

# #OTalk Transcript

Healthcare social media transcript of the [#OTalk](#) hashtag.

Tue, May 24th 2022, 8:00PM – Thu, May 26th 2022, 1:15PM (Europe/London).

See [#OTalk Influencers/Analytics](#).



**#OTalk** [@OTalk\\_](#)

**#OTalk** Welcome all, just a reminder to remember the 'House Rules' Be respectful Remember confidentiality All professional code apply during the chat as a time Enjoy! <https://t.co/35bzpinMxl>



**#OTalk** [@OTalk\\_](#)

Good evening [#OTalk](#) [@Helen\\_OTUK](#) on the account this evening, [@Ruth\\_Hawley](#) will be hosting this evening. Please all say hi, even if you plan on lurking tempted to tweet, don't forget to include [#OTalk](#) in all your tweets. <https://t.co/dpmJdY7BUH>



**Ruth Hawley** [@Ruth\\_Hawley](#)

[@OTalk\\_](#) [@Helen\\_OTUK](#) I'm obviously here 🙋 Will try and answer some of the [#OTalk](#) questions with my own perspectives and thoughts if time/tweeting ca but history tells me this is tricky!



**Amanda White** [@ajciliaOT](#)

[@OTalk\\_](#) [@Helen\\_OTUK](#) [@Ruth\\_Hawley](#) Hello [#OTalk](#) I'm lurking this evening



**Ruth Laws** 🇪🇺 [@ruth\\_laws](#)

[@OTalk\\_](#) [@Helen\\_OTUK](#) [@Ruth\\_Hawley](#) Hi 🙋 [#OTalk](#) looking forward to tonight's chat. Lurking at the moment while eating, then will be fully present!



**Ruth Hawley** [@Ruth\\_Hawley](#)

[@ajciliaOT](#) [@OTalk\\_](#) [@Helen\\_OTUK](#) Welcome [#OTalk](#) loves a lurker and those who get drawn in despite their original plans....



**Ruth Isaac** [@ruthmisaac](#)

Hello [#OTalk](#) I'm here 🙋



**Amanda White** [@ajciliaOT](#)

RT [@OTalk\\_](#): Good evening [#OTalk](#) [@Helen\\_OTUK](#) on the account this evening, [@Ruth\\_Hawley](#) will be hosting this evening. Please all say hi, even if you p lurking. If you are tempted to tweet, don't forget to include [#OTalk](#) in all your tweets. <https://t.co/dpmJdY7BUH>



**Ruth Hawley** [@Ruth\\_Hawley](#)

So let's get started with [#OTalk](#) Q1. What's your awareness of schizophrenia/ psychosis? And where has this come from?



**Catherine McNulty** [@cathymc9781](#)

[@OTalk\\_](#) [@Helen\\_OTUK](#) [@Ruth\\_Hawley](#) Hello everyone [#OTalk](#)



**Ruth Hawley** [@Ruth\\_Hawley](#)

[@ruth\\_laws](#) [@OTalk\\_](#) [@Helen\\_OTUK](#) Hope your tea is nice [#OTalk](#) multitasking



**#OTalk** [@OTalk\\_](#)

[#OTalk](#) Question 1?



**Ruth Hawley** [@Ruth\\_Hawley](#)

[@cathymc9781](#) [@OTalk\\_](#) [@Helen\\_OTUK](#) Glad you could make it for tonight's [#OTalk](#)



**#OTalk** [@OTalk\\_](#)

[@ruth\\_laws](#) [@Helen\\_OTUK](#) [@Ruth\\_Hawley](#) enjoy! Both your food and the following chat! [#OTalk](#)



**Rachael Grand** @RachaelGrand  
@OTalk\_ @Helen\_OTUK @Ruth\_Hawley Hi all #OTalk



**Samantha Tavender** @SamOTantha  
@Ruth\_Hawley @OTalk\_ @Helen\_OTUK Hi everyone! Running late after an epic bedtime battle but will try join #OTalk



**Catherine McNulty** @cathymc9781  
@OTalk\_ Medicalised model, of a creative response to human distress #OTalk



**Jayne** @WhoaaTheOTOT  
@Ruth\_Hawley #OTalk my second placement in EI in Psychosis set me up nicely with experience, knowledge and skills in this area. I'm now working in a MI hospital with some patients who have schizophrenia. Such an interesting area!



