



Psychiatric Drug Withdrawal 101 with Laura Delano: A One-Day Learning Intensive on Risk-Minimizing Medication Tapering

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 and medical practitioners often declare to patients and their families that medications are required for life, and countless numbers of individuals have witnessed or experienced firsthand how catastrophic and debilitating the effects of coming off medications can be. But a robust body of anecdotal 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. This one-day learning intensive led by Laura Delano will provide attendees with detailed information about the safest known taper rates, schedules, and methods being used with success in the layperson withdrawal community, along with an overview of important factors to consider in advance of starting a taper that increase the odds of a smoother, more sustainable withdrawal experience.

The day will be introduced by Carina Håkansson, Head of the Family Care Foundation for more than 25 years and founder of the [Extended Therapy Room](#) and [The International Institute for Psychiatric Drug Withdrawal](#).

About Laura Delano

Laura is an ex-psychiatric patient and the Executive Director of Inner Compass Initiative (ICI), a U.S.-based non-profit organization providing information that facilitates more informed choices regarding psychiatric drugs and diagnoses, and resources that support people who wish to leave, bypass, or build community beyond the mental health system. She also leads ICI's The Withdrawal Project (TWP), the world's most comprehensive web-based resource for safer psychiatric drug withdrawal. Laura has spoken in Latin America, Europe, and across North America about her personal experiences in the mental health system, and she leads workshops aimed at helping people explore what it means to take and come off psychiatric drugs. You can find out more about Laura and ICI at www.theinnercompass.org/about.

When and where: June 18th from 10 AM to 4 PM at [Järntorget 4](#) in Gothenburg.

Fee: 1 200 SEK.

Registration: Register by May 20th by contacting info@utvidgaderum.se

Coffee and a light lunch are included. The number of participants is limited to 25 people. The course is held in English. For more information, please contact Carina or Eva, phone +46-31-120060.