

**Ethical Mental Health Treatment and Care Brochure:
Patient Choice, As It Must Become In 2024.**



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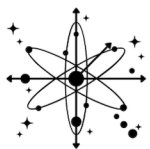


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In a nutshell, and for legal reasons, I must communicate that:

There is no braver act than honesty. Honesty is love in action, yet it can be a destructive kind of process, facing the harder truths of ourselves and the world around us. So, should you start to struggle in any way, please seek the appropriate help. This booklet is presented with the understanding that the publisher is not engaged in rendering psychological, financial, legal, or other professional aid. Neither the author nor the publisher shall be liable or responsible for any loss or damage allegedly arising from any information or suggestion contained within this publication. With that said, we wish you all the best for this journey you take with yourself and do hope that you reach for help when you become aware that you are in need of it.



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WHAT ARE OUR OPTIONS?



When one has enough money, they can choose to treat and recover from illness in any way they CHOOSE.

One would expect the notion of a patient choice to be supported by the provision of options, perhaps those presented in a brochure of treatment **and care**, just like this one. Comprehensive treatment and care planning and provision is written into legislation as a patient right. Yet, when research and resulting changes to theory and best practice are not delivered as the new mainstream paradigm, we must question the present health and safety levels of a vital social service called, the NHS.

When best practice shifts into a revolutionary new perspective, one supported by knowledge, experience and impact, current services automatically become 'unethical known paradigms'. They may be comfortable and familiar, but they are unlawful bodies working to shame The New World, which is interestingly harmonised with The Ancient World, back into the shadows of illusion.

When the world of pharmaceuticals was born there was no internet and people did not know what they were putting in their mouths, just as we still do not. For any evidence to the contrary of pharmaceutical safety, look no further than Jason Vale's documentary, 'Super Juice Me', free to watch on YouTube. Pharmaceutical companies are some of the richest in the world... greed shaped how patients are treated, never, not once, was the NHS shaped by love, devotion, service, and more... ethics.



PATIENT CHOICE - ILLUSION, OR NOT?



What is a choice? A safe choice? Well, first of all it is INFORMED, by knowledge, by variety, and by experience. How can a patient choose a treatment pathway option if they do not even know what they are?

In the mental health sector, much is available, but you are lucky if you gain access to it. I do not know how it is decided, who gets help, who gets abandoned, but there should be no scale weighing the worth of each life. All are equal, all have the same rights, all are worthy of the love that is HEALING.

To heal requires compassion for oneself. In a service designed to discharge, not to treat, doctors are forced to become discompassionate, and thus, a hinderance along the road to recovery. Safe mirrors are required, should one be brave enough to engage with any form of treatment or therapy.

Throughout this book I will present a variety of treatment pathways, some are available with NHS funding (who knows how you get that, no, really, who?). Many treatments and therapies require payment. All require the service of a trained and qualified professional.

I will summarise the treatment for you, then list off the benefits discovered during the research phase. This is a guide only, an examination of your options, those that should be presented to you, by law. Everyone in the UK has a legislated right to health, safety and treatment options. Let us examine what's on offer and demand a safer treatment and care paradigm.



In a world that is healthy, would
pharmaceuticals be unnecessary?



COGNITIVE BEHAVIOUR THERAPY (CBT))

CBT is a talking therapy (psychotherapy). Patients work within a limited number of sessions (16-30). One works with a psychotherapist or a therapist in a structured way towards the changing of thought patterns and negative internal responses. It can be useful when treating:

- depression
- PTSD
- eating disorders
- stress
- physical pain (management)
- grief and loss
- coping with challenging life events

It is also a very helpful resilience building pathway and can support the development of recovery mindsets. It will also help one learn to manage their emotions and anxieties.

ART PSYCHOTHERAPY

Art psychotherapy is a very safe pathway towards the safe reprocessing of trauma. More than this, it can be used to improve cognitive and sensorimotor functions, foster self-esteem and self-awareness, cultivate emotional resilience and encourage a safe connection to self... and to suffering.

It is a great option for patients choosing not to talk much about their pain, mostly because it hurts too much. Art therapy should become a fully encouraged option for patients reluctant to engage verbally. It can also become a group therapy option.



