

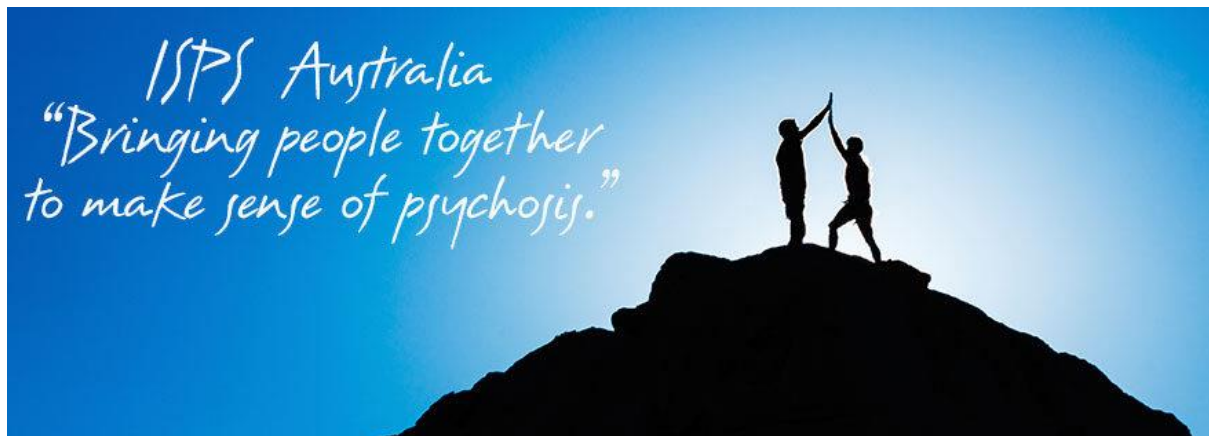


International Society for Psychological  
and Social Approaches to Psychosis



## **2018-2019**

**(for the period July 1<sup>st</sup>, 2018 – June 30<sup>th</sup> 2019)**



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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

Voluntary Board of Directors	
Name	Board Director Role
Matt Ball	Chair
Lyn Mahboub	Events co-ordinator
Amanda Waegeli	Vice Chair
Kim Jennings	Membership
Melissa Connell	Treasurer
Stephanie Mitchell	Communications Officer
David Ward	General Member

## CHAIRPERSON'S REPORT

2018/2019 has been another exciting and positive year for ISPS Australia. ISPS Australia has continued to present and support education, training and promotion of psychological and social approaches to psychosis.

The highlight in this annual period has been the opportunity to host Dr Lucy Johnstone and Prof John Cromby in Adelaide for a 2-day event on **the Power Threat Meaning Framework**. This event was part of a series of events and ISPS Australia partnered with Blue Knot Foundation in hosting the events around Australia.

The Adelaide event was the only event in the series to have a focus on the PTMF and Psychosis. The two-day workshop also incorporated a talk by Prof Bernard Guerin who gave his time to be part of the event. A blog post about the workshops can be found here: <https://www.madintheuk.com/2019/03/crossing-cultures-with-the-power-threat-meaning-framework-australia/>

ISPS Australia also sponsored another event in Adelaide that sought to challenge the discourse of how we understand and respond to human distress. **ReAwaken Australia** was a 5-day event in April 2019 and featured presentations by three ISPS Australia board directors and was attended by many ISPS Au members. You can view some of the presentations and hear more about the conference here <https://www.reawakenaustralia.com.au/>

ISPS Australia was again represented at the ISPS international conference in the Netherlands this year, with Treasurer Melissa Connell attending in her role on the ISPS International Executive Committee.

ISPS Australia continues to maintain a website and social media presence and has been posting information on our Facebook page to raise awareness of our activities and to promote the importance of psychological and social approaches to psychosis.

We also wish to recognise the invaluable support of the board members who have completed their roles at ISPS Aus. A Founding member of ISPS Australia, advocate and peer educator, Lyn Mahboub has stepped down from the Board. We are extremely grateful for her vision, commitment and integrity to the values of ISPS over many years of service.

2019 also sees the departure of Board Directors, Stephanie Mitchel and Kim Jennings. I too, will be stepping down from the board. We acknowledge the voluntary time and service all board members have given to the ISPS Australia community.

We are excited to welcome two new members who have nominated and will become part of the ISPS board following the AGM.

