

Peter Lehmann & Craig Newnes (Eds.)

## Withdrawal from Prescribed Psychotropic Drugs

- Print edition. Lancaster: Egalitarian Publishing Ltd. – <https://egalitarianpublishing.com> (Deliverable in December 2021)
- Ebook editions. ISBN 978-3-925931-83-3 (ePub), ISBN 978-3-925931-84-0 (MobiPocket), ISBN 978-0-9545428-8-7 (PDF), Doc & Docx ebook (no ISBN). Berlin / Lancaster: Peter Lehmann Publishing – [www.peter-lehmann-publishing.com/ppd-withdrawal.htm](http://www.peter-lehmann-publishing.com/ppd-withdrawal.htm) (Deliverable on November 3, 2021)

## Content

Disclaimer – *Peter Lehmann & Craig Newnes*

Preface – *David L. Richman*

Editors' preface – *Peter Lehmann & Craig Newnes*

### Introduction

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

### Reasons for reduction and discontinuation

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

### Professional and self-help strategies

#### Doctors' strategies

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

## Other professional strategies

- Nurses' support in coming off psychiatric drugs  
– *Hilde Schädle-Deininger & Christoph Müller*
- Pharmacists' strategies: tapering strips – *Peter C. Groot & Jim van Os*

## Individual and self-help 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*
- Learning, questioning psychiatric drugs, and withdrawal by way of GAM peer support  
– *Céline Cyr*
- Online withdrawal support – *Trudy Slaght & Leela Ehrhart*
- Hell is other people: a case study in withdrawal from venlafaxine – *Craig Newnes*
- And finally atypically careful: at the example of quetiapine – *Susanne Cortez*

## Political strategies

- Fort Knox breached: the International Institute for Psychiatric Drug Withdrawal  
– *Olga Runciman*
- The Patient Voice: antidepressant withdrawal, medically unexplained symptoms and functional neurological disorders – *Marion Brown & Stevie Lewis*
- 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*

## 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*
- Prospect of recovering compensation for psychiatric withdrawal harm through litigation because of missing or misleading information – *Jim Gottstein*

## How to?

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

## Failures and consequences

- The Psychosocial Advance Directive: not only for the case of failures in withdrawal from psychiatric drugs – *Peter Lehmann*
- Minimum dosage and monitoring of neuroleptics – *Volkmar Aderhold*

## **Appendix**

- Psychiatric drugs' active ingredients and trade names
- About the editors and authors
- Name index
- Subject index