PSYCHODYNAMIC (PSYCHOANALYTIC) PSYCHOTHERAPY

This approach to treatment emphasises the unconscious processes and unresolved past conflicts as influences on behaviour. The foundations of this theory driven therapy are found in the workings of Sigmund Freud, a controversial, yet significant historical influencer in this field of medical practice.

Ultimately, the basis of the theories worked with is grounded in the notion that the causes of behaviour have their origin in the unconscious mind. This is a talking based therapy.

ACCEPTANCE AND COMMITMENT THERAPY FOR PSYCHOSIS (ACT)

ACT therapies have been shown to improve acute and post-discharge outcomes in patients with psychosis. It is a 'third-wave' cognitive behavioural intervention that employs innovative mindfulness based strategies. This therapy can reduce psychotic symptoms and increase quality of life dramatically.

This is high-impact therapy, resulting in a decrease in patient psychotic symptoms in as few as 6 sessions. It can be conducted in a group setting or one:one.



DUAL-DIAGNOSIS TREATMENT

Dual-diagnosis treatment requires comprehensive and specialised planning. This pathway must be made available to anybody with a diagnosable mental health disorder or learning disability when they struggle with addiction in addition to said primary diagnosis. Certain medication may be less impactful when treating patients with PTSD and/or addiction, which is why a specialist pharmacist will be required. rTMS, EMDR, CBT, art psychotherapy, acupuncture, reiki, ACT, family and marital therapy, all treatments really, must become available to such complex patients as the dual-diagnosis demographic, that which makes up approximately 80% of all NHS acute ward admittances for mental health decline. Of course, the essential feature of any dual-diagnosis treatment pathway is the addiction treatment and recovery pathway, that which is expertly designed and implemented (that which does not exist yet for those unable to pay for private treatment and care in the UK).

EYE MOVEMENT DESENSITISATION AND REPROCESSING (EMDR)

A fantastic treatment for PTSD, used to reduce, rather effectively, the vividness and emotion associated with traumatic memories. The therapist will follow a given structure in every session, with a sense of safety being built into the process. The patient will follow a moving light or the clinician's finger, thus moving their eyes from right to left continually and at varying speeds for varying impact.

This is a low-level talking therapy. Communication is required, but most of the work happens on the inside. So, if you prefer to speak less, but still work through deeply ingrained traumas, do consider EMDR as a treatment pathway.



TO LEARN MORE ABOUT DUAL-DIAGNOSIS MISTREATMENT
AND FIND HOPE IN THE ACCESSIBLE SOLUTIONS, READ:

MANIFESTO FOR CHANGE: DUAL-DIAGNOSIS AND DISPARITY

The manifesto can be downloaded for free from:

FaithInChange.Com

or

AnaMaria.Org



REPETITIVE TRANSCRANIAL MAGNETIC STIMULATION THERAPY (RTMS)

rTMS uses magnetic fields to stimulate nerve cells. It is a non-invasive procedure known to treat:

- depression (including chronic, stubborn & bipolar depression)
- the negative symptoms of schizophrenia
- bipolar
- OCD
- migraines
- addiction (including smoking)

ELECTROCONVULSIVE THERAPY (ECT)

A perhaps outdated medical procedure still available today. Safer alternatives are available, with the closest alternative to this kind of treatment being rTMS. However, to fully inform every patient of what is available we can tell you that doctors 'claim' that this pathway treats mental health disorders such as: depression, catatonia, some forms of mania, and schizophrenia.

It involves inducing controlled seizures in the patients, who will be given this treatment under anesthetic, painful and torturous as it would be without it.



FAMILY AND MARITAL THERAPY

Mental health decline impacts everyone in a family setting and shared environment. To lessen the damage caused to relationships, or to repair it, professional help may be required. This area of psychology focuses on the inter-personal relationships between the self and the world. It can be abundantly helpful to have a neutral third-party involved in the family healing pathway. The space is safe and structured and will provide the chance to speak, grow, heal and recover as a unit, as a team. Communication structures may be examined and refined, and learning and applying practical tools may become a part of the journey ahead.

