

Psychiatric Drug Withdrawal 101

for Practitioners, Family Members, and Other Supporters:

A One-Day Learning Intensive on Risk-Minimizing Medication Tapering

This 1-day learning intensive is for people who care about or work with someone who is thinking about or in the process of coming off psychiatric drugs.

Despite commonly held societal beliefs, it is possible to successfully taper off—and stay off—psychiatric drugs, even after long-term use. Many powerful narratives run counter to this claim: limited scientific research supports it, mental health practitioners often declare that their patients require medications for life, and countless numbers of people have witnessed or experienced firsthand how catastrophic and debilitating the effects of coming off medications can be. But a robust body of evidence has grown among ordinary “laypeople” showing that with careful preparation and responsible, slow tapering, a very different and far more hopeful story can unfold. In this one-day learning intensive led by Laura Delano, participants will get informed about methods of preparing for and embarking upon the withdrawal journey that are yielding success in the layperson withdrawal community, and learn helpful tips and strategies for supporting someone in the process of coming off psychiatric drugs.

Tuesday, July 10th, 2018, 10am to 4pm

@ The Clarion Hotel, 1080 Riverdale St, West Springfield, MA

This event is free, but requires registration. Space is limited.

To register: www.surveymonkey.com/r/pdw101july18

Continuing Education Credits for social workers and LMHCs have been requested.



Laura Delano is co-founder and Executive Director of the Inner Compass Initiative and the Withdrawal Project. Her passion for this topic is driven by her own 14 years of experience within the mental health system and her own withdrawal journey. She has presented on this and other topics across North America and Europe.

Co-sponsored by the Western Mass RLC & the Center for Human Development

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