub	Vice President
Amanda Waegeli	Membership Secretary
Kim Jennings	Secretary
Matt Ball	Treasurer
Stephanie	Communications Officer
David Ward	General Member

## CHAIRPERSON'S REPORT

This has been an exciting year for ISPS Australia as we have continued to present education, training and promotion of psychological and social approaches to psychosis. We were particularly proud to present both a workshop and conference on the theme of Compassion in Psychosis. These events were held in Brisbane and were considered a success as they had good attendance, were financially viable and presented innovative ideas and approaches to working with and understanding people who experience extreme states. As our members are spread around Australia, it's always wonderful to meet people in person at these events and they are a great opportunity to get together, network and share ideas.

Although we worked hard to make the workshop and conference a success, on a personal note, it was a fabulous experience to attend and there was much I learned and will value for years to come. It was a privilege to meet Eleanor Longden and to have her sharing her experience, insights and knowledge in both the workshop and conference. Like many people who know her TED talk, I have found her to be inspiring and courageous. Charlie Heriot-Maitland was also an engaging and knowledgeable speaker – I feel I learned so much from that workshop and found it extremely meaningful and moving. The conference was also a highlight for the year. I felt enormously proud of our treasurer Matt Ball and his achievement of Mental Health Nurse of the Year – it is an honour to have him on our board and for him speak at our conference. And we are, as always, in awe of our NZ colleague Debra Lampshire and so grateful to her for attending our events and speaking at our conference. We were excited to have so many presenters from around Australia showcasing their work and sharing their experience – thank you to those who presented and attended.

While the workshop and conference did take up a lot of our energy, we continued to engage in other activities in support of our objectives. We presented an Open Dialogue seminar and training by Nick Putman and Richard Armitage at The Royal Australian and New Zealand College of Psychiatrists (RANZCP) Queensland Branch office. ISPS Australia is grateful to the college for their support and the opportunity to share new ideas on psychological and social approaches with psychiatrists. We believe its important to build links between different areas and professions within mental health and to look at ways that we can all be working together. We have been pleased to continue our relationship with St Vincent’s Hospital in Sydney and support their interest and initiative in Open Dialogue and also to join forces again with ACAP in their presentation of a talk by visiting UK Prof Peter Kinderman.

Our Schizophrenia Awareness Week statement “Drop the Label” was also quite successful and was picked up by Mad in America thanks to the efforts of Matt Ball who wrote a blog on the subject. Thanks also go to our Communications Officer Stephanie Mitchell who has been developing our social media profile and managing our new facebook page.

We are also continuing to develop our website and resources and aim to update this over the next 6 months. And as always, we are liaising with presenters to continue our objectives of offering cutting edge training and education on psychological and social approaches to psychosis.

We give thanks to our members for their support and I also want to extend my gratitude to the board for their efforts and dedication to ISPS Australia.

Best wishes,

*Melissa*

Melissa Connell, PhD, DClinPsych  
ISPS Australia Chair

## SECRETARY'S REPORT

It is with enthusiasm that I provide the Secretary's Report. It has been a great year for ISPS Australia with much energy being dedicated to developing governance within the organization and the transparency of this with members. We have also launched ISPS Australia into social media, connecting with almost two thousand individuals. We hold a major emphasis on connecting with members and it was great to meet with many of you at the Compassion in Psychosis Workshops and Conference early this year.

Over the past year my role has encompassed the following:

- Providing board Meeting Minutes including a list of actions agreed on a monthly basis
- Providing board Out of Session Notes of events and actions between monthly board meetings
- Board contact details to date
- Ensuring that board members' register of Interest form is kept up to date which reviews any arising conflicts of interest
- Evaluation and Feedback from the 2018 Compassion in Psychosis Workshop and Conference

Best wishes,

*Kim*

Kim Jennings, BSW(Hons) MPhil (psychotherapy)  
ISPS Australia Secretary

### SECTION 3

### ACHIEVEMENTS

## 2018 HIGHLIGHTS: EVENTS and ACTIVITIES

*"A Manifesto for Psychological Health and Wellbeing" by Prof Peter Kinderman*  
(25th October 2017)

ISPS Australia were proud to support ACAP Sydney in their presentation of UK Prof Kinderman's seminar on the need for change in mental health and his rejection of the disease model that dominates treatment.

*Open Dialogue: An introduction to the approach and training* (Monday 30 Oct 2017)

In this seminar, Nick Putman and Richard Armitage introduced the Open Dialogue approach, the seven principles that underlie it, and the practice of facilitating network meetings, including the 12 elements of dialogic practice. They introduced the project that is developing in Queensland and the training programme that underpins it.

