



Treatment of young adolescents with psychotic disorders in a network organization

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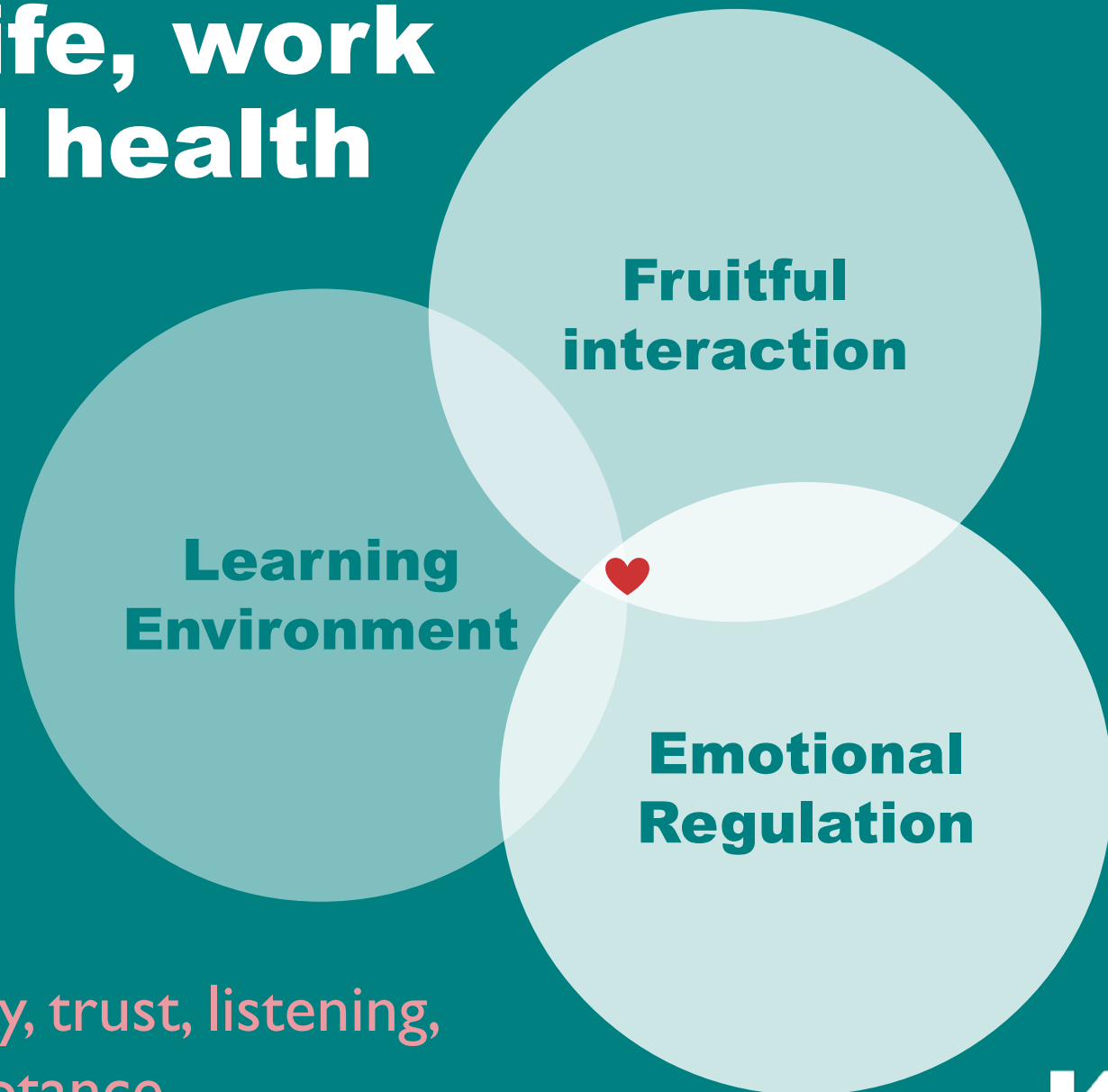
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Vision on life, work and mental health problems

(inspired by Laloux, re-inventing organizations)



Basic concepts: equality, trust, listening, deep democracy, acceptance

Psychosis abnormal? Or normal?

