

# 5TH INTERNATIONAL MENTAL HEALTH MEETING

OF ROMÃO DE SOUSA FOUNDATION

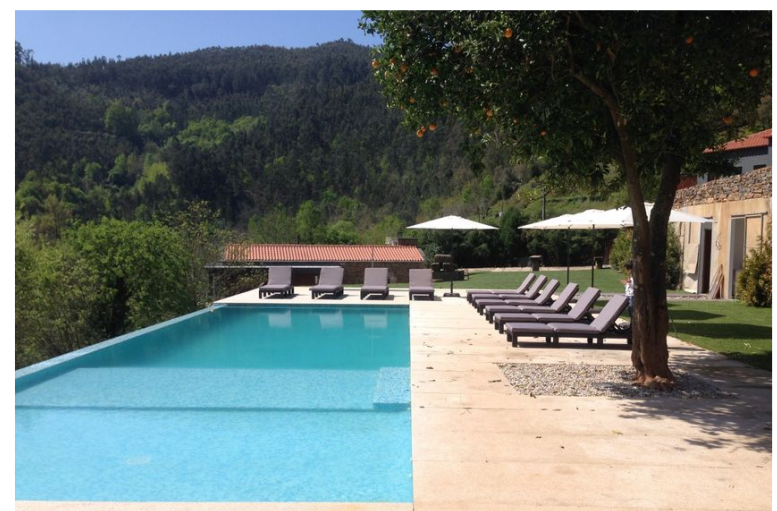
## SLOW PSYCHIATRY – Human Rights and Democratic Mental Health

PORTO – 15th to 19th of April

Dear Colleagues and Friends,

I am delighted to introduce you to the **5th International Mental Health Meeting of Romão de Sousa Foundation**, organized together with Escola Superior de Saúde from Politécnico do Porto.

As usual, we are starting the week with a Living Learning Experience Residential Workshop (LLE), on the 15th, 16th and 17th of April in a beautiful property in the wild mountains of Castelo de Paiva. LLE workshops, also known as transient TCs, are residential, experiential, training courses, specifically designed to offer a robust experience of psychosocial awareness, containment and development of reflective practice skills, in the context of a structured programme of activities and creative therapeutic work. More details at [www.congress2024.fundacaords.org/lle/](http://www.congress2024.fundacaords.org/lle/)



On the 18th of April, already at ESS P. Porto, you can take part on one of the three practical workshops with highly skilled practitioners and hot topics

- **Psychodance** with Ana Cruz and Gonzalo Negrera
- **Psychedelic Assisted Therapy** with João Costa Ribeiro and João da Fonseca
- **Holistic Psychonutrition** with Cátia Soares