**Ruth Isaac** @ruthmisaac  
@OTalk\_ #OTalk I first became aware of psychosis when someone I knew had a psychotic episode when I was in my mid teens



**Samantha Tavender** @SamOTantha  
@OTalk\_ My two favourite clinical roles; Assesrtive Outreach Team and Early Intervention in psychosis #OTalk



**Dion Sutton** @Dion\_S\_Sutton  
@Ruth\_Hawley My awareness of schizophrenia/ psychosis, came from my time working as a support worker for adult living with mental health conditions #C



**#OTalk** @OTalk\_  
#OTalk <https://t.co/uDwMBLefbe>



**Ruth Hawley** @Ruth\_Hawley  
For me, most of my knowledge has come from working with people who were given these diagnoses during my time working in Early Intervention in Psychos then the rest from further studies/ learning from service user voices and experiences. #OTalk



**Vicky Swift** @VickySwift16  
@Ruth\_Hawley Built through placement & work in acute and now forensic MH. My educator on my MH placement pointed me towards Eleanor Longden's Te was such a helpful start <https://t.co/xW3qsl1NEV> #OTalk



**Ruth Hawley** @Ruth\_Hawley  
@VickySwift16 It's definitely a helpful resource! Good for question 2 of tonights #OTalk too.



**Ros French** @RosFrench1  
@Ruth\_Hawley #OTalk, I had a gap year after finishing my A levels before starting my OT degree working as a volunteer in community mental health, half w sleep in nights, day centre and community befriending. Working with many individuals living with various MH diagnosis



**Ruth Hawley** @Ruth\_Hawley  
@ascott\_1612 Hopefully tonights #OTalk will generate some useful resources as further pointers



**#OTalk** @OTalk\_  
#OTalk



**Charlotte Leung** @Charleung18  
@OTalk\_ I learned more about psychosis in my forensic mental health placement #otalk



**Ruth Hawley** @Ruth\_Hawley  
@RosFrench1 That sounds fascinating. Was it ran by a private provider or statutory services? Did it have a particular ethos or way of understanding diagnos #psychosis or #Schizophrenia that was the same or different to the predominant medical model? #OTalk



**Catherine McNulty** @cathymc9781  
@VickySwift16 @Ruth\_Hawley Eleanor speaks clearly about her experience hearing voices & only began recovery away frm medical thinking #OTalk



**Ruth Hawley** @Ruth\_Hawley  
#OTalk Q2. Can you share any good educational resources that you aware of in relation to schizophrenia or psychosis?

**Ruth Laws** @ruth\_laws

@Ruth\_Hawley I wouldn't say I'm unaware, but also not confident in my understanding. Awareness has come from uni, and also working with a couple of se with schizophrenia. They seems like a unique experience for each individual [#OTalk](#)

**Amy Wescott** @amyface91

RT @OT\_rach: Today is [#WorldSchizophreniaDay](#) Tonights [#OTalk](#) – Tuesday 24th May 2022 – will focus on World Schizophrenia Day: Today is [#WorldSchizophreniaDay](#) Tonights [#OTalk](#) – Tuesday 24th May 2022 – will focus on World Schizophrenia Day: How You Can Spread Awareness <https://t.co/oMVn10d5VT> hosted by @Ruth\_Hawley [#WorldSchizophreniaDay](#) .



**#OTalk** @OTalk\_  
[#OTalk](#) Question 2

**Jayne** @WhoaaTheOTOT

@Ruth\_Hawley [#OTalk](#) in @KarenderbyuniOT 's lecture when she had us listening to that audio clip whilst making a shopping list... I think everyone should I that!

**Ms Rachel Booth-Gardiner** @OT\_rach

Sorry i'm late was just finishing my tea. [#OTalk](#) just catching up

**Ruth Hawley** @Ruth\_Hawley

@WhoaaTheOTOT @VickySwift16 Hi Jayne Yes you definitely do need to watch it! It really is fab. I first came across it during my masters and found it su resource and alternative to medical model ways of understanding voice hearing experiences. [#OTalk](#)

**#OTalk** @OTalk\_

@kate\_elkin Hi Kate, just add [#OTalk](#) in all tweets you wish to add to the chat, they will also be included int eh transcript.

**Catherine McNulty** @cathymc9781

@VickySwift16 @Ruth\_Hawley Eleanor is example of understanding psychosis as result of trauma [#OTalk](#)

**Ruth Hawley** @Ruth\_Hawley

@WhoaaTheOTOT @KarenderbyuniOT Tell us more..... [#OTalk](#) What did it help you understand?