### *Open Dialogue Training St Vincent's Sydney (29th January – 2nd February 2018)*

ISPS Australia were proud supporters of the Open 5 day Dialogue Training presented at St Vincent's by Carl Gray, Judith Brown, Kristof Mikes-Liu, and Niels Buus. We were able to offer a place at the training for an unwaged member to attend.

### *Compassion Focused Therapy for Psychosis (2 day workshop 22-24<sup>th</sup> March 2018)*

UK presenters Dr Eleanor Longden and Dr Charlie Heriot-Maitland introduced participants to the CFT model of compassion and how to apply this model in interventions for clients with psychosis-related difficulties.

### *Compassion for Psychosis, ISPS National Conference (25<sup>th</sup> March 2018)*

Dr Eleanor Longden, Dr Charlie Heriot-Maitland presented keynotes and Matt Ball and Debra Lampshire were featured speakers. The conference showcased presenters with lived experience and those working in the area of psychological and social approaches to psychosis in the context of the theme of compassion. Workshops were also presented including Peer Supported Open Dialogue and Buddhist mindful compassionate approaches to working with voices.

### *Schizophrenia Awareness Week – Drop the Label! (20 to 27 May 2018)*

For Schizophrenia Awareness Week ISPS Australia wrote and issued a statement supporting the campaign to abolish the diagnosis and label of schizophrenia. This was picked up by Mad in America who invited our treasurer Matt Ball to write a blog on this topic.

## CONFERENCE SNAPSHOT

- **Conference Lived Experience Highlights Report by Amanda and Lyn**

**Amanda:** this was my first ISPS AU conference, and to be there from the beginning of the dream, be involved in the planning and delivery, and be there in person was such a rewarding and worthwhile journey. Being able to witness all our work as a board come to fruition was rewarding. A highlight was that through promotion of the conference, more people got to learn about us and we have been able to welcome new members.

I really loved the idea of creating a conference space open for all to come together; different clinicians as well as both individuals and family members with a lived experience, and everyone feeling they had an equal place. Through my own circles I had promoted ISPS AU and the conference, inviting and encouraging lived experience colleagues to attend and present, so it was lovely to see so many familiar faces present. I particularly enjoyed hearing

from such a diverse group of people about the power of compassion and how useful it has been both personally and professionally in their lives.

Another highlight for me was co presenting a workshop on Compassionate Listening through Peer Supported Open Dialogue. I left feeling I had been professionally nourished with an increased sense of hope for the future.

I found value in the Compassion Focussed Therapy workshop as I was instantly able to apply the theory of the circles, due to their power and simplicity, into my own practice facilitating Hearing Voices Groups. Also, as a result of both the training and the conference, I noticed my own compassionate circle has strengthened and grown. Applying the compassion focused therapy approach enabled me to say 'yes' when asked to use my own lived experience live on radio; what also helped during the interview was the presenter/journalist, Lyn Malcom's real, authentic, respectful approach, which felt like 'compassionate journalism' at its best.

Amanda Waegeli  
Lived Experience Board Member Perspective

**Lyn:** A highlight of the conference for me was being among others who are interested in compassionate approaches. I am all too often reminded of the lack of compassion I often felt when using services and how wonderful it is to know that people like Paul Gilbert, Charlie and so many other clinicians and peers are deeply interested in compassionate approaches. The conference theme struck me on a personal level too, and I was reminded of the fact that learning to allow compassion in was lifesaving for me; historically, I have been my own worst enemy with my inner critic being amplified via a voice I called 'the annihilator', which says it all I guess. When I finally invented my 'compassionate interpreter', it has changed my life and kick-started my recovery, and so listening to all the different presentations at the conference did my heart good for sure. This is the message I would love to see get out there as I strongly believe more as self-compassion is key.

The other part of the conference which was great was the in-between session chats I had with people I know, those I am getting to know, some folk I had heard of or seen in emails, as well as new people too. Another layer which was very special for me was getting to spend time with my colleagues on the board. We meet and do the work or managing ISPS via Skype and email over the years and so getting together in person not only deepened our connection, the flow on effect of it is good for ISPS Australia too. I have nothing but appreciation to our fellow ISPS Au Board Directors for their contribution to us making this fabulous conference come to fruition and also the stewardship of our chair Dr Melissa Connell who led this process.