**1 out of 10
hear voices**

*(Maijer et al. Psychol Med.
2018;48:879-888)*

Delusions:
in DSM-5 actually
moved from the
abnormal to normal
psychology.
Excessive suspicion
also occurs in the
general population

*(American Psychiatric
Association, 2013)*

**Trauma and
psychosis:**

**comorbidity,
cause**

*(de Bont et al. Br J Psychiatry.
2015;206:408-416)*

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People often see trauma as the cause of psychosis

Causes of voices	Agree	
	Frequency	%
Past traumatic experiences	80	64.0
Distress	77	61.6
Other people	67	53.6
Personality	64	51.2
State of mind	58	46.4
Chance	41	32.8
Personal behaviour	33	26.4
Hereditary/genes	33	26.4
Recreational or prescription drugs	28	22.4
Poor medical care	14	11.2
Diet	14	11.2
Pollution	7	5.6
Germ or virus	5	4.0

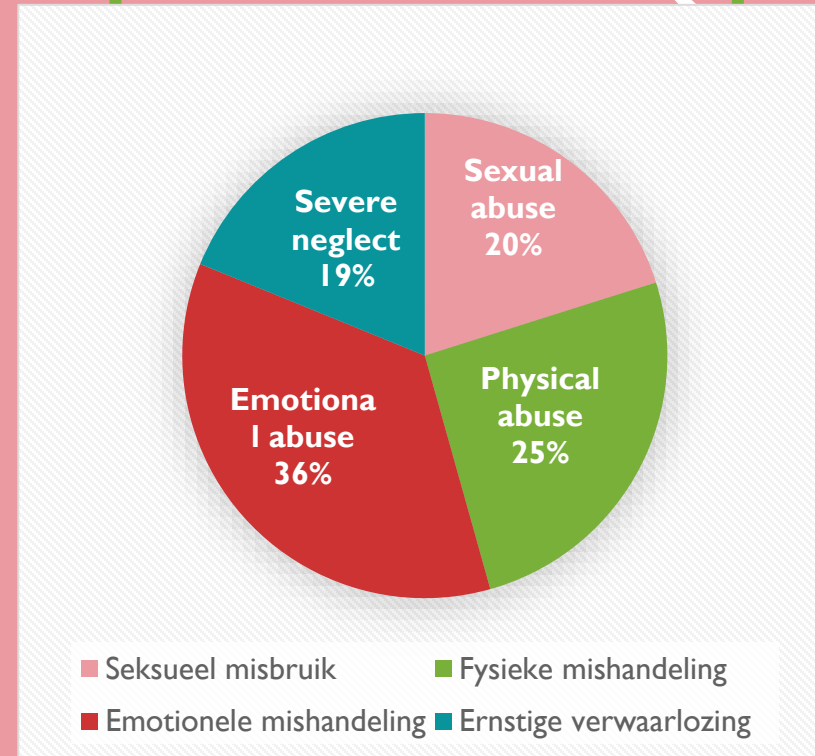
Table 1. Participant's beliefs about the causality of their voices.

Tolmeijer, E., Hardy, A., Jongeneel, A., Staring, A. B., van der Gaag, M., & van den Berg, D. (2021). Voice-hearers' beliefs about the causes of their voices. *Psychiatry Research*, 302, 113997.

