



THE PAST AND FUTURE OF PATIENT INVOLVEMENT IN THE SYSTEM OF MENTAL HEALTH

Péter Kéri

WHY ME?



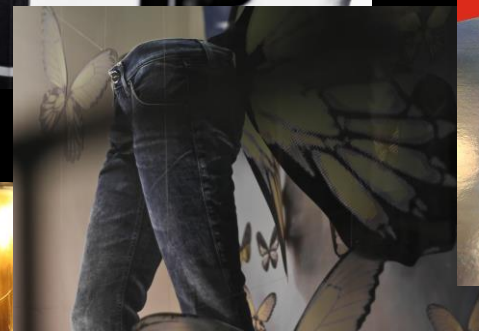
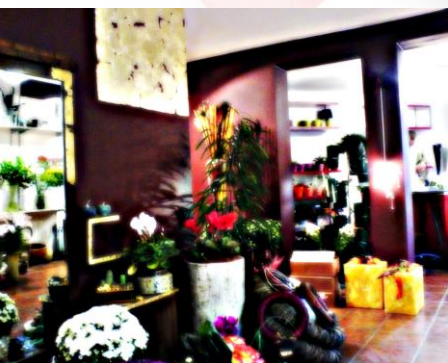
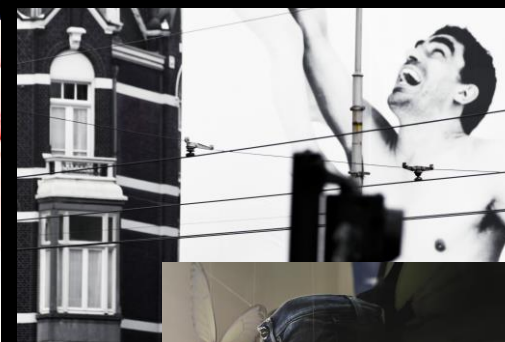
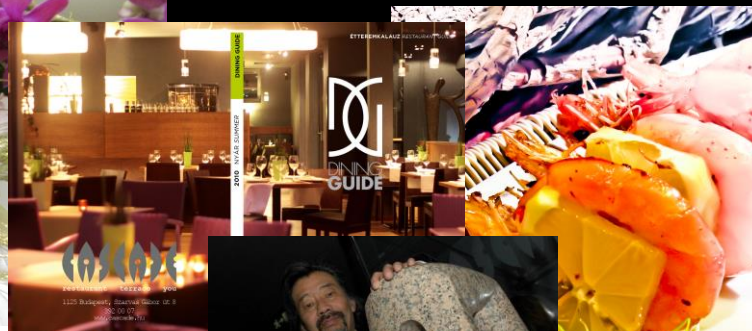
Péter Kéri

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GAMIAN-Europe

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IT'S A PLEASURE TO MEET YOU, I'M A FELLOW PATIENT



ANCIENT BELIEFS AND TREATMENTS

- In ancient times, mental illness was often attributed to supernatural causes. Treatments included **rituals**, **exorcisms**, and **religious practices**. Patients had **little say** in their care.

ASYLUMS AND EARLY PSYCHIATRY

- In the 17th and 18th centuries, asylums were established to provide care for the mentally ill. However, these institutions **often operated inhumane conditions**, and patients had **little voice in their treatment**.

MORAL TREATMENT MOVEMENT

- The late 18th century saw the emergence of the moral treatment movement. **It emphasized humane care and patient involvement in therapy.** Patients' opinions were considered, but the movement waned due to overcrowding in asylums.

PSYCHOANALYSIS AND THE PATIENT'S ROLE

- With the advent of psychoanalysis in the late 19th century, **Sigmund Freud emphasized the patient's role in self-exploration** and insight. This marked a shift towards greater patient involvement in **understanding their own mental health.**

DEINSTITUTIONALIZATION AND PATIENT ADVOCACY

- The mid-20th century brought deinstitutionalization, releasing many patients from asylums. The mental health consumer/survivor movement gained prominence, advocating for patient rights and involvement in treatment planning.

CONTEMPORARY MENTAL HEALTH CARE

- Today, there's a **growing emphasis** on patient-centered care. Patients are encouraged to actively **participate in decisions about their treatment**, and shared decision-making is becoming the norm.

PATIENT-LED INITIATIVES

- The 21st century has seen the **rise of patient-led initiatives**, like **peer support groups and online communities**. Patients are increasingly **sharing their lived experiences and supporting one another, the community and the care system itself**.

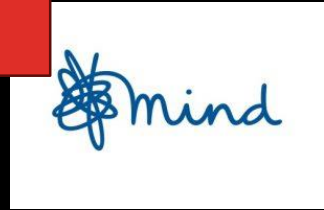
PATIENT-CENTERED CARE

- The core principle of patient-centered care is to involve patients in their own care decisions. This approach focuses on understanding patients' preferences, values, and needs, and tailoring treatments to align with those factors.

PERSON LIVING WITH THE EXPERIENCE

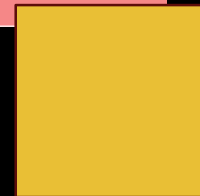


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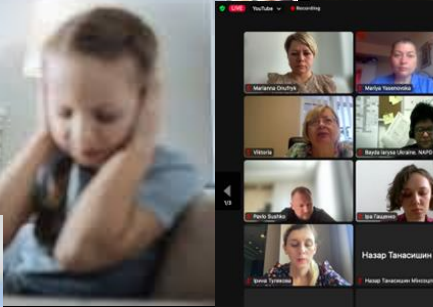
MHIN

Mental Health
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PERSON LIVING
WITH THE
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Get To Know Me!

- Since my presidency of GAMIAN, I have been working to ensure that the voices of all patients are heard, because we cannot believe that there are good and bad patients.
- Every mental health problem in every country has not only symptoms but a story, and a story of the community. It matters.
- For everyone, including me, it is a stigma-laden journey that leads us to open up, or sadly often to remain silent in respect for others.
- There are no bad or good stories in mental health issues, there are only stories.
- I promise to try to make sure that every story is heard, and I will make sure that it is only told by others, but by the patient, as this will bring us closer to understanding, healing and prevention.





WITH U!