'Resisting the medicalisation of mental health: the Empowerment Model of Recovery'

Dr Daniel Fisher (MD PhD)

US-based psychiatrist and internationally renowned mental health advocate.

In this public speaking event, Dr Fisher will discuss the need to transform the mental health system from a pathology-based ‘medical model’ of treatment, to a trauma-informed recovery of full life approach; one of several topics he explores in his recent book ‘Heartbeats of Hope: The Empowerment Way to Recover’.

In addition to providing an overview of alternative frameworks for understanding - and responding to - psychosis and extreme mental distress, Dr Fisher will touch on some of the skills-based programs he has co-developed in order to support the recovery of people who have experienced mental health crises. These programs include:

- **Emotional CPR**: which helps people help others in acute crisis to transition from unconnected ‘monologue’ to a ‘dialogue’ with the world and those around them
- **Finding Our Voice**: which gives consumer advocates the tools to be change agents in the advancement of mental health system reform
- **Recovery Dialogues**: which seeks to create dialogue processes between individuals and organisations, in the service of supporting recovery-oriented communities

Dr Daniel Fisher (MD PhD) is co-founder of the US-based National Empowerment Center (NEC), and chair of the U.S. National Coalition for Mental Health Recovery.

He is also one of few psychiatrists who publically discuss their own experience of psychosis, psychiatric diagnosis and recovery from mental illness.

While undertaking a PhD in biochemistry in his mid-20s, Dr Fisher was diagnosed with schizophrenia. He recovered, and – motivated by a desire to reform the system he’d become part of - subsequently underwent medical training at George Washington University and psychiatric training at Harvard Medical School.

His life’s work has been the reform of mental health systems, through the promotion of a cultural paradigm shift from a ‘medical model’ of life-long mental illness, to a recovery-oriented approach.

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**Event Details**

**Date:** Thursday 20 July 2017

**Time:**
10am - 12noon

**Venue:**
Alan Gilbert Building
Theatre 1 (Ground Level)
161 Barry Street
Carlton

**Enquiries:**
03 8344 9626

**Bookings:**
This public lecture is free, but places are limited.
Please RSVP your attendance to cpn-info@unimelb.edu.au.