Psychodance

Ana Cruz & Gonzalo Negrera



Psychedelic-assisted Therapy Workshop

João Ribeiro & João da Fonseca



Holistic Psychonutrition Workshop

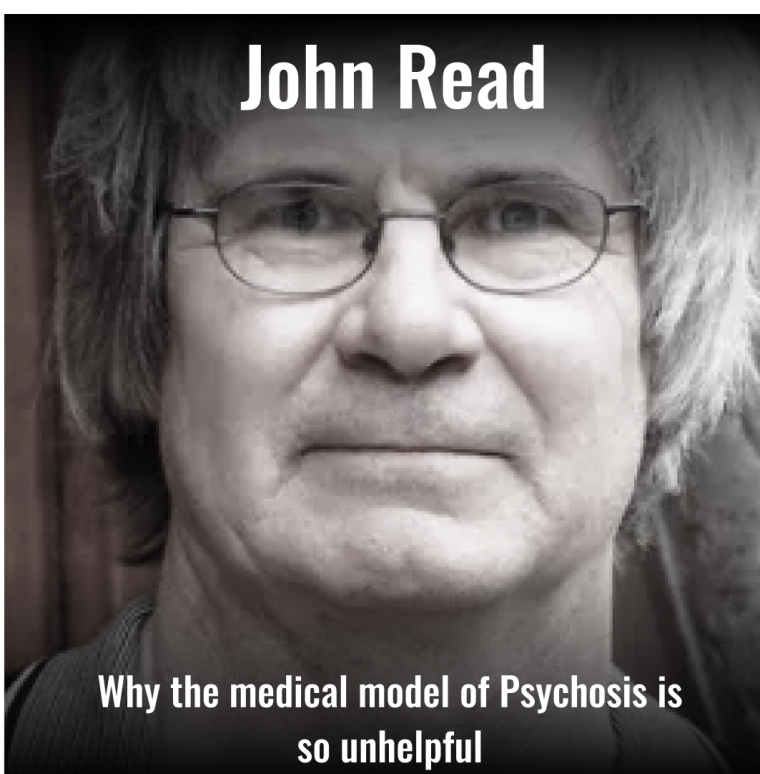
Cátia Soares

The main meeting and the centre of all the debate will also occur at ESS P. Porto on the 19th of April. In this meeting you will be able to listen to two Keynote Addresses by **Prof John Read** and **Prof Joanna Moncrieff**, and several other presentations by abstract submission, including a special contribution by **Prof Russel Razaque**. Communications will focus on compassionate and relational mental health, democratic drug treatment, as well as well-evidenced critiques of the medical model of psychosis and the mainstream mental health system. There will also be scientific posters and cultural events to be announced and, of course, social gatherings and our usual social dinner.



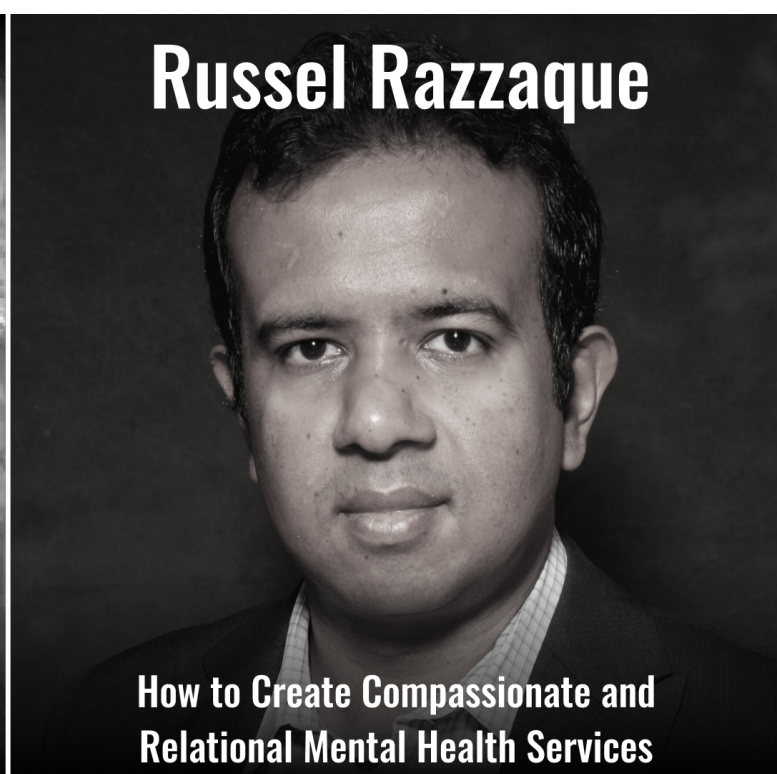
Joanna Moncrieff

Democratic drug treatment in mental health: principles and practise



John Read

Why the medical model of Psychosis is so unhelpful



Russel Razaque

How to Create Compassionate and Relational Mental Health Services

“**Slow Psychiatry**” will be the central theme of the debates, a term that was invented by the American psychiatrist Sandra Steingard in the context of her “Open Dialogue” work, and inspired by the Italian “Slow Food” movement in the 1980s, which was a protest against the industrialization of what we eat and how we eat it. More information and program at [www.congress2024.fundacaords.org/meeting](http://www.congress2024.fundacaords.org/meeting).

Finally, when all the Foundation events come to an end, our partners from

INDTC-RP, International Network of Democratic Therapeutic Communities and Relational Practice, will bring us their international conference under the theme Relational Practice Around the World: Why it is important today. This will occur at the same venue, EES P. Porto, on the 20th of April.

We are looking forward to seeing you in Castelo de Paiva and Porto!

**João G. Pereira, PhD**

Chair of the Organizing Committee