Lyn Mahboub  
Lived Experience Board Member Perspective

- **Conference: Psychiatrist Snapshot Report by Dr David Ward**

This conference exceeded my expectations. A keynote presentation by Dr Eleanor Longden and Dr Charlie Heriot-Maitland was absolutely exceptional and truly inspiring. This story



needs to be heard by all professionals aspiring to or already working in mental health. It is also very important for all medical staff from medical school to the grave.

The additional keynote by Matt Ball telling the story of a mental health professional's experience of the system was again inspiring and informative. All the workshops were informative, thought provoking and practically helpful. To close the day with another inspirational and articulate talk from an expert in lived experience Debra Lampshire, was a fitting tribute to a conference that was truly passionate about enabling recovery from those experiencing extreme states such as psychosis. ISPS continues to deliver and credit should be given to the Australian Chair Dr Melissa Connell.

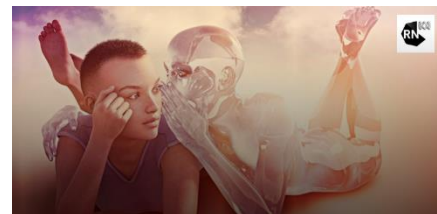
Yours sincerely,  
Dr David Ward  
Director of Adolescent Psychiatry

Metro North Mental Health - RBWH

### MEDIA SNAPSHOT REPORT

#### *ABC Radio National:*

We were delighted to have *All in the Mind* journalist and radio presenter Lynn Malcom at our Compassion Focused Therapy for Psychosis Workshop 2018. She interviewed our conference keynote Charlie Heriot Maitland as well as Board Directors Matt Ball<sup>1</sup> and Amanda Waegeli. You can listen to the podcast of the program ***Compassion therapy for voice-hearing: Sunday 29 April 2018 5:05PM***<sup>2</sup> (see below). The program was accompanied by singer, songwriter, voice hearer and board director extraordinaire Amanda's music *Amanda's Dance*, published by Restless Music.



#### *Social Media News*

This year has seen the launch of the ISPS Australia Facebook page. We currently have 103 people who have liked the page.

The page has posted articles on topics such as Psychiatric drug withdrawal, Hearing Voices, Psychosis, Non-pathologizing approaches to mental distress, Mad Pride, and the controversial and outrageous practice of trackable pills - just to mention a few.

We undertook a small marketing campaign for the conference which generated a lot of extra traffic to the facebook page (1920 people actually) with 59 clicks on the event link.

ISPS Australia also posted an important media release in response to Schizophrenia Awareness Week, asking that Australia "drop the label" of schizophrenia. Matt Ball also wrote an excellent article about the ISPS initiative that was then accepted for posting on Mad in America website. Posting the MIA blog post to the Facebook page reached 453 people.

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<sup>1</sup> Congratulations Matt on your outstanding achievement of 2017 Mental Health Nurse of the Year

<sup>2</sup> See at ABC Radio National: <http://www.abc.net.au/radionational/programs/allinthemind/compassion-therapy-for-voice-hearing/9692796>

In one item of news, we were delighted to congratulate our fabulous treasurer **Matt Ball** on his big achievement 2017 **Mental Health Nurse of the Year**.

*Stephanie*

Stephanie Mitchell,  
Communications Officer

SECTION 4

FINANCIAL REPORT

## TREASURER'S REPORT

The ISPS Board under the Chair of Melissa Connell has continued to take financial stewardship of ISPS Australia very seriously. The current financial process uses the ATO profit & loss statement template to record and summarise income and expenditure for the financial year.

### Conference

During 2017 / 2018 ISPS Australia hosted international and national speakers in delivering a workshop and conference on Compassion for Psychosis. With the ongoing attention to safe management of finances, the conference was not only a success in delivering an event consistent with ISPS values, but also managed to deliver a financially viable event.

Although two potential expense claims remain, the current status shows a profit of ticket sales of \$946.82 and a projected overall cost of the conference from assets of an estimated \$600.