**Ms Rachel Booth-Gardiner** @OT\_rach

@Ruth\_Hawley I have alway found @MindCharity a useful resource to start with example here [#OTalk](#) <https://t.co/ZPnSnlldph>

**Ros French** @RosFrench1

@Ruth\_Hawley [#OTalk](#) It was ran by community service volunteers as charity group - we worked alongside the MH social workers and day centre. The focus on independent living skills. Some individuals had drug induced schizophrenia and everyone was "medical stable" on medication 1/2



**#OTalk** @OTalk\_  
[#OTalk](#)

**Catherine McNulty** @cathymc9781

@OTalk\_ Work of Romme & Escher, [#OTalk](#) <https://t.co/iD4FMLR9IU>

**Ruth Hawley** @Ruth\_Hawley

@ruth\_laws Definitely unique for each person! (as is everything). And approaching with an air of respectful curiosity as to what that individuals experience is useful rather than generalising from text book/academic learning [#OTalk](#)

**Catherine McNulty** @cathymc9781

@OTalk\_ Living with Voices [#OTalk](#) <https://t.co/isNAjleRfR>

**OTRhiannon** @OTRhiannon

@Ruth\_Hawley My awareness has come from my placement and also my current role in mental health rehab, all can present with varying symptoms and ev experiences these differently [#OTalk](#)

**Catherine McNulty** @cathymc9781

@OTalk\_ [#OTalk](#) <https://t.co/BwudOE22HG>

**PLU****#OTalk @OTalk\_**  
**#OTalk****Vicki Malcolm @vickiellenOT**

@Ruth\_Hawley I had a fantastic placement in community / inpatient rehabilitation for complex psychosis in Peterborough as a student OT. The team were in skilled in working with very vulnerable, complex and wonderful people. And @ellieffreeman was my educator ! [#OTalk](#)

**Ruth Laws** **@ruth\_laws**

@Ruth\_Hawley We had a really good session at uni which was run by an individual with a diagnosis of schizophrenia, it was such an insightful session about manage living with their voices and their work helping others [#OTalk](#)

**Ruth Hawley @Ruth\_Hawley**

@cathymc9781 @OTalk Great resource! Again hearing more, reading more and understanding more about their work during my Masters was transformative my own understanding of voice hearing in [#psychosis](#) and [#Schizophrenia](#) [#OTalk](#)

**Vicki Malcolm @vickiellenOT**

RT @VickySwift16: @Ruth\_Hawley Built through placement & work in acute and now forensic MH. My educator on my MH placement pointed me towards E Longden's Ted Talk which was such a helpful start <https://t.co/xW3qsl1NEV> [#OTalk](#)

**Ros French @RosFrench1**

@Ruth\_Hawley [#OTalk](#) 2/2 however we needed to recognise signs if this wasn't the case and changes to their normal behaviour. We did take someone to be quite daunting at 18yrs. But really helped my understanding and lived experience - no OT but definitely a role for one

**Kate Tudor @OT\_KateT**

@kate\_elkin @OTalk Ooh, yes!! I was trying to think what my knowledge was before training/ working and One Flew Over the Cuckoo's Nest obv came to r was definitely more influential for me [#OTalk](#)

**Samantha Tavender @SamOTantha**

@Ruth\_Hawley @ruth\_laws 100% the same goes for diagnostic criteria such as DSM, can be useful but needs to be examined through an intersectional lens The lived experience is the one im most interested in as an OT [#OTalk](#)

**Ros French @RosFrench1**

@OT\_rach @Ruth\_Hawley @MindCharity [#OTalk](#) yes I had previously used resources from Mind

**#OTalk @OTalk\_**

[#OTalk](#) \*\*\* Warning \*\*\* We are halfway through this evenings chat! <https://t.co/eOI0VUdG92>

**Amanda White @ajciliaOT**

RT @Ruth\_Hawley: [#OTalk](#) Q2. Can you share any good educational resources that you aware of in relation to schizophrenia or psychosis?

**Ruth Hawley @Ruth\_Hawley**

@ruth\_laws The voice of lived experience needs to be amplified in my opinion. So important! [#OTalk](#)

**Catherine McNulty @cathymc9781**

@Ruth\_Hawley @OTalk What do people think of the word schizophrenia [#OTalk](#)...is this the right place time to ask the question?

