

UK – NORTHERN IRELAND – ICELAND – HUNGARY – GERMANY - FINLAND



ROMANIA – USA - BRAZIL – UGANDA – AUSTRALIA – NEW ZEALAND

#EmergingProud 2017 LAUNCH: INTERNATIONAL REPORT

Synopsis: On the 12th May 2017, 17 events were facilitated throughout 12 countries with the focus on Open Spaces to discuss the umbrella question;

“Rethinking Madness: How can we create a society in which it's safe to talk about our ‘madness’?”

This report outlines the outcomes from these discussions, and highlights the commonalities and actions points raised, in order that they can be carried forwards to influence positive change at an international level.

Overview: Main focus points of action needs from London (Host event)

- **INCREASED SAFE SPACES FOR LISTENING / SHARING / SUPPORT**
- **CHANGE IN LANGUAGE USED: MOVE AWAY FROM ‘ILLNESS’ CONCEPT**
- **AUTHENTIC STORY SHARING AND EMOTIONAL EXPRESSION**
- **PEER SUPPORT: LIVED EXPERIENCE IS VITAL IN SUPPORTING THE PROCESS**
- **VALUE OF NATURE / ART + HOLISTIC METHODS OF HEALING**
- **ALLOWING THE PROCESS; TRUSTING THAT IT HAS MEANING**

Synopses of discussions / action points from other locations:

QUEENSLAND, AUSTRALIA

- Increased networking opportunities for collaboration
- A new Spiritual Emergence Network developing in New Zealand; links with this
- SEN Australia to set up a new social media discussion / connection group

MUNICH, GERMANY

- Importance of authentic story- sharing
- Regular peer group meetings to be a focus of support for people
- Re- generation of voluntary services in collaboration with facilitators in Berlin; to discuss affiliation with ISEN

SEDONA, ARIZONA, USA

- Start to create a safer culture for authentic expression / sharing

- Acknowledging that inspired action should come from intuition and not just logical / analytically - driven (TEAL organisational model)
- Importance of honest and authentic sharing to encourage others to also emerge

WELLINGTON, NEW ZEALAND

- Increased networking opportunities for collaboration
- Introduce the spiritual emergence information into spiritual communities in addition to medical
- More peer support groups / safe spaces for sharing and validation needed
- Allow organic and intuitive growth; do not force the process and be aware of self-care (TEAL organisational model)
- Increased desire to be part of a wider international network / collaborations
- Just the beginning; ideas have been seeded, many more questions raised!

BUDAPEST, HUNGARY

- Personal sharing and connection; a general feeling of being 'home' amongst others who understand each other
- Peer communities for safe sharing needed
- Increased communication between psychiatry and spiritual / Integral communities necessary for education and understanding; creating bridges between groups.

NORTHERN IRELAND

- Community training and debate nights to raise awareness and de- stigmatise
- Training for frontline workers in spiritual emergence process
- Mindfulness and education needed in schools
- More validation of experiences and non- hierarchical approaches in care

BUCHAREST, ROMANIA

- Raising awareness in psychiatric system to transform the bio - medical reductionist view
- Bridge- building through increased education of the science of spirituality
- A voluntary support group set - up on a rota system basis for people in the spiritual emergence process; Validation and allowing the process as main focus, with transparent feedback between the group and person supported
- Discussions around the meaning behind the term 'madness' - deep meaning
- Public awareness- raising to create a safer society for people to go through awakening
- Many ideas for service needs initiated from the day; education / campaigning / developing supportive communities / increased free resources

NURMIJARVI, FINLAND

- Development of a Spiritual Emergence Network for Finland
- Translation of the crisis guide into Finnish
- Development of local peer support groups for safe sharing
- Collate list of therapists who are knowledgeable about the SE process
- Multi - disciplinary support services needed for those in crisis; psychological / arts / bodywork / energy work

KAMPALA, UGANDA

- Participants realized that they were experiencing similar challenges with other MHPs globally - less isolation
- Sharing stories of experiencers
- Awareness- raising through theatrical performances like plays in schools, film documentaries and engage a cross section of stakeholders from professional service providers, legislatures, and communities under HEARTSOUNDS Uganda.
- Regular support group meetings
- Make use of social media for collaboration and sharing