Best wishes,

*Matt*

Mathew Ball,  
ISPS Australia Treasurer

# Financial Report 2017-2018

Profit & Loss for ISPS Aus 2017 /2018													
PROFIT & LOSS	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	Yearly Total
1 Membership							2880.00	1150.00					5355.00
2 Website sales										880.00	365.00	80.00	300.00
3 conference insurance rebate										200.00	50.00	50.00	300.00
4 conference tickets sales							550.00	2080.00	1050.00	17810.54			21500.54
5 <b>Gross profit/net sales</b>	0.00	0.00	0.00	0.00	0.00	0.00	3430.00	3230.00	1050.00	18890.54	524.73	130.00	27265.27
6 <b>Expenses</b>													
7 Open dialogue event sponsorship			660.00										660.00
8 AGM/conferencing fees	135.06												135.06
9 overseas banking fees	21.21												21.21
10 website work			90.00	75.00			90.00	15.00					270.00
11 Compassion conference expenses								2684.41					2684.41
12 2017 OD public talk expenses								153.00					153.00
13 compassion conference insurance								670.73					670.73
14 Deb Lamp airfares for conference									682.82				682.82
15 ISPS international memb fees										2385.76			2385.76
16 conference catering										2117.20	1596.12		3713.32
17 conference room hire										1632.40			1632.40
18 Board member conf ex - KJ										368.69	1000.00		1368.69
19 Board member conf ex - HB										474.91			474.91
20 Board member conf ex - MC										623.46			623.46
21 Board member conf ex - SM										707.36			707.36
22 Speaker Fees										7105.35			7105.35
23 Paypal Fees											112.84		112.84
24 Zoom conferencing fees											209.90		209.90
25 <b>Total expenses</b>	156.27	0.00	750.00	75.00	0.00	0.00	90.00	4523.14	682.82	15415.13	2018.86	0.00	24611.22
26 <b>NET PROFIT (Net Income)</b>	<b>-156.27</b>	<b>0.00</b>	<b>-750.00</b>	<b>-75.00</b>	<b>0.00</b>	<b>0.00</b>	<b>3340.00</b>	<b>-1293.14</b>	<b>377.18</b>	<b>3475.41</b>	<b>-2394.13</b>	<b>130.00</b>	<b>2654.05</b>
27													
28													
29													
30 <b>Income</b>			27265.27										
31 <b>Expenses</b>			24611.22										
32 <b>Profit for year 2017-2018 with current bank balances</b>			<b>2654.05</b>										
33													
34													
35 <b>NAB Year opening Balance</b>			6282.15										
36 <b>NAB Balance at 200618</b>			8,910.24										
37 <b>Paypal Balance at 200618</b>			126.70										
38 <b>Current assets</b>			<b>9066.94</b>										
39													
40													
41													
42 <b>Conference balance</b>													
43 <b>Expenditure</b>			2053.72										
44 <b>Income</b>			21500.54										
45 <b>Total</b>			<b>946.82</b>										
46													
47													
48													

## Balance sheet 02/06/2018

### Assets

NAB 084-391 181621374 \$8940.24

ISPS Australia PayPal Acc. \$ 126.70

**Total Assets \$9066.94**

### Liabilities

**Total Liabilities \$ 0.00**

### Equity

Opening Balance \$6282.15

**Total Equity \$9066.94**

**Total Liabilities and Equity \$9066.94**

## Statement by the Board of ISPS Australia

The Board of ISPS Australia declare this is a concise financial report of ISPS Australia for the financial year ended on the 30th June 2018.

Signed on behalf of the Board

**Matthew Ball**

Treasurer

**Melissa Connell**

Chair

## ACKNOWLEDGMENTS



### Corporate & community partners/collaborators

- Australian College of Applied Psychology
- University of Queensland Centre for Clinical Research
- Monash University
- Richmond Wellbeing
- SANE
- Consumers of Mental Health WA (CoMHWA)
- And Isabelle Patterson, Graphic Design, Branding & Illustration

## HOW YOU CAN HELP



### Become a member

ISPS Australia receives no funding other than memberships. In order to continue to provide the events and resources we offer, we need membership support!

Go to [www.isps.org.au](http://www.isps.org.au) and select “membership” and “sign up”

### Join the Board

We welcome people with governance expertise and time to support policy and procedure development as well as co-design and co-create activities.

### Volunteer your time

As we are all volunteers, we have limited time to devote to organisational activities such as website maintenance, event planning and resource building. We would greatly benefit from any time you can offer to assist us with the important work of growing and maintaining the organisation by perhaps joining us on a subcommittee.

Contact us at [admin@isps.org.au](mailto:admin@isps.org.au)

### Make a donation

Please contact [admin@isps.org.au](mailto:admin@isps.org.au) for more information on how you can support us through making a donation.

### [Become a corporate partner](#)

We have opportunities for other organisations to become involved in ISPS Australia through co-sponsoring events, donating money, or pro-bono work. Send us an email for more information.

### CONTACT US

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[www.isps.org.au](http://www.isps.org.au)