**Ruth Hawley @Ruth\_Hawley**

Better get into question three then. [#OTalk](#) Q3. Do you think people with schizophrenia/ psychosis experience any stigma? Does choice of language used in

**Amanda White @ajciliaOT**

RT @OTalk\_: [#OTalk](#) Question 2

**#OTalk @OTalk\_**

[#OTalk](#) Question 3

**Kate Tudor @OT\_KateT**

@Ruth\_Hawley I love this BBC3 video (and I worked with one of the stars!) [#OTalk](#) <https://t.co/sTqDT5TOiS>

**OTRhannon @OTRhannon**

@Ruth\_Hawley Yes people automatically assume they are 'dangerous' due to media influence and misconceptions of the mental health condition [#OTalk](#)

**Catherine McNulty** @cathymc9781

@OTalk\_ Hearing Voices support groups..like Sleaford Hearing Voices group meets 1st Thursday in month #OTalk

**Ruth Hawley** @Ruth\_Hawley

@cathymc9781 @OTalk\_ I think it's a good question to ask. To me links to part of question 3 thinking about the impact of language.... And not just language, of whether diagnosis is helpful /not helpful #OTalk

**#OTalk** @OTalk\_

@kate\_elkin here is a handy guide, if you prefer a video style scroll to the bottom of the page. #OTalk

**Vicky Swift** @VickySwift16

@Ruth\_Hawley Without a shadow of a doubt. Majority of people have only ever heard of schizophrenia in the context of an unpleasant story in the media. #

**Ms Rachel Booth-Gardiner** ❤️ @OT\_rach

@OT\_KateT @Ruth\_Hawley thanks for this, its great #OTalk

**Helen OTUK** @Helen\_OTUK@OTalk\_ @kate\_elkin <https://t.co/cUc93E9FzQ> #OTalk**Ruth Laws** 🌈 @ruth\_laws

@Ruth\_Hawley #OTalk I definitely think people with schizophrenia/psychosis experience stigma, and influenced by choice of language. I think we need to be mindful of language we use, maybe using 'x reports' rather than 'x denies', denies can add a context that may not have been meant.

**Catherine McNulty** @cathymc9781

@OTalk\_ For sure #OTalk discrimination, fear misunderstanding, hopefully this is changing albeit very slowly as people share but labels are unhelpful

**Dion Sutton** @Dion\_S\_Sutton

@Ruth\_Hawley Yes, I think people living with schizophrenia are subjected to many forms of stigma, especially surrounding capacity #OTalk

**Ruth Hawley** @Ruth\_Hawley@cathymc9781 @OTalk\_ I'm not managing to link all the resources I have during the pace of the chat but this is one from @RaiWaddingham I have bookmarked relevant to this aspect #OTalk <https://t.co/13e756W3X2>**Ruth Isaac** @ruthmisaac

@Ruth\_Hawley #OTalk definitely, and choice of language makes a difference, both clinical and casual!

**Catherine McNulty** @cathymc9781

@Ruth\_Hawley @OTalk\_ Needs to be about the person their story their experience what happened to them #OTalk their life narrative carrying hope as well . there are different pathways @SoteriaNetUK

**Ros French** @RosFrench1

@Ruth\_Hawley #OTalk absolutely know they do, whether it's terminology used and how others understand those terms or whether it's just not understanding diagnosis. I know my mum didn't understand and had a preconceived idea but had no experience to base it on - that so changed!

**Alexander Scott** @ascott\_1612

Some great discussions happening on #OTalk tonight. Enjoying taking part and reading everyone's thoughts.

**Ruth Laws** 🌈 @ruth\_laws

@Ruth\_Hawley @cathymc9781 @OTalk\_ I think a diagnosis can be helpful when it help someone access the right support for them #OTalk

**Ruth Hawley** @Ruth\_Hawley

@ruthmisaac I think that's such an important point about the impact of casual language as well as clinical. #OTalk I think often casual language can be worse

**Catherine McNulty** @cathymc9781

@Ruth\_Hawley @OTalk\_ @RaiWaddingham Yes Ron Coleman such as inspirational man #OTalk changed my perspective listening to him talk gave me hope I knew

**Ruth Hawley** @Ruth\_Hawley

So moving on #OTalk Q4. How could you/ have you challenged stigma about schizophrenia/ psychosis?

