



Psychiatry in Crisis? - Can we use this crisis as an opportunity?

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*My viewpoint and reflections are informed by my
worldview-*

I am Scottish, white skinned, English speaking and able
bodied

Born to teenage parents, I am working class, grew up in
a coal mining family

I have been a solo Mum with full custody since 2012
I left school at 16

I lived in New Zealand for 7 years, returning to live in
rural Scotland in 2020.

I was diagnosed with OCD as a teenager and have used
mental health services on and off for 30 years

I have a BSc in Behavioural Science and a PgCert in Mad
Studies

I am a Co-Director of Intentional Peer Support



“Crisis” as an Opportunity for Growth?

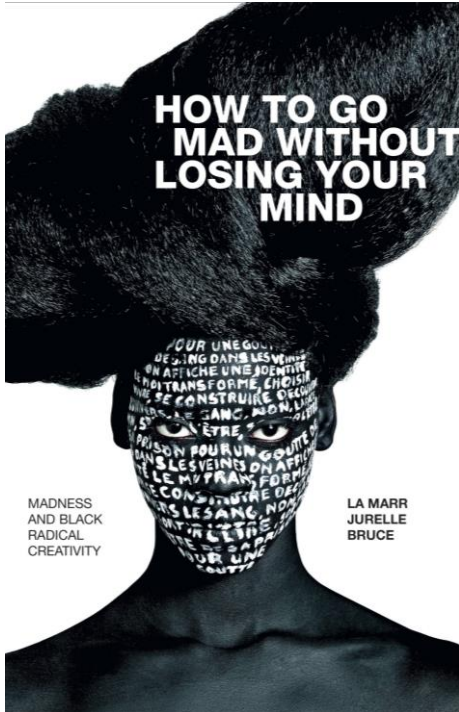
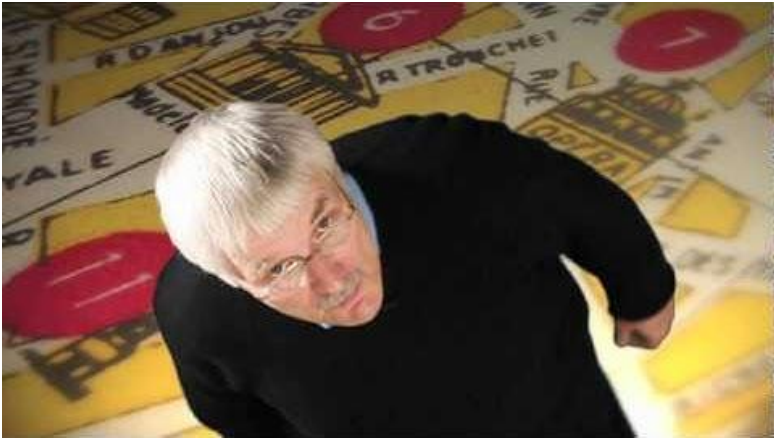
An opportunity for everyone to
reflect and explore new
possibilities?



Moving Towards

- What do we *really* want?
- What will it look like if it's working?
- What is Possible rather than what is wrong
- What are we moving towards (rather than moving away from!)







Recovery from what? “ILLNESS” or....