COMPLICATED GRIEF THERAPY (CGT)

CGT is a new therapy, as with all new things, it is taking time for the practice to be integrated into a very stubborn system. It is a psychotherapy model designed to address complicated grief symptoms. Complicated grief presents when grieving becomes prolonged and unresolvable without professional help. This is a talking therapy that supports the patient towards adapting to new life on the other side of great loss. The process is similar to CBT, it also draws on the concepts of attachment theory and interpersonal therapy (IPT).



COGNITIVE ANALYTICAL THERAPY (CAT)

CAT focuses on the ways that a person thinks, feels and acts, the process examines the events and relationships that underlie these experiences. It mostly focuses on the patterns and cycles of relationships. This treatment option combines elements of analytic psychology and cognitive therapy. It can be helpful to understand oneself and the ways they are connected to this world, and this pathway lets a person seek understanding alongside change.

INTERPERSONAL THERAPY (IPT)

This is a pathway that comes with time-limitations. It focuses on improving interpersonal functioning and looks at resolving current problems, as opposed to resolving long-standing childhood traumas. If you want to explore the present more than you do the past, then do consider this treatment pathway. It can be delivered in one:one or group settings. Generally, therapists are active participants in the process.



MENTALISATION-BASED THERAPY AND DIALECTICAL BEHAVIOUR THERAPY (DMT)

This specialised talking-therapy treatment pathway can be useful when treating:

- mood disorders
- suicidal thoughts
- self-harm
- depression
- addiction
- eating disorders
- unhelpful and destructive behaviour patterns

This pathway requires some active participation from the patient between sessions, as activities will be discussed and set for 'homework'. This pathway is suited to those preferring to stay in the present, rather than going to dig up their past (which some patients will choose to do).

COUNSELLING

Counselling is not a specialist treatment pathway, counsellors will always have less training than a qualified psychiatrist, psychologist, and sometimes, less than a clinical nurse. To seek help, when you are a complicated patient, from underqualified professionals is dangerous and high-risk indeed.

Counselling must be considered as a recovery supporting option, rather than a treatment option. Counsellors may offer a safe space to speak, feel seen and heard, but sessions are usually limited, making it hard to call this a safe option when you'll likely get only 6-8 sessions from the NHS, who will not offer help again. Counselling is a general term for a group of professionals with mixed qualifications and experience.

If you have a complicated mental health disorder, and most especially, if you have suffered a lot of trauma, never seek help from a counsellor, seek out a real and effective treatment option instead.



SCHEMA THERAPY

Schema Therapy can be carried out in an individual or group setting. Schema therapy is especially helpful in treating chronic depression, anxiety and difficult relationships. It also helps prevent relapse among dual-diagnostic patients. Schema therapy enables changes in patients who experience chronic hopelessness and who present with self-destructive patterns.

‘Schema’ is a term used in psychology to identify a collection of stories that lead to the way a person engages with and responds to the world around them. The process comes to identify personal patterns and cycles and find the root cause of them.

SLEEP THERAPY

Sleep is vital to health, longevity, vitality... *and recovery*. Regular healthy sleep patterns are conducive to optimal psychological and physical health. Sleep therapy usually delves into two aspects of one’s world: environmental and behavioural factors; other factors, such as the stories you are telling yourself about sleep after struggling with it for so long. Sleeping can become laborious, tiring, stressful and scary for some people, especially if they have a history of night terrors or waking up in the middle of a panic attack. Those given sleeping pills by ‘doctors’ in the past will have additional struggles to factor into the therapeutic process.



GROUP THERAPY

Another general term, 'Group Therapy'. It can take many forms and be conducted using many models of practice. Whether this works for you will become dependent on the quality and experience of the facilitators, as well as the other attendees. Sometimes, when an attendee requires more intensive treatment first, they can become a trigger in the group, sharing the worst of their stories and reliving flashbacks before your very eyes. Group therapy can become a high-risk experience, perhaps even a relapse risk, when the facilitator does not intervene, which, in my experience, they rarely do.

Only one woman ran groups that let me feel safe among a community of highly vulnerable individuals. I attempted to study what she did, alas, she was just a really good and kind woman who had a way of moving us all along with her highly engaging and empowering PowerPoints. Be cautious with your psychological and emotional safety in group settings.