**#OTalk** @OTalk\_

#OTalk Question 4

**Catherine McNulty** @cathymc9781



@ruth\_laws @Ruth\_Hawley @OTalk Guess this is one perspective if it helps in some ways but in others maybe not #OTalk maybe there is a politicised ele



**Charlotte Leung** @Charleung18

@OTalk Unfortunately it is quite common for them to experience stigma (i.e. employment). This may be because the public has insufficient understanding a conditions, leading to discrimination #otalk



#OTalk @OTalk

#OTalk <https://t.co/e1naiuaHwG>



**Ruth Hawley** @Ruth\_Hawley

@Ninaacoll Hopefully some of the suggestions during this #OTalk will help.



**Samantha Tavender** @SamOTantha

@Ruth\_Hawley Absolutely! We have made progress with mental health awareness & reducing stigma but psychosis and schizophrenia has been left out of t conversation. Because of this we still see high statistical probability of suicide, lower life expectancy and socio economic impact #OTalk



**Kate Tudor** @OT\_KateT

@Ruth\_Hawley Definitely have stigma - MH awareness campaigns etc always focus on anxiety/ depression/ bipolar and quietly ignore schizophrenia becaus seen as too scary. Psychosis is routinely misunderstood as psychopathy #OTalk



**Kate Tudor** @OT\_KateT

@Ruth\_Hawley There's a huge difference in the use of these terms in health care and their understanding, use and portrayal in general population. That me: people we see not only have external stigma, but usually also have internal stigma #OTalk



**Samantha Tavender** @SamOTantha

@Ruth\_Hawley Loosing valuable specialised community teams such as AOT in many regions across the UK has undoubtedly increased lack of health equit individuals with schizophrenia #OTalk



**Ms Rachel Booth-Gardiner** ❤️ @OT\_rach

@Ruth\_Hawley Hugely, Films, TV & Media often misrepresent #Schizophrenia, as split personality, and or dangerous. So much stigma within sociality, and v services, the police, paramedics, A+E staff. other Health and care professionals/organisations. #OTalk



#OTalk @OTalk

#OTalk



**Ruth Hawley** @Ruth\_Hawley

@hchadwickOT We've seen so many examples of #placement being a key formative learning experience tonight! #OTalk



**Ms Rachel Booth-Gardiner** ❤️ @OT\_rach

@RosFrench1 @Ruth\_Hawley @MindCharity I always find they explain things in a easy frame work to follow, use with others. #OTalk



**Kate Tudor** @OT\_KateT

@Ruth\_Hawley I also think, since this is #WorldSchizophreniaDay we need to be mindful that schizophrenia is NOT just psychosis. There are a whole host c symptoms than hearing voices. Equally, by no means are all psychoses anything to do with schizophrenia #OTalk



**Dion Sutton** @Dion\_S\_Sutton

@Ruth\_Hawley @TimetoChange is a useful resource and often uses a person's lived experience #OTalk



**Ms Rachel Booth-Gardiner** ❤️ @OT\_rach

RT @OT\_KateT: @Ruth\_Hawley I also think, since this is #WorldSchizophreniaDay we need to be mindful that schizophrenia is NOT just psychosis. There : host of other symptoms than hearing voices. Equally, by no means are all psychoses anything to do with schizophrenia #OTalk



**Ros French** @RosFrench1

@Ruth\_Hawley #OTalk ask the person what they understanding is and how they came to that understanding. Quite often it's lack of awareness, education o understanding. Depends on the circumstances/ setting as challenging stigma isn't always easy



#OTalk @OTalk

#OTalk We are almost at the 'official' hour for this evenings chat. Do you have any take away thoughts? Have you any #CPD goals? Action Plan anyone? <https://t.co/tldBoySf4f>



**Catherine McNulty** @cathymc9781

@ruth\_laws @Ruth\_Hawley @OTalk Maybe the right help needs be available without a label which may giv negative weight #OTalk mayb where the politic medicalising trauma...



**Ruth Hawley** @Ruth\_Hawley

@hchadwickOT I think education and raising /challenging and changing awareness is key too. I hope that tonight's #OTalk is part of that. Not in perpetuating language or perspectives but in promoting positive change.

**Ms Rachel Booth-Gardiner** ❤️ @OT\_rach





**@OT\_KateT @Ruth\_Hawley** And not always a bad thing, I worked with a lady many years ago who's voices were mainly helpful, she described them as a 'c' what I needed to do. [#OTalk](#) sometimes its about living with not getting rid.