SAO PAULO, BRAZIL

- Importance of being able to talk openly about experiences
- Online Facebook closed support group created (Portugese)
- Core group established to continue discussions and the movement
- Follow a sustainable economy model with collaborators instead of volunteers
- Every member can offer a service or product that is aligned with the ideas of the movement
- Create a free online course introducing the movement and talking about these experiences
- Online support groups on the closed facebook page (consumers and professionals that are interest in offering support will be trained based on the course)
- Create different teams to divide the work: Communications team, Courses Team, Support/Integration Groups Team, Research Team and Translation Team
- Create an online system with: a website, YouTube and Vimeo for Rethinking Madness

NEW YORK, USA

- Peer support and safe sharing spaces are vital; we have lost these community connections, so will work to recreate them
- Build online Peer support groups
- Create an online platform for story- sharing
- Create a list of trained professionals who are knowledgeable in this field

REYKJAVIK, ICELAND

- Overview was to create a group to work on developing this vision of supporting madness as a transformative process; SEN Iceland?

BERLIN, GERMANY

- Group benefitted from Safe- space sharing
- Create ongoing support groups / places for further exchange
- Places for holistic approaches to healing in crisis to be founded
- Home treatment and post- crisis holistic support also vital
- Education and awareness- raising through PR / media outlets to change pathologising to normalising perspectives.
- Give talks to Mental Health professionals by those who have emerged through crisis

- Group formed to meet bi-weekly to continue developing the above and campaigning for change.

AUSTRALIA

- SEN peer support group to start in Lismore
- Online group started to increase connection virtually
- Acknowledgement of the benefits of having a safe space for personal sharing

Overview: Main focus points of action needs at an International level

- **INCREASED SAFE SPACES FOR LISTENING / SHARING / PEER SUPPORT**
- **CHANGE IN LANGUAGE USED: EDUCATION TO NORMALISE DISTRESS**
- **AUTHENTIC STORY SHARING AND EMOTIONAL EXPRESSION**
- **PEER SUPPORT: LIVED EXPERIENCE IS VITAL IN SUPPORTING THE PROCESS**
- **BRIDGE -BUILDING WITH MENTAL HEALTH SERVICES: TO EDUCATE IN THIS ALTERNATIVE PERSPECTIVE**
- **VALUE OF HOLISTIC METHODS OF HEALING**
- **COLLABORATION TO REDUCE ISOLATION OF VISION; LOCALLY + INTERNATIONALLY**

Conclusion:

The need for change is consistent at a global and transcultural level; outcomes from each country were significantly consistent, and actually quite simple considering the complex topic.

Reflections from some of the events facilitators and participants:

Ella, Australia: *"I am determined to find a way to keep this going.. .I think that there will be a way to take it forward, probably more than one way, and one where the process itself enhances the livelihood, health and wellbeing of all involved."*

Gyongyi, Hungary: *"Many people said, they really feel 'home' and not a stranger as it was during many years. They could talk to people who really understand each other. Personal sharing and connection was inspiring."*

Jordana, London: *"The Emerging Proud Conference London, May of 2017 has lasting effects! I feel inspired and motivated to be part of a powerful grassroots campaign, and an empowered member of the Spiritual Emergence(y) tribe! This conference planted the seeds for many long-lasting relationships and collaborations with like-minded leaders from within the movement. Thank you so much Katie Mottram, for your heartfelt effort for so courageously and beautifully putting this all together!"*

PJ, USA: *"Emerging Proud is an important contribution toward our understanding of what society labels as 'psychosis' or 'serious mental illness.' The subjects profiled in Katie Mottram's film embody a clear and direct link to the spiritual nature of these experiences for many people. It's time we start listening, there is so much to learn."*

Bongo, Uganda, Africa: *“Sharing stories of experiencers is not a new thing with HEARTSOUNDS members as it's what service users have in common...however, on the International #EmergingProud day, participants realized that they were experiencing similar challenges with other Mental Health Participants globally.”*

Next steps:

- A Facebook forum has been created to continue discussions and further international collaboration (www.facebook.com/groups/emergingproud/)
- A follow- up call will take place between all event hosts to reflect on their respective events and to ensure action points raised are carried out. Further calls will be planned in order to stay connected.
- This report will be made available publicly online
- A press release will be circulated to the media
- #EP will be set up as a not-for-profit organisation, initially UK based with 3 Trustees
- Funding will be applied for to run a year - long screening roadshow to introduce this concept to the wider public and encourage 'safe space' discussion peer groups
- Fundraising will begin to run another international event in 2018