

Withdrawal from Prescribed Psychotropic Drugs

Content

Disclaimer – <i>Peter Lehmann & Craig Newnes</i>	8
Foreword – <i>David L. Richman</i>	9
Editors' preface – <i>Peter Lehmann & Craig Newnes</i>	15

Introduction

- Psychiatric reforms and coming off prescribed psychotropic drugs in Brazil, a Global South country – *Paulo Amarante* 21
- Overdue medical assistance in coming off antidepressants and neuroleptics – *Markus Kaufmann & Peter Lehmann* 27
- Attitudes of researchers concerning the discontinuation of psychopharmacological treatment – *Fernando Freitas, Fábio Mota, Luiza Amara Maciel Braga & Camila Motta* 57

Reasons for reduction and discontinuation

- For or against dependence on antidepressants and neuroleptics: who benefits? – *Peter Lehmann* 75
- Antipsychotics information – *Network Self-help on Mental Health in Rhineland-Palatinate* ... 125
- Do antipsychotics reduce the risk of relapse? – *Robert Whitaker* 143
- Antidepressants information – *Network Self-help on Mental Health in Rhineland-Palatinate* ... 166
- Doubtful prophylactic effects of antidepressants – *Craig Newnes* 186

Professional and self-help strategies

Doctors' strategies

- Deprescribing as a structured intervention to reduce psychotropic medication use – *Swapnil Gupta & Naama Hofman* 198
- Hyperbolic tapering of antidepressants – *Bryan Shapiro* 212
- Institutional support in crises during discontinuation of psychiatric drugs – *Martin Zinkler* 225
- Highlighting individuality: reduction of psychopharmaca requires individual prescriptions during individual recovery – *Jann E. Schlimme & Michael A. Schwartz* 236

Other professional strategies

- Psychiatric nurses' support in coming off psychotropic drugs – *Hilde Schädle-Deininger & Christoph Müller* 250
- Tapering medication (tapering strips) as a necessary tool for a meaningful conversation in the doctor's office – *Peter C. Groot & Jim van Os* 264

Individual, self-help group and support group strategies

- Cooperative support in withdrawal from psychiatric drugs. The model of the Observatory for Human Rights in the Mental Health Field, Thessaloniki – *Anna Emmanouelidou* 295

- Learning, questioning psychiatric drugs, and withdrawal by way of GAM peer support – *Céline Cyr* 307
- Online withdrawal support – *Trudy Slaght & Leela Ehrhart* 329
- Hell is other people: an individual study in withdrawal from venlafaxine – *Craig Newnes* 338
- And, finally, atypically careful. At the example of quetiapine – *Susanne Cortez* 353

Political strategies

- Fort Knox breached: the International Institute for Psychiatric Drug Withdrawal – *Olga Runciman* 360
- The Patient Voice: antidepressant withdrawal, medically unexplained symptoms and functional neurological disorders – *Marion Brown & Stevie Lewis* 378
- Discontinuing psychiatric drugs in the Global South: experiences and resistance from the Mad Pride Movement in Chile – *Tatiana Castillo-Parada, Juan Carlos Cea-Madrid & Paulina Sepúlveda Pérez* 390

Legal issues

- Strict liability according to § 84 of the Medicinal Products Act on the basis of summaries of product characteristics for antidepressants or neuroleptics without information concerning discontinuation – *Marina Langfeldt* 404
- The prospect of recovering compensation for psychiatric withdrawal harm through litigation because of missing or misleading information – *Jim Gottstein* 426

How to?

- Discontinuing psychotropic drugs? And if so, how? – *Volkmar Aderhold, Peter Lehmann, Marc Rufer & Josef Zehentbauer* 438
- Making psychiatric drug withdrawal as safe as possible – *Peter Breggin* 452
- Using the Wellness Recovery Action Plan to withdraw from psychiatric medications – *Mary Ellen Copeland* 469

Failures and consequences

- The Psychosocial Advance Directive. Not only in the case of failures in withdrawal from psychiatric drugs – *Peter Lehmann* 484
- Minimum dosage and monitoring of neuroleptics – *Volkmar Aderhold* 510

Appendix

- Psychiatric drugs' active ingredients and trade names – *Peter Lehmann* 541
- Contributors 554
- Name index 561
- Subject index 565