**MIKASA @PhattyPatty08**

RT **@OT\_rach**: Today is [#WorldSchizophreniaDay](#) Tonights [#OTalk](#) – Tuesday 24th May 2022 – will focus on World Schizophrenia Day: Today is [#WorldSchizophreniaDay](#) Tonights [#OTalk](#) – Tuesday 24th May 2022 – will focus on World Schizophrenia Day: How You Can Spread Awareness <https://t.co/oMVn10d5VT> hosted by **@Ruth\_Hawley** [#WorldSchizophreniaDay](#) .



**Ruth Hawley @Ruth\_Hawley**

I'm going to do the final question now too... Recognising some may have already talked about this. [#OTalk](#) Q5. What role do you think social media plays or awareness around schizophrenia/psychosis?



**Samantha Tavender @SamOTantha**

**@OT\_KateT @Ruth\_Hawley** Working in an early intervention in psychosis team this was one of the biggest part of the role, trying to support individuals and in un learning all the misconceptions out there about psychosis [#OTalk](#)



**Alexander Scott @ascott\_1612**

Tonight has inspired me to go away and do some further research [#OTalk](#) [#CPD](#)



**Kate Tudor @OT\_KateT**

**@OT\_rach @Ruth\_Hawley** My husband used to try to tell me the linguistic root of schizophrenia means split mind and so it's an understandable mistake. He because I go off on one about it being split from our reality, not split in half and that he needs better MH awareness.... 😊 [#OTalk](#)



**Ruth Laws @ruth\_laws**

**@Ruth\_Hawley @OTalk** I think stigma can be around schizophrenia/ psychosis diagnosis in a broad sense, we need to see the individual who has that diagnosis/symptoms and work with them to accentuate their positives as such.



**Amanda White @ajiliaOT**

RT **@Ruth\_Hawley**: So moving on [#OTalk](#) Q4. How could you/ have you challenged stigma about schizophrenia/ psychosis?



**Ruth Hawley @Ruth\_Hawley**

**@RosFrench1** I think challenging stigma is rarely ever easy.... It can be confrontational, political, uncomfortable.... It can also be refreshing and positive alter whether easy or hard I think it's important [#OTalk](#)



**Kate Tudor @OT\_KateT**

**@OT\_rach @Ruth\_Hawley** Ooh, yes. In my AOT placement I worked with a man who had Bob Marley accompanying him everywhere. [#OTalk](#)



**Alexander Scott @ascott\_1612**

**@OT\_rach @OT\_KateT @Ruth\_Hawley** That's really interesting... I (along with many others I'm sure) have had the misconception that the voices are always [#OTalk](#)



**Ruth Laws @ruth\_laws**

**@cathymc9781 @Ruth\_Hawley @OTalk** Can definitely appreciate it can work both ways [#OTalk](#)



**Catherine McNulty @cathymc9781**

**@SamOTantha @Ruth\_Hawley** Assertive Outreach Teams including occupational therapy, made a real difference supporting truly vulnerable people as Sain 'Falling through Gaps' why does @NHS build the walls of service then demolish only 2 rebuild ..[#OTalk](#) makes no sense



**Kate Tudor @OT\_KateT**

RT **@SamOTantha @OT\_KateT @Ruth\_Hawley** Working in an early intervention in psychosis team this was one of the biggest part of the role, trying to support individuals and their families in un learning all the misconceptions out there about psychosis [#OTalk](#)



**Ruth Hawley @Ruth\_Hawley**

**@cathymc9781 @ruth\_laws @OTalk** For me, this is a critical element. The world/system revolves around resources being allocated on the basis of justification often using a label... Whether we like it or not, until this can change, I think its difficult to fully move away from labels [#OTalk](#)



**Ms Rachel Booth-Gardiner @OT\_rach**

**@Ruth\_Hawley** Lots, Some good examples shared tonight, of campaigns, getting the correct information, that challenging assumptions, and language. More within [#OT](#) on the importance to focus on impact of functioning rather than diagnosis. [#OTalk](#)



**Ruth Hawley @Ruth\_Hawley**

Thanks to all who participated in tonights [#OTalk](#) discussing [#Schizophrenia](#) and [#psychosis](#) on [#WorldSchizophreniaDay](#). Your contributions have been much appreciated. That's the official time for the chat over but feel free to keep contributing if you want to. 😊



