



THE WELLBEING FOUNDATION

presents

Healing Depression Without Drugs or Electric Shocks

First Annual Conference 2006

Saturday 21 October 2006
8.30am to 5pm

Burlington Hotel | Ballsbridge | Dublin 4 | Ireland

Tickets €95



There is no health without
mental health



This conference is long overdue, and reflects an urgent need for change. A growing number of depressed people, their families, and mental health professionals are deeply disturbed by the way depression is being treated at present.

The conference offers the opportunity to hear Dr Peter Breggin, the keynote speaker, author of *Toxic Psychiatry* and *Talking Back to Prozac*, international veteran campaigner for change, articulate his fundamental conviction that psychiatry has taken a wrong turn and that healing can occur without resort to the very real dangers of medication and electric shock treatment.

Programme

- 8.30** Registration
- 9.15** Official opening and welcome
- 9.30** **Soul Interrupted**
A documentary film presented by Dr Michael Corry, featuring service users
- 10.00** **Dr Peter Breggin**
"Trust me I'm a doctor"
Is psychiatry doing more harm than good?

11.00 Tea / Coffee

- 11.30** **Dr Pat Bracken**
From Dogma to Dialogue
Has the disease model of depression passed its sell-by date?
- 12.15** **Dr Aine Tubridy**
Fear and Depression: Two Sides of the Same Coin

1.00 - 2.15 Lunch

- 2.15** **A Case to Answer**
A performance by the Open Heart Company questioning the validity of psychiatry's stance on depression
- 3.15** **Dr Michael Corry**
What Goes Up Must Come Down
Understanding manic depression

4.00 Tea/Coffee

- 4.15** **Dr Peter Breggin**
Healing Depression Without Resort to Psychiatric Drugs or ECT
- 5.00** Summary and close

Sign language facility available all day. Disability access

Tickets available through Ticketmaster



0818 719300 open 24 hours
www.ticketmaster.ie

<http://tinyurl.com/fbk7o>

About the Speakers

Dr Peter R Breggin is a Harvard-trained psychiatrist and the author of many ground-breaking books including *Toxic Psychiatry*, *Talking Back to Prozac*, *The Ritalin Fact Book* and *The Anti-Depressant Fact Book*. As a critic of psychiatric drugs, electroshock (ECT) and lobotomy, and as an advocate of patient rights, Dr Breggin's reform work spans 50 years. His efforts have affected government policies, have led to modified drug labels, and have changed how the public views psychiatry and how the profession views itself. He is the founder of the International Centre for the Study of Psychiatry and Psychology (www.ICSP.org) and the peer-reviewed journal *Ethical Human Psychology and Psychiatry*. His website is www.breggin.com

Dr Patrick Bracken is a consultant psychiatrist and Clinical Director of Mental Health Services in West Cork. He is the author of *Trauma: Culture, Meaning and Philosophy*, and *Postpsychiatry: Mental Health in a Postmodern World*, and is co-editor of *Rethinking the Trauma of War*. From 1987 to 1991 he worked in Uganda for the Medical Foundation for the Care of Victims of Torture, and subsequently worked for the Foundation in London. He was awarded a doctorate for research with a rural village in the notorious 'Luwero Triangle' of Uganda. His interest in the psychological effects of violence has continued: he has carried out a number of consultancies for Save The Children in West Africa and most recently with refugees from Bhutan living in Nepal. Dr Bracken is also interested in conceptual aspects of psychiatry and completed his doctorate in philosophy at the University of Warwick in 1999.

Dr Aine Tubridy works as a psychotherapist in the Institute of Psychosocial Medicine, having left general practice to complete a Masters degree in psychotherapy at University College Dublin in 1990. She is the co-author of *Going Mad? Understanding Mental Illness* and *Depression: An Emotion not a Disease*, and the author of *When Panic Attacks*. She specialised at the Menninger Centre in Kansas, USA, in the management of anxiety and panic incorporating biofeedback technology and relaxation training, and brought this expertise to the cardiac rehabilitation programme at St Vincent's Hospital, Elm Park, Dublin. She is involved in running training courses for therapists and sufferers.

Dr Michael Corry works as a consultant psychiatrist at the Institute of Psychosocial Medicine and at Clane General Hospital, and is the co-author of *Going Mad? Understanding Mental Illness* and *Depression: An Emotion not a Disease*. After qualifying he worked as a volunteer doctor in Uganda. On his return to Ireland he began his training in psychiatry and completed a Masters degree in psychotherapy. Dr Corry's interest in psychosis developed from his work in St Brendan's Psychiatric Hospital, Dublin, where he directed the Demonstration Re-socialisation Pilot Project of Europe, focussing on the rehabilitation of long-stay institutionalised patients. In July 2004 he commenced a series of ongoing monthly public meetings called Depression Dialogues from which evolved the web site www.depressiondialogues.ie and the concept for this conference.

For more details see www.wellbeingfoundation.com
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