

News Interchange

Edited by **Sissy Lykou**

Mental health or mental illness? Can these two categories be detached?

By *Brian T. Jones*

26 February 2014

In December of 2013, Congressman Timothy Murphy proposed the "Helping Families in Mental Health Crisis Act" (HR 3717). The bill proposes an inherent distinction between "mental health" and "mental illness". In essence, the bill proposes broad changes to the current mental health system. According to the *Huffington Post*, Congressman Murphy proposes to initiate an Assistant Secretary for Mental Health. The primary task of the Assistant Secretary is 'to reorient the mental health system away from its focus on serving the largest numbers of the highest functioning and back towards providing treatment for the most seriously mentally ill'.

<http://dxsummit.org/archives/1948>

Questioning the ontological position of today's psychotherapy

By *David Murphy*

14 May 2014

[...]all therapists have an ontological position from which they practise. This may be either implicit or explicit to their personal theory and philosophy for practice. It is helpful to try and understand your ontological positioning because as a therapist there are consequences for practise. One reason that I think ontology is becoming increasingly important is the current trend in psychotherapy towards integrationist and pluralist approaches to therapy. It is in some of these that I think the issue of ontology holds particular concern.

<http://personcentredpsych.wordpress.com/2014/05/14/psychotherapy-ontology-and-therapist-positioning-why-simplistic-integrationist-approaches-dont-work/>

Compassion Focused Therapy on the *Daily Mail*

By *Erica Camus*

3 May 2014

'By helping people feel compassion, we believe you can create a positive physiological change in your body – just like imagining a delicious dinner will stimulate saliva and appetite,' continues Prof Gilbert. 'CBT is primarily focused on thinking and behaviour change but CFT looks at the emotion behind people's thoughts.'

<http://www.dailymail.co.uk/health/article-2619470/>

The kindest way to banish anxiety: Compassion-Focused Therapy helps conquer crippling worries – teaching sufferers to be nice to themselves.html#comments

On abortion, love, sex, family and community

Dani McClain interviews Sujatha Jesudason

15 May 2014

The reproductive justice campaign challenges mainstream thinking around reproductive rights and asks how race, class, and gender influence people's decisions about whether, when, and how to form families. 'Women of color fought to create the reproductive justice movement and have gotten a seat at the table in some form,'

<http://www.guernicamag.com/interviews/the-thirty-year-plan/>

Surviving Psychiatry and Protesting against it

By Daniel Mackler

16 May 2014

A group of psychiatric survivors leads an inspiring protest against the American Psychiatric Association's annual meeting in New York City. They protest over-medication, dangerous psych drugs, forced treatment of all types, ECT (electroshock), lack of real therapy, the Murphy Bill, and #FREEJUSTINA

<http://dxsummit.org/archives/2081>

We would love to receive your contributions. Please send any interesting news items to: sissylykou@gmail.com