**#OTalk @OTalk**

**#OTalk** That is the 'official' hour up folks! Please do carry on the chat and don't forget to include [#OTalk](#) to be added to the transcript in a couple of days. I be updated to include chat transcript here: <https://t.co/op2O6FsqBz> <https://t.co/CD0cn9iHre>



**Melissa Morris @MelissaMorris\_**

**@Ruth\_Hawley** I am currently on placement in secure settings with patients who experience symptoms/diagnosis of schizophrenia and have had episodes of [#OTalk](#)



**Ros French** @RosFrench1  
@Ruth\_Hawley #OTalk totally agree!



**Ruth Hawley** @Ruth\_Hawley  
@hchadwickOT Thanks for all your contributions Hannah. You do need to include the #OTalk for them to be included in the transcript though.



**Ms Rachel Booth-Gardiner** @OT\_rach  
@OT\_KateT @Ruth\_Hawley I have experiences hallucinations after operations. One was of a black cat sat on my chest, I found it comforting. #OTalk



**Dion Sutton** @Dion\_S\_Sutton  
@Ruth\_Hawley I think social media can be a bit of a double edged sword. We are using it in a very positive way to share awareness now but as others have pointed out it can also be used to spread misinformation and hate #OTalk



**Ruth Hawley** @Ruth\_Hawley  
@ascott\_1612 @OT\_rach @OT\_KateT That is a misconception. I've worked with people who had positive experiences of their voices too. But I think you're common misconception. The other thing I remember learning and finding transformational, is that voice hearing is as common as asthma. #OTalk



**Jayne** @WhoaaTheOTOT  
@Ruth\_Hawley @VickySwift16 I've just watched it. Absolutely loved it. I agree - an incredible resource! Thanks for the recommendation guys 😊 #OTalk



**Catherine McNulty** @cathymc9781  
@Ruth\_Hawley @ruth\_laws @OTalk Whilst appreciate this thinking, the reality is poverty, lack of opportunity, abuse trauma we also missed the higher prev people from BAME background to be diagnosed with schizophrenia or psychosis ..#OTalk



**Catherine McNulty** @cathymc9781  
@Ruth\_Hawley @ruth\_laws @OTalk Which is political #OTalk.



**Ms Rachel Booth-Gardiner** @OT\_rach  
Thank-you all, great chat tonight. get hosting @Ruth\_Hawley and thanks for all the support @Helen\_OTUK on the @OTalk\_ account, it was nice to just join i must do more often. #OTalk



**Ruth Hawley** @Ruth\_Hawley  
@georgin4OT Ooh, gotta love a #podcast recommendation! Thanks @georgin4OT. Is it allowable during #OTalk to also ask if you've heard of @OTPodcast? love podcast listeners.



**Ruth Hawley** @Ruth\_Hawley  
@WhoaaTheOTOT @KarenderyuniOT Thanks for the extra info Jayne. Sounds like it was a very memorable and eye opening learning experience. #OTalk



**Catherine McNulty** @cathymc9781  
10 years less life at least poor health from long term medications #OTalk ..see also @joannamoncrieff



**Ms Rachel Booth-Gardiner** @OT\_rach  
@ascott\_1612 @OT\_KateT @Ruth\_Hawley Pleased you shared this Alexander #OTalk is all about learning.



**#HelloMyNameIs Carolyn** @CeeCeeOT  
RT @OT\_KateT: @Ruth\_Hawley I also think, since this is #WorldSchizophreniaDay we need to be mindful that schizophrenia is NOT just psychosis. There is a host of other symptoms than hearing voices. Equally, by no means are all psychoses anything to do with schizophrenia #OTalk



**Ruth Hawley** @Ruth\_Hawley  
I'm a lover of educational resources and wanted to contribute my thoughts and collection to this question.... Have needed to do it after the hour as my fingers can't cope with the #OTalk pace 🙄 and prep time eluded me.



