

New *Truths* about “Schizophrenia”: Building from a Trauma, Feeling, & Recovery Based Paradigm

Workshop Overview

In the last 10 to 20 years especially, two main facts have emerged concerning the condition referred to as “schizophrenia.” First, top researchers from such institutions as the National Institute of Mental Health are finally admitting that no defective genes or chemical imbalances or any other so-called pathophysiological evidence has been identified that causes the symptoms used to diagnose a person with schizophrenia. Second, during this same time span, major advances in psychotherapeutic forms of treatment have been made, often leading individuals to full recovery.

Based on the above two facts, this seminar will (a) examine the current lack of evidence used to support a biological model, (b) present a trauma-recovery model that will explain even the most difficult-to-understand behaviors, (c) present an overview of the different psychotherapy approaches presently used to help these individuals, and (d) explain the use of a “workbook” that can help jumpstart a true recovery and healing program for the suffering individual and his or her helpers.

Psychologist Ty Colbert, PhD has spent the last 35 years studying and working with individuals diagnosed with the so-called condition of schizophrenia, as well as manic-depressive psychosis. As a result of this accumulated experience, he has recently published the following materials.

1. *Book-Healing Runaway Minds*
2. *Book-“Schizophrenia”-Finally Understood*
3. *Workbook-From Breakdown to Breakthrough*
4. *Booklet-The Emotional Pain Diagram and Process*

Workshop Objectives

1. Examine the existing research to determine the lack of evidence that “schizophrenia” is a biologically-based disorder or disease
2. Explain the symptoms used to diagnose a person with schizophrenia from a violational, terror-based model

3. By using a terror-based model, develop a clear understanding of how the condition known as “schizophrenia” develops
4. From a terror-based model, explain the main therapeutic approaches available to help these suffering individuals
5. Present an early intervention model through the use of a “cooperative” workbook
6. Develop an understanding of the role of psychotropic drugs, explaining when and when not to recommend them

Outline of Workshop

The workshop, which is an accumulation of the above professional experience and written material, will cover the following areas:

Part I. Introduction and Presenter’s Educational Board

Part II. Examination of the lack of validity for a biological explanation of “schizophrenia”

Part III. Recovering from a diagnosis of “schizophrenia”

Part IV. Development of a Purposeful, Intentional, Trauma Model of “schizophrenia”

Part V. Main factors left out of the biological model

Part VI. The Emotional Pain Diagram

Part VII. Healing and Recovery-Developing a Basic Understanding

Part VIII. Stick Figure Diagrams

Part IX. Basic Therapeutic Approaches

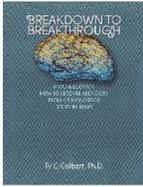
Part X. Recovery and Healing Workbook

Part XI. Additional Issues

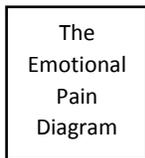
Handout material and books for workshop

Each person in attendance will receive,

1. A set of side printouts for note taking,
2. A copy of the *Breakdown to Breakthrough* workbook that will be explained and reviewed at the seminar,



3. A copy of *The Emotional Pain Diagram* booklet that explains the sequence of feelings to emotions and then to a diagnosis of mental illness, which can be used to help any suffering individual regardless of his or her condition or diagnosis.



In summary, each attendee will come away with the following:

1. A clear understanding of the fallacies behind the research that claims to support a biological model for mental illness,
2. A clear comprehension of what causes the symptoms used to diagnose a person with schizophrenia from a trauma-based paradigm,
3. A platform on which to decide how to intervene and what possible therapeutic approach may be best for each individual,
4. The use of a workbook to help the suffering individual and his loved ones start on a proper healing and recovery program,
5. An understanding of when and when not to use psychotropic medications.

Ty Colbert, PhD. is a clinical psychologist in private practice in Southern California. He recently retired as a psychologist from the California Department of Corrections. He serves on the boards of two professional organizations and has received a Lifetime Achievement Award from the International Society for Ethical Psychology and Psychiatry. He is the author of two recently published books; *Healing Runaway Minds* and *Breakdown to Breakthrough*, the latter a workbook on how to recover and grow from a diagnosis of “schizophrenia.”