As current and outgoing Chair I would like to acknowledge the tireless work of the board that keeps ISPS Australia in moving forward. As a voluntary organisation we are continually grateful for the work of the volunteers. This group of people provide an important voice towards alternative approaches for people experiencing psychosis in our communities in Australia.

We look forward to the positive steps forward through ISPS Australia over the next 12 months and thank members for their continued support on this journey

Regards

Matt Ball  
ISPS Australia Chair

## VICE CHAIRPERSON'S REFLECTIONS on the ISPS Journey

### ISPS History

*Central Europe in the mid-1950s, two young Swiss psychiatrists, Christian Müller and the Italian-born Gaetano Benedetti – both around thirty-five years old -dissatisfied with the predominant ways of treating schizophrenia, decided to gather together colleagues they knew through their interest and writings dealing with psychoanalytically oriented treatment of schizophrenic patients. The first ISPS symposia, held in Switzerland in 1956, 1959 and 1964.*

*It is very encouraging to read Benedetti's and Müller's descriptions, including their continued faithfulness to their original ideas, emphasizing the significance of the personal commitment of the therapist to his/her patient, based on efforts to understand the origins of their problems.*

Speed it forward to 2019, Muller and Bendedetti's dissatisfactions with the predominate ways of treatment for people experiencing psychosis is still relevant. The need for ISPS is just as relevant now as it was then. I still see the vision and importance of ISPS today. ISPS Au is trying to hold a safe place nationally to connect with others working in the field, so as to share, explore, listen and support each other as we learn together what helps those who experience psychosis.

I am encouraged that this space is multi-disciplinary and is open to include all voices, especially those of lived experience. This year in my time with ISPS Au I have been entirely grateful for the honesty and diversity of experiences and perspectives shared with me about psychosis. I know I have grown personally and professionally because of these experiences.

Holding formal space across Australia for such important conversations and connections is not always easy. I know we have done the best we could with what we had as a small organisation. It's a big ask to get involved and stay involved with a small unfunded organisation. Usually passionate people are time poor and their energy is spread thinly. Not all of us are into the governance and the committee work required to keep a small incorporated association going, and let's face it, there is already too much paperwork in the world. But if we are to keep the society going, someone has to do it.

I also know it's a tough call to say to step down from something you are passionate about, especially when you see the need, and support the values, mission and objectives. It is with respect and sadness we say goodbye to four of our Board Directors this year.

Leadership roles come with extra responsibility, and what has been an enormous year both personally and professionally for Matt Ball, we are in awe of his leadership and stamina as Chairperson. Special thanks to Matt and all our retiring board directors, we wish them well on the next part of their journey.

Your ISPS Membership is important to us too, and we are grateful to our members who chose to renew their membership this financial year, and to our new members for joining us. Put simply, without you we would not exist.

I remain hopeful and look forward to planning the new ISPS Australia year ahead with our 2019-2020 Board Directors.

Warm regards,

Amanda Waegeli

ISPS Australia Vice Chairperson 2018-2019

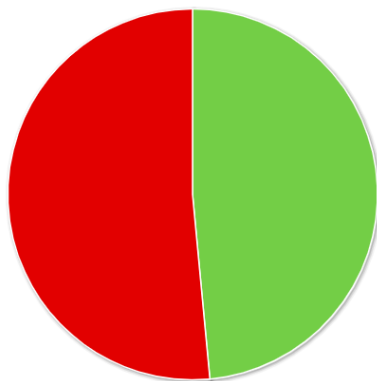
## TREASURER'S REPORT

## ISPS AUSTRALIA FINANCIAL REPORT 2018-2019

During the 2018-2019 financial year, ISPS Australia brought in \$16 239 and had a total expenditure of \$17 224 resulting in a net loss of \$984. There are no outstanding debts or liabilities.

Opening balance 01.07.18	\$8 939.00
Total Income	\$16 239.00
Total Expenditure	\$ 17 224.00
<b>Balance 30.06.19</b>	<b>\$8 306.00</b>
<b>Net loss</b>	<b>\$ 984.00</b>

Income vs Expenses, Jul 2018 – Jun 2019



Difference: **-\$984.90**

Best wishes,  
Melissa Connell  
ISPS Australia Treasurer

## 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)



ABOVE: Stephanie Mitchell, John Cromby, Lucy Johnstone, Amanda Waegeli, Matt Ball March 2019, Adelaide, Two Day Power Threat Meaning Framework and Psychosis Workshop



April 2019 Adelaide, Stephanie Mitchell, Oryx Cohen and participants at the Reawaken Conference