

Seminar on withdrawal of psychiatric drugs

Hotel Nyborg Strand, Friday 16 March

Several psychiatrists have encouraged us to hold a course on withdrawal of psychiatric drugs during the Danish Psychiatric Society's annual meeting. Psychiatrist Jan Vestergaard submitted a proposal for a two-hour symposium for the annual meeting on withdrawal of benzodiazepines, where Peter C. Gøtzsche from the Cochrane center was to report on the withdrawal of psychotropic drugs. As there was no room in this year's program, we will hold a seminar ourselves that will be repeated in the afternoon to allow more people to participate.

One of the greatest challenges in psychiatry is that hundreds of thousands of Danes are in treatment with psychotropic drugs. Many of these patients would get a better life if they were tapered off and many want this, but cannot get professional help.

The seminars take place in rooms 20 and 21 on the first floor (the staircase on the left as you enter the main entrance).

Morning seminar

- 9.00 - 10.00 **Peter C. Gøtzsche, Professor, DrMedSci**
Why should most people on psychiatric drugs be tapered off?
- 10.00 - 11.00 **Anders Sørensen, Psychologist and PhD student**
How should it be done in practice?
- 11.00 - 12.00 Discussion and coffee

Afternoon seminar

- 13.30 - 14.30 **Peter C. Gøtzsche, Professor, DrMedSci**
Why should most people on psychiatric drugs be tapered off?
- 14.30 - 15.30 **Anders Sørensen, Psychologist and PhD student**
How should it be done in practice?
- 15.30 - 16.00 Discussion and coffee

Participation is free, but registration is required. Send an email to general@cochrane.dk and indicate if you wish to attend in the morning or afternoon.

Peter C. Gøtzsche held a similar course in Copenhagen in 2017 and taught psychiatrists at such a course in Göteborg in 2017. Co-founder of the International Institute for Psychiatric Drug Withdrawal in 2017.

Anders Sørensen is currently researching withdrawal in the Cochrane centre and works on a Cochrane review on this. He has helped many patients with tapering off, including many who have tried several times without success due to abstinence symptoms.

The material from our first course, incl. practical tips and tricks and an abstinence chart can be obtained from IIPDW.com where our upcoming 1-2 day courses will be announced under 'courses.'