THERAPEUTIC COMMUNITIES

Therapeutic communities require active participation and are usually available to access in inpatient settings, but they can also present in outpatient day-care centres. Such communities may be employed as a long-term preventative interventions; they can be effective when it comes to reducing a patient's potential for future criminal behavior, and also support the journey towards abstinence and relapse prevention.

Therapeutic communities are supposed to offer a long-term support networks for those in a form of long-term recovery. One would be expected to attend progressive community activities and workshops for 9-18 months



ONLINE THERAPY

Online therapy is self-explanatory, but it can be helpful to note that this is a safe option for people who struggle with symptoms of:

- agoraphobia
- social anxiety
- panic attacks
- PTSD

MINDFULNESS THERAPY/COACHING/CBT

Mindfulness can become a revelation and a transformative practice. To be mindful is the graceful path towards gratitude, compassionate living, and relapse prevention. Mindfulness is a flexible approach towards self-awareness and self-empowerment, yet one must tread lightly and gently because taking notice of one's thoughts can become the pathway towards the pain. To avoid the pain though, means remaining trapped within it.

Mindfulness is a journey of taking notice of every part of The Self, and will require time and patience to acquire as a tool of self-regulation and thought-management. To have a mindfulness coach will lead to an acceleration of progress and it must be said that having a teacher and a safe space to process what you come to see within your own body and mind can be invaluable. Safeguarding yourself with support is paramount when you take any journey inwards, towards the subconscious.



RECOVERY COACH

Recovery is a long, hard, tiring road. It will be easy to relapse into old patterns and habits, especially when life, in all of its unpredictability, throws something unexpected your way. Having a recovery coach is stabilizing and essential actually.

Do ensure that the coach you seek out has experience with patients who have/had your mental health diagnoses. To go to a 'life recovery coach' when you are a complex patient is life-threatening. Make certain your choice is safe. Psychotherapists can become recovery coaches, should you ask them to. It is a wise choice when someone without specialist knowledge is a predictable threat to the progress you've already made.

COMMUNITY SUBSTANCE RECOVERY SUPPORT PATHWAYS

There are only a few accessible options:

- Narcotics and Alcoholics Anonymous (NA and AA).
- Chris Hill (www.BeatMyAddictions.com) is an excellent innovator in the field of addiction treatment and recovery, and he is trying his best to lead the way ahead, but has little funding and so he must charge quite a lot of money. Should his model become mainstream and provided in dual-diagnosis psychiatric facilities, not only would we see ethical dual-diagnosis treatment for inpatients (and outpatients), but we would see reductions in relapse, death, suicide, self-harm, crime and more.
- Residential rehabilitation is only safe if you are stable with regard to your mental health. Some facilities are very dangerous places, take heed, protect yourself from services that want you to pay thousands of pounds, only to make you worse than when you arrived. It happened to my loved one, twice, that is why I warn you.



MOTIVATIONAL ENHANCEMENT THERAPY (MET)

Particularly important for those recovering from psychosis, PTSD and addiction, where perhaps motivation levels are incredibly low due to the nature of the changed neurological pathways/patterns. Some primary disorders that present with symptoms of psychosis also lead to 'negative symptoms', such as no-to-low social engagement, low-self-care, apathy, no interest in the world, or even in getting well. To encourage, periodically, the motivation to keep recovering, is vital so that patients do not stagnate or relapse into old mindsets and behaviours, which we all know is a very easy thing to happen, even for the healthiest of people.

A coach would need to be equipped with the experience to use motivational enhancement techniques, which can also be useful *before* formal treatment begins, in cases of patient reluctance/fear,

ANIMAL ASSISTED THERAPY (AAT)

Known for decades for helping war veterans, especially in the USA, this is a therapy that softens the experience of therapy. It is not simply the act of owning an animal, AAT is a process of involving animals, as well as the expertise of a licensed professional.

This is a goal directed treatment pathway, one that relies on a formal treatment plan. This is one of those beautiful widely accepted pathways that broke through, perhaps because it is so beautifully effective?

Moreover, nobody knows how or why it works, which is just wonderfully reflective of why it is important to trust in patient improvements over science sometimes.



