



# Psychiatric Drug Withdrawal

## Exploring Issues, Challenges and Opportunities

### 5 Antidepressant Withdrawal Syndrome and its management

[Mad in America](#) and the [International Institute for Psychiatric Drug Withdrawal](#) are pleased to continue this series of live, online town hall discussions focusing on issues related to psychiatric drug withdrawal. Each town hall will feature a panel comprised of a mix of professionals and people with lived experience. Following the discussion, there will be an opportunity for viewer questions.

Our fifth discussion will begin with a screening of a video co-created by Stevie Lewis and Mark Horowitz with the support of IIPDW. The video outlines a practical method for safe antidepressant withdrawal, and is aimed at patients and prescribers as well as the public. You can read more about the video [here](#).

[ipdw.org/antidepressant-withdrawal-syndrome-its-management/](http://ipdw.org/antidepressant-withdrawal-syndrome-its-management/)

Scan here to register



Afterward, the panel will reflect on the video and answer questions from the audience.

**JOIN US ON SATURDAY  
NOVEMBER 5 2022 AT  
10 AM PDT, 1PM EDT,  
5PM GMT, 6PM CET.**

The fee to join is \$10 USD which will support both Mad in America and IIPDW to continue their work as non-profit organizations. We understand that not everyone can afford the fee at this time. If this is the case, type in the code "withdrawal" for a free ticket.

Please send questions, suggestions or feedback to: [cuggiero@madinamerica.com](mailto:cuggiero@madinamerica.com)

## Panelists



### Laura Delano

Laura is the Executive Director of Inner Compass Initiative (ICI) a non-profit organization dedicated to helping people make more informed choices about taking and coming off psychiatric drugs. [www.theinnercompass.org](http://www.theinnercompass.org)  
[www.LauraDelano.com](http://www.LauraDelano.com)



### Anders Sørensen

Anders is a clinical psychologist with a PhD in psychiatry, and has a private practice in Denmark focusing on psychiatric drug withdrawal and on helping people avoid starting psychiatric drugs via psychotherapy. [www.psykologanders.dk](http://www.psykologanders.dk)



### Mark Horowitz

Mark is Clinical Research Fellow in Psychiatry in England and a training psychiatrist. Having experienced the difficulty of coming off psychiatric medications first-hand, he has an interest in rational psychopharmacology and deprescribing psychiatric medication. [www.markhorowitz.org](http://www.markhorowitz.org)



### Stevie Lewis

Having experienced a gruelling, protracted SSRI withdrawal, Stevie is a campaigner in the UK trying to bring attention to the potential for patients to become dependent on antidepressants, and how to recognize and support people in withdrawal. [www.journals.sagepub.com/doi/full/10.1177/2045125320967183](http://www.journals.sagepub.com/doi/full/10.1177/2045125320967183)  
[www.bjgp.org/content/71/708/316](http://www.bjgp.org/content/71/708/316)

## Hosts



### Swapnil Gupta

Swapnil (pronouns: she/her) was born and brought up in Southern India and currently practices psychiatry in a community setting in the United States. She has been trained as a psychiatrist in both countries and strives to constantly place her practice within a social and historical context. She endeavors to uphold the autonomy and dignity of her patients above all else.



### Kermit Cole

Kermit Cole, MFT, founding editor of Mad in America, works in Santa Fe, New Mexico as a couples and family therapist. Inspired by Open Dialogue, he works as part of a team and consults with couples and families that have members identified as patients.

## Coordinators



### Lucy Fernandes

Lucy is the Administrator for IIPDW. She was prescribed psychiatric drugs throughout her twenties and withdrew without support. She works towards a greater understanding of these issues for the public and prescribers.



### Carina Ruggiero

Carina Ruggiero is coordinator of MIA's webinars. At the age of 13, Carina was medicated for anxiety despite real life circumstances. Over two decades later, she experienced an awakening and discovered research on the now debunked chemical imbalance theory. She is now medication-free and loves working with the organization that helped.