- Tolmeijer et al. 2021
- Read 2019, Read 2020

Trauma and psychosis

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de Bont et al. *Br J Psychiatry*. 2015;206:408-416

> 1 trauma (78%) ≥ 2 trauma's (70%) ≥ 3 trauma's (60%)

Listen to the voices

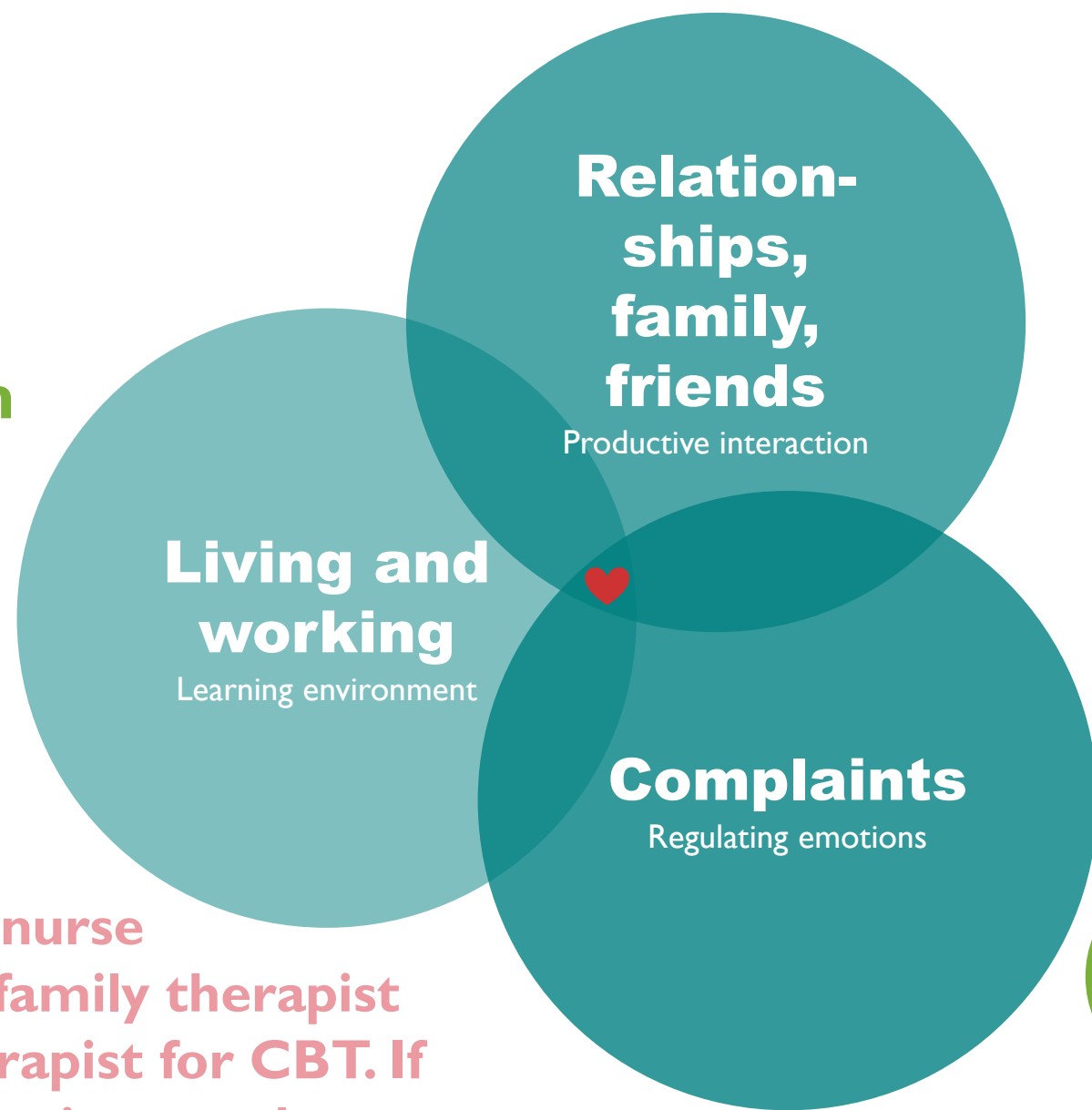
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How to...

Networkorganization

=

Together



In practice: casemanager, nurse practitioner, psychiatrist, family therapist and psychogist/psychotherapist for CBT. If desired, add other interventions, such as psychomotor therapy or creative therapy.