ACUPUNCTURE

An ancient remedy enriched by modern research and evidence, the practice of penetrating the skin with needles. This powerful non-verbal treatment pathway can be used to heal the following (the list is more extensive than provided here):

- treat back pain, neck pain, joint pain, dental pain - just pain in general
- addiction
- depression
- insomnia
- nervousness/anxiety
- neurosis
- headaches
- fibromyalgia
- chronic fatigue
- parkinson's disease
- stroke
- sinusitis
- male infertility
- some forms of impotence

benefits include, but are not limited to:

- improved/elevated mood
- higher levels of energy

REFLEXOLOGY

Reflexology is known to have many benefits, it is a therapy that utilises what is known about pressure points in the feet. It is safe, non-invasive and non-verbal. As far as treatment pathways go, this one is gentle, yet impactful, but it is a long-term commitment. Stop going, the benefits may stop being experienced (to a point). The treatment can:

- reduce stress, anxiety and pain
- reduce fatigue
- improve mood
- improve general health
- improve blood circulation
- improve cognitive functioning



HIGH DOSAGE VITAMIN THERAPY

Much sickness can be caused by malnutrition and/or high levels of toxicity. As an example, deficiencies in Vitamin D, Vitamin Bs, and Niacin have all been linked to depression, as well as schizophrenia. Thiamine deficiency is common in people with alcoholism and can affect the cardiovascular, nervous and immune systems.

Anyone with money can pay the £200+ for a vitamin drip. But those without their right to health upheld in an equal way, do not. Many different variations of vitamin treatments have high-impact results. A cancer-treatment facility in Mexico has evidenced improved prognosis with high-dosage Vitamin C treatment (they were banned from opening in the USA because of their conflicting results). If you can afford it, go for it, if not, let us fight for it!

AROMATHERAPY

This tremendously safe treatment pathway combines the physical science of massage and the natural science of using plants to treat and heal. Essential oils penetrate the body tissues and can enhance both physical and emotional health. Some of the many benefits include:

- helping to manage pain and soothe sore joints
- improved digestion and immunity
- improved mood and energy levels
- improved sleep quality
- reduced stress, agitation and anxiety
- improved hospice and palliative care
- alleviation of the side effects of chemotherapy

Oil therapies have roots in ancient Ayurvedic Medicine, Chinese treatment paradigms, and Ancient Egyptian treatment provisions, just to name a few.



YOGA

Yoga combines the elements of the breath, movement (stretch and flow), and meditation. It is an ancient practice that boosts physical health, longevity and mental health/mood. Science can and does attest to the wonder that is the benefits of regular yoga practice. In this world, people like to prove things with paper and pens, but the many lives improved, the many recoveries sustained, the many people healed through this practice must come to be counted as high-value data eventually. There is surely enough evidence already to provoke weekly yoga classes for all children and young people during P.E. lessons, just as Qi Gong, Tai Chi and Pilates should be installed as OPTIONS. Yoga is also a spiritual practice, and it has long been known that an element of spirituality in any recovery can become pivotal and vital to the maintenance of said recovery. There are many different types of yoga, do take your time finding the right option for you.

TAI CHI

Tai Chi combines gentle physical exercise with stretching and mindfulness. It is an ancient Chinese tradition that results in:

- improved balance
- chronic pain management
- improved sleep
- improved brain function
- enhanced immune system
- reduction in fall risk
- reduced stress levels
- improved mood
- improved fibromyalgia symptoms
- improved COPD symptoms
- stronger physical health

There are several types of Tai Chi, so do explore your options. All of them are considered low-impact activities.



QI GONG

Qi Gong is rooted in traditional Chinese medicine, it therefore combines knowledge of the physical and mental self. It is known to:

- lower blood pressure
- reduce anxiety and depression
- relieve chronic pain
- improve overall wellbeing
- strengthen the immune system
- improve energy levels

Qi gong can be beneficial to recovery maintenance, it is also so gentle a practice that it might benefit patients pre-treatment and while in treatment.