Transphobia

Damaging
relationships

Abuse

Trauma

Sexism and
Misogyny

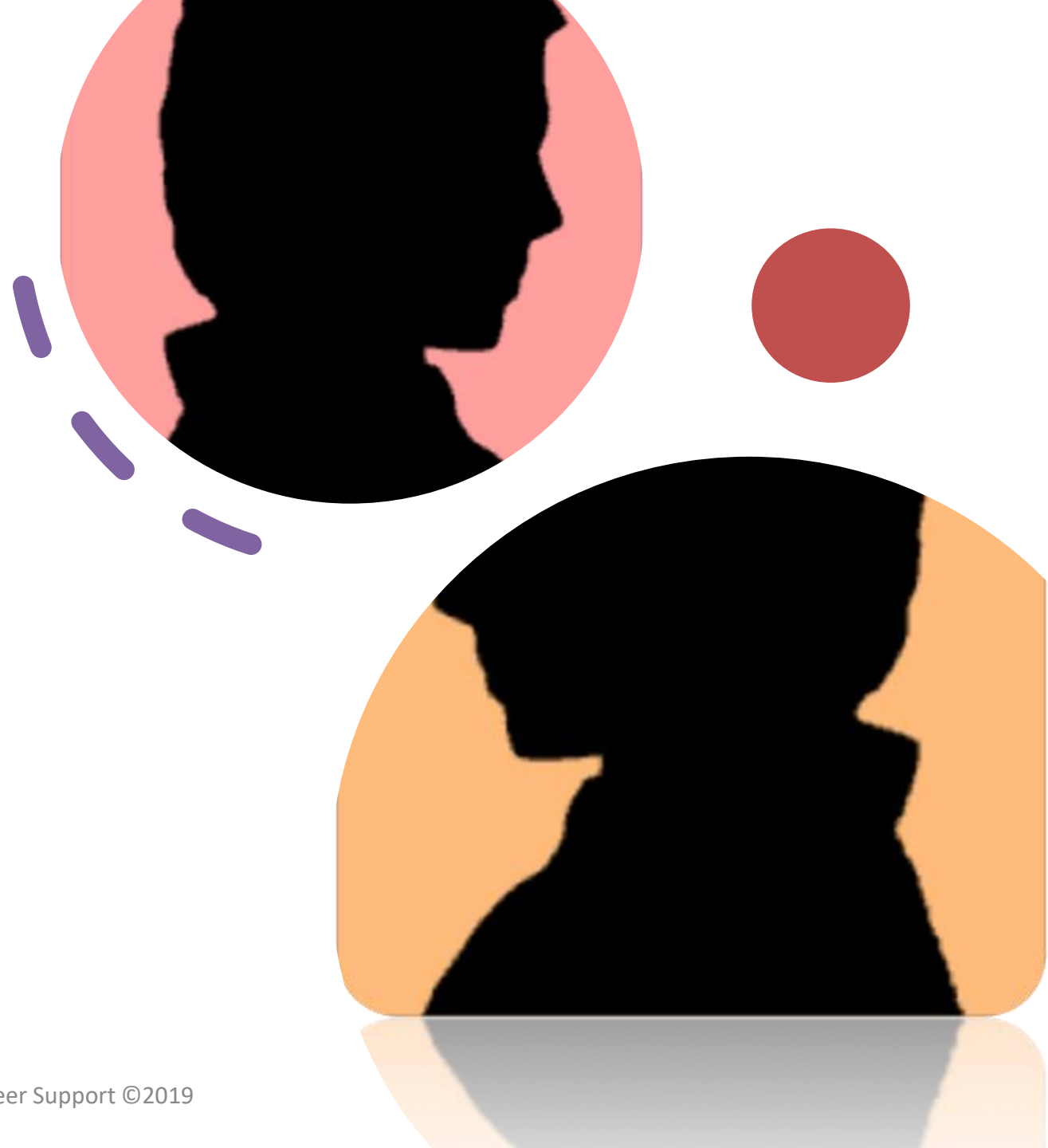
Homophobia

Poverty

Classism

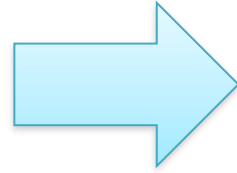
Racism

- *Connection*
- *Worldview*
- *Mutuality*
- *Moving Towards*



Shifting the focus from the Individual to the Relationship

From the
individual

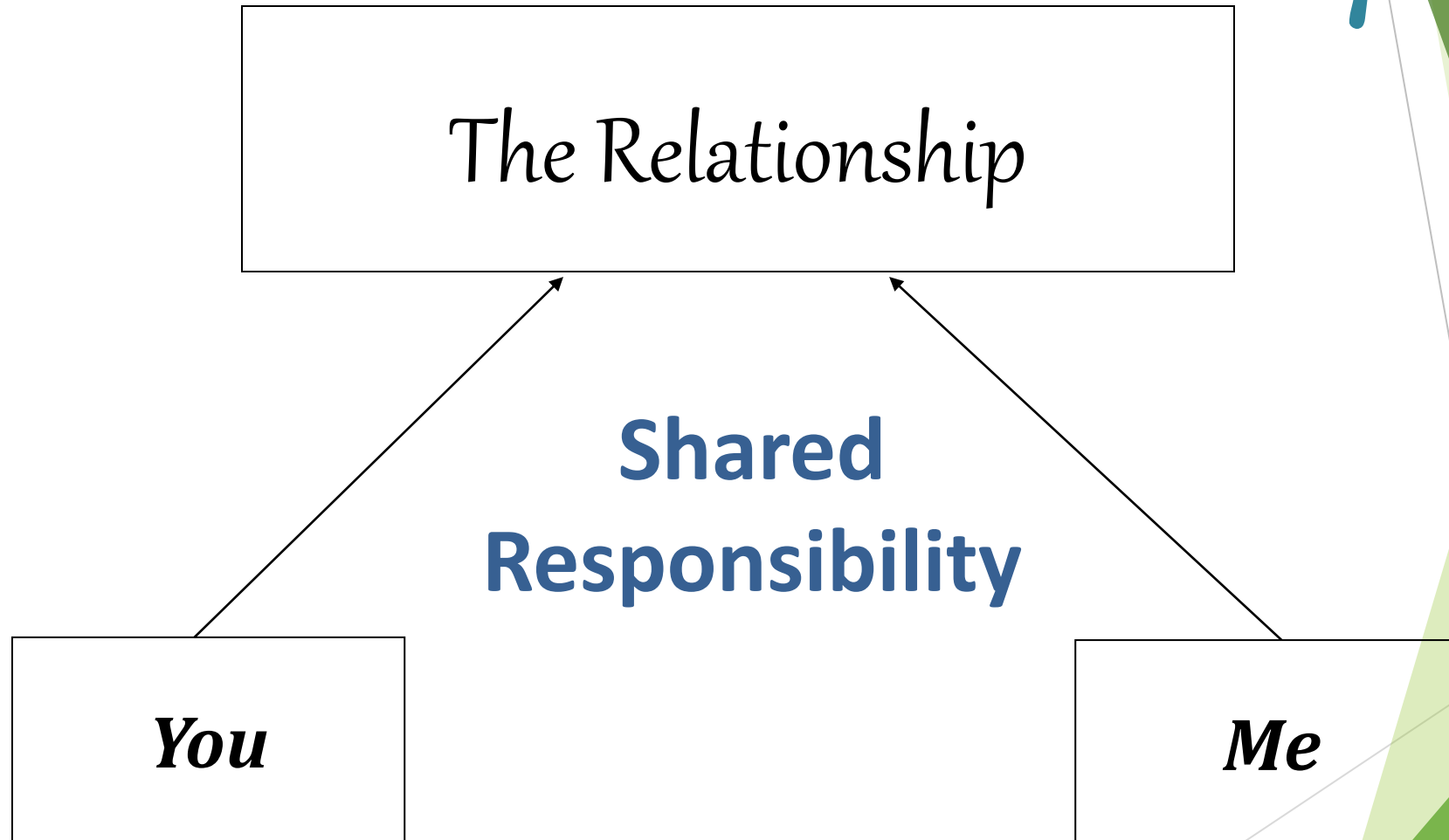


To the
relationship

- ▶ Only one person is expected to change
- ▶ Outcomes are pre-determined
- ▶ Conversations are based on problem-solving/ fixing
- ▶ One person has the answers

- We both change
- We are curious and open to other perspectives
- No one is *the problem*
- We both learn from each other- work it out together
- We see new perspectives