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Treatment and guidance

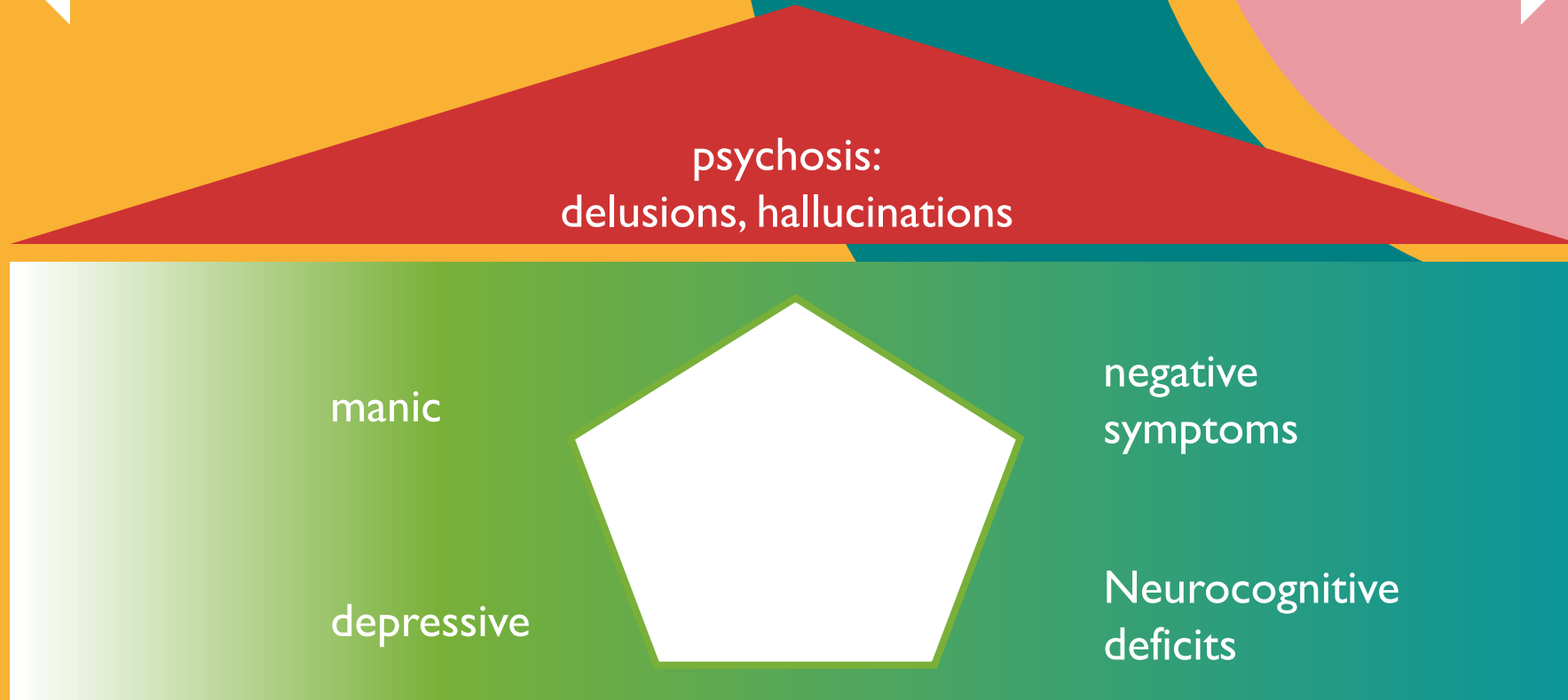
- Standard of care for psychotic disorders: attention to trauma, treatment of the voices : Join them, don't beat them
- Explanatory model of the psychotic complaints: holistic theory, stressors
- Focus on quality of life, not on a symptom-free life
- Medication as a component, not as the main ingredient
- Treatment consists of gaining insight into stressors (sleep, substance abuse) explanatory model of ACE's (traumatic events), maintaining en strengthening of social roles (school, work, friends, relationships)