PHYSICAL PERSONAL REHABILITATION TRAINING

After being bed ridden for months, the body may have an incapacity to move safely. There will be new physical limitations to explore and recover from. Such a complex recovery pathway is beyond the free content on YouTube, likely all that is available to some British citizens and residents who cannot afford the gym or £15-a-go yoga classes. Alas, all patients are entitled to a physical rehabilitation pathway, should their physical health have been ravaged by a mental health decline. It should be an option open to all NHS patients, that of the long road back to physical health after a mental health crisis.



REIKI

Just because people do not understand an experience that lives in the energetic realms, it does not mean it is permissible to shun it as a high-value treatment option (uh, hello, we are energy, science says so, so why snub an energetic healing experience? *Fear* is the only known answer to make sense of the widely ignored benefits of reiki, a Japanese, energy-based healing technique). I have regularly enjoyed the benefits of reiki, and I experience a lot in a 50 minute session: heat generation, mindful healing experiences, and the physical sensations resulting from the energetic flow of healing. I know what I experience, as do thousands of reiki teachers and healers, along with their patients. Quantifying these experiences in a longitudinal, perhaps global study is paramount if we are ever to see freedom of choice ensuring such treatment options are available to one and all.

SOUND HEALING

Why is not every doctors surgery filled with the healing sounds of nature, with binaural beats, or vibrationally healing meditations? Plenty of scientific experiments have attested to the healing that is made possible when a patient is immersed in the right vibrations. Physics, quantum physics, all relevant knowledge must be employed if the people of the world are to defend their right to safe sound and auditory/psychological protection. When we determine a new paradigm for modern safety, which includes the need for less intrusive advertising and a safe radio station playing healing sounds and nothing else, will we see recoveries more easily preserved and less relapses?

Sound healing can be many things: mantras and chants (bhajans are very powerful experiences); gongs, chimes, singing bowls, and even the sounds of mother earth, our only true home. 'Sound Assault' needs to become a classified criminal act if we are to withstand the capitalist mindset and greed that is sweeping across the globe.



SO, WHAT ARE MY OPTIONS REALLY?



The NHS will treat you the best they can, the current climate is dangerous to be honest, and you will not know an option until a very small list of two or three choices is offered (if that). That is why it is important to preserve any recovery you may be granted via an effective treatment pathway.

Without treatment there can be no recovery, this is important to know.

In only December 2023, a senior consulting psychiatrist told me, when I returned for help 18 months after discharge from a long-term treatment pathway, ‘We only tend to give treatment once.’ This was despite the fact that I had experienced many new traumas between then and now, and suffered from a subsequent acute decline and relapse. My advice is to make the most of what is on offer and protect your recovery like you’re protecting your life, *because you kind of are protecting your life*, what with no future treatment being provided, despite a clear and evident need for it.

This pamphlet is a model of good practice, that which encourages a modicum of patient choice. In reality, the NHS should already have a website devoted to small documentaries that explore every single treatment and recovery option available. The history of each pathway should be known, the science, the success stories (that would also inspire hopeful anchors to cling to). Everything that must be known to INFORM A CHOICE is what must come to be available freely and without fighting for it. Our legislated rights are to health, safety, equality and more, much is being violated by the current regime.



BE WARY OF WHAT YOU READ AND WATCH



Choosing to enrich your self-knowledge is wise indeed. Yet, I offer you one word of caution: do be careful of stirring up your trauma when you have no safety net. To read a book that is highly activating and clarifying can be freeing, but terrifying too. Without an inability to pay for the help you may need, it can become risky behaviour to read too much uncensored or awakening content.

That being said, if you feel drawn to a book, it is likely because you need to read it. So do trust yourself at the same time.

There are plenty of 'health gurus' out there instructing you as to how best to live your life. When you struggle with your mental health and general wellbeing, or when you struggle financially even, much that you watch can perpetuate the pain of being unable to afford your treatment and recovery rights. Do not think that recovery is impossible, should you be unable to access the legislated human right. Instead, think of your journey becoming slower, but never impossible. Hopelessness can lend itself to swift relapse.

By making safe choices, preserving one's boundaries, and investing in health and recovery when one can, you at least give yourself the best chance you have at making a full recovery from whatever life threw in your direction. But do know that we are not supposed to be left to endure, survive and suffer. We have a right to be well, let us all remember that in the years ahead.