Focus on Relationship



**Help in the
mental health
system is
usually...**

Predictive

Prying

Prescriptive

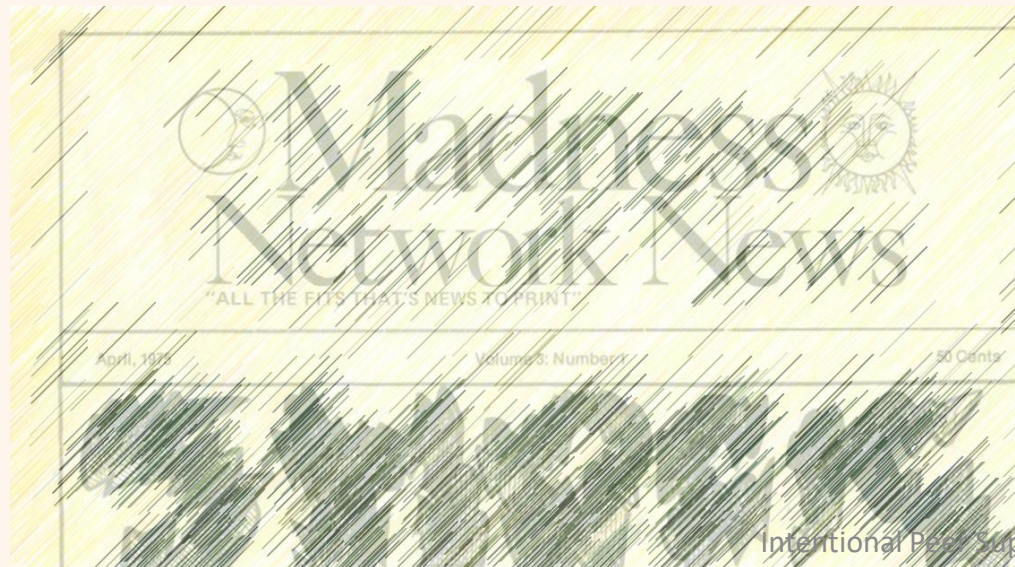
Pre-determined

► So many ways to view one experience...

► So why does one perspective hold so much power?



- Voluntary
- Holistic
- Community
- Consciousness
- Raising



Whose Safety?

Traditionally, safety is defined by liability and risk.

Is the individual safe?

~

Relational safety is defined by openness and negotiation.

Is the relationship safe?

A relational approach to Shared Risk

We both risk being **vulnerable**

~

Each of us can say what we **see, feel, and need**,
especially when we feel scared or worried

The Challenges

~Sitting with
Discomfort

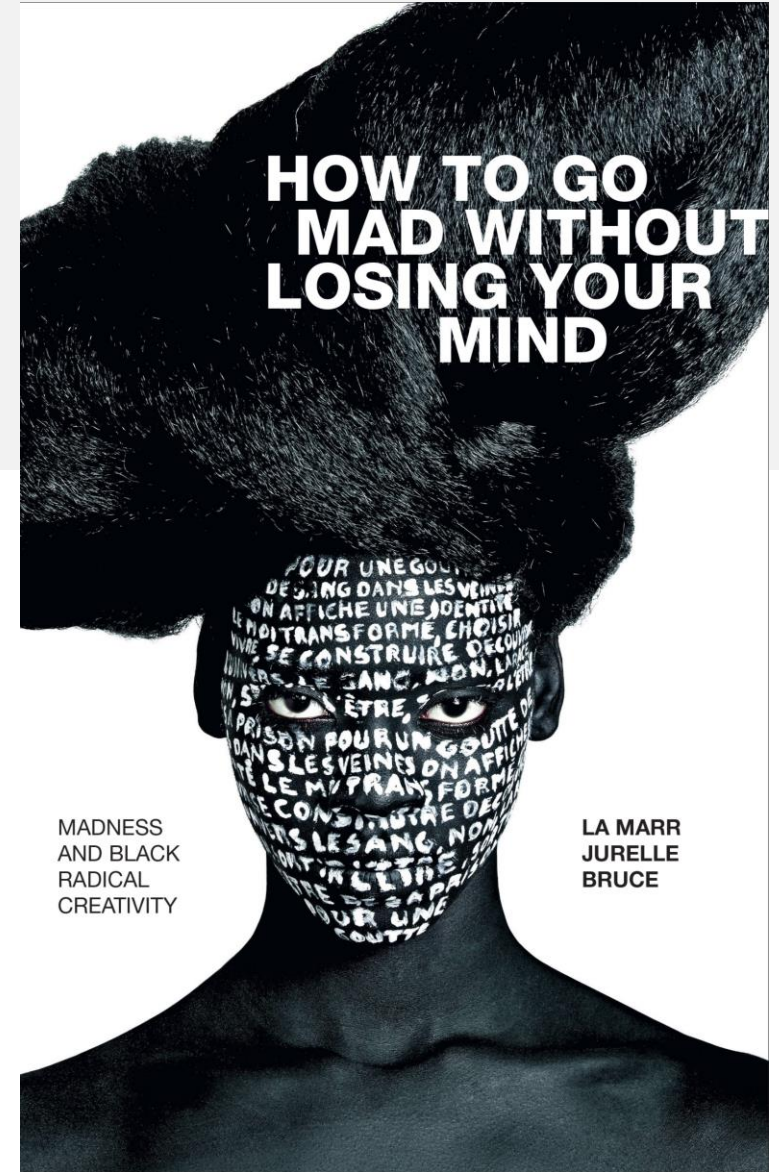
~Taking Risks

~Holding Multiple
Perspectives



“madness is too messy to be placed in tidy boxes and too restless to hold still for rigid frameworks.”

LaMarr Jurelle Bruce



Keep in Touch

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