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Prognosis



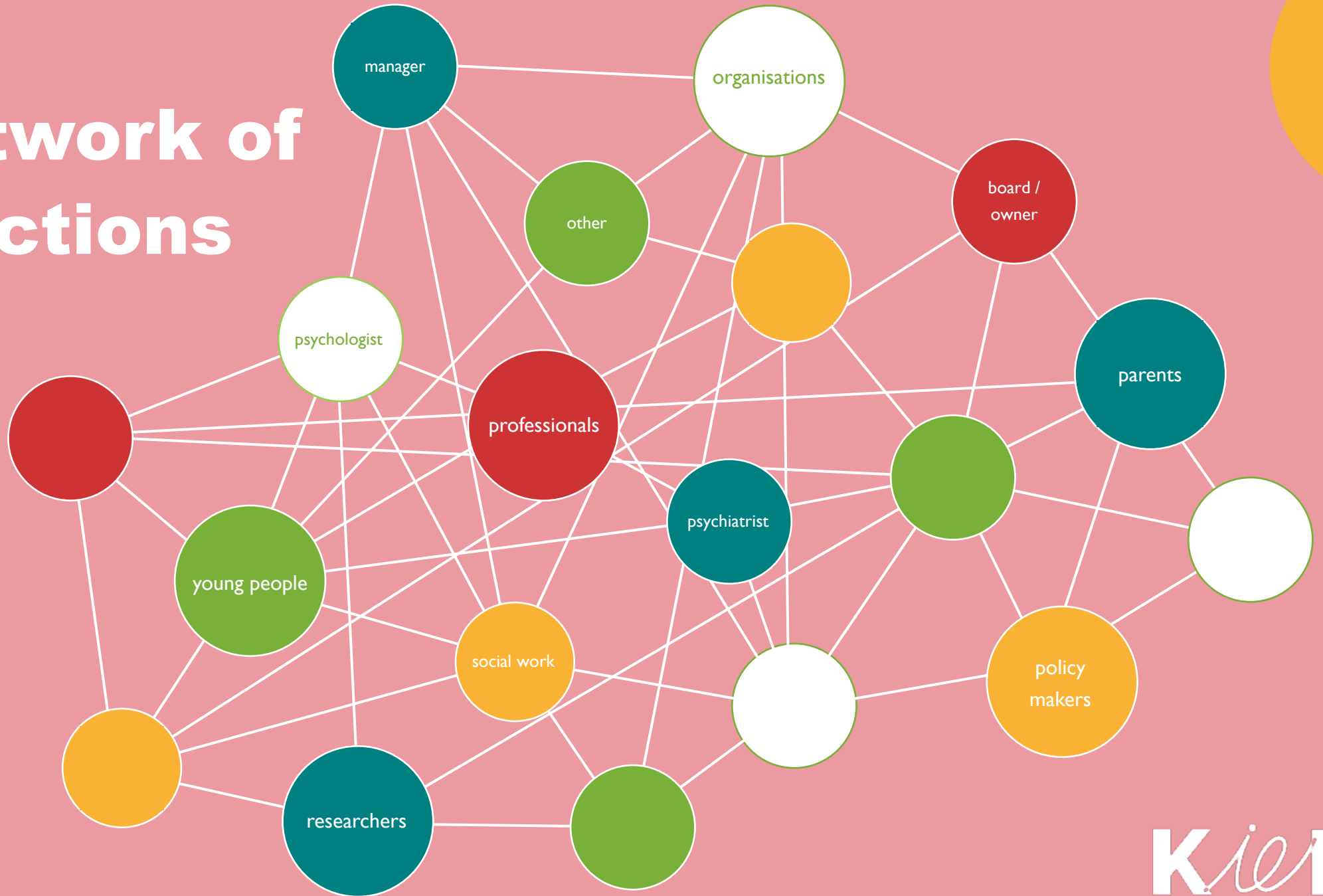
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Take home:

- Try it, dare to ask about the past, the present
- Involve all three pillars (others, environment, self regulation)
- Work together
- Make sure that experience based therapy and traumatherapy are available

Network of functions



Where from?



K*ie*N