**Melissa Morris** @MelissaMorris\_\_  
@Ruth\_Hawley There is a stigma around symptoms! Especially regarding positive (voices, hallucinations) & negative (withdrawal, lack motivation) Positive symptoms are not always 'bad' or cause forensic issues. Sometimes these can be 'helpful' or 'nice' - ask about lived experiences #OTalk



**Ruth Hawley** @Ruth\_Hawley  
My first suggestion for a useful resource is @nathanfiler's books. I've read and recommend both the novel #TheShockOfTheFall and his non-fiction book picture with both versions of the title and cover. #OTalk <https://t.co/qTCjYiy3Wp>



**Kate Tudor** @OT\_KateT  
@Ruth\_Hawley @georgin4OT @OTPodcastClub Try this one too. Rachel Star Withers hosts and is really engaging and entertaining whilst exploring all kind of living with schizophrenia #OTalk #OTPodcastClub <https://t.co/zs2mGrFqxD>



**Melissa Morris** @MelissaMorris\_\_  
@Ruth\_Hawley I do think it's important to educate people, carers and family about the diagnosis. But most importantly to focus on the person. What is their experience? How do they feel? What are their goals? What makes them happy? #OTalk Focus on the person not the diagnosis!



**Ruth Hawley** @Ruth\_Hawley

@nathanfiler Sticking on a @nathanfiler theme for more possible resources, his podcasts/YouTube videos are worth a listen/watch. I've not yet had chance to with this one featuring @RaiWaddingham but it's on my list and I expect it's good. #OTalk <https://t.co/u7ImZHR9J>

**Catherine McNulty** @cathymc9781

@Ruth\_Hawley @ruth\_laws @OTalk Instead of high cost long term at times toxic medications for this 'schizophrenia' instead time for 'slow rehabilitation' for beginning where occupational therapy can be ..#OTalk ..@SoteriaNetUK

**Kate Tudor** @OT\_KateT

@Ruth\_Hawley @georgin4OT @OTPodcastClub Which reminds me, it led me to discovering a VR experience/ film Goliath: Playing with Reality which is an experience of schizophrenia and is amazing @weareanagram #OTalk <https://t.co/EgoicbYzo7>

**Charlotte Leung** @Charleung18

@OTalk #OTalk

**Ruth Hawley** @Ruth\_Hawley

@nathanfiler @RaiWaddingham I've included this resource from @RaiWaddingham elsewhere during this #OTalk but it's also makes sense to tweet it here. bookmarked this tweet and video where they talk about their experiences of being given the diagnostic label of #Schizophrenia <https://t.co/rqB3YZE194>

**Melissa Morris** ❤️ @MelissaMorris\_\_

@Ruth\_Hawley There are lots of different resources but I personally like to recommend @MindCharity or @YoungMindsUK 💖 <https://t.co/KgnkaBkMCW> #OTalk

**Vicky Swift** @VickySwift16

@WhoaTheOTOT @Ruth\_Hawley Totally agree - having me watch that at the outset of my placement was an absolute masterstroke by my educator. I've seen countless times since, including with a patient #OTalk

**Ruth Hawley** @Ruth\_Hawley

I think I can remember this resource coming out when I was in practice in an #EIP team and finding it useful. #OTalk <https://t.co/INmQdeu3Es>

**Melissa Morris** ❤️ @MelissaMorris\_\_

@Ruth\_Hawley Social media is going to be such a powerful tool to teach people! Especially now we are living in a world where more things are online. It's really important we share OT stories and focus on the person, not diagnosis! 🙌 #OTalk

**Ruth Hawley** @Ruth\_Hawley

And another resource for this #OTalk question from @AnneCooke14 <https://t.co/9QPPDnr6nU>

**Ruth Hawley** @Ruth\_Hawley

@AnneCooke14 Another one from @AnneCooke14 I've bookmarked in relation to this topic and #OTalk question <https://t.co/N84CQWib2e>

**Nicole** 🇬🇧 @N\_Murphy

RT @Ruth\_Hawley: #OTalk Q2. Can you share any good educational resources that you are aware of in relation to schizophrenia or psychosis?

**Melissa Morris** ❤️ @MelissaMorris\_\_

@OTalk @Helen\_OTUK @Ruth\_Hawley Hi! I'm here a little later tonight #OTalk I'm an OT MSc student 🙌

**Ruth Hawley** @Ruth\_Hawley

And another tweet/resource in relation to this #OTalk question <https://t.co/cDfIS2GUN7>

**Catherine McNulty** @cathymc9781

RT @OT\_rach: @Ruth\_Hawley Lots, Some good examples shared tonight, of campaigns, getting the correct information, that challenging assumptions, and More can be done within #OT on the importance to focus on impact of functioning rather than diagnosis. #OTalk

**Ruth Hawley** @Ruth\_Hawley

@cathymc9781 @OT\_rach @Helen\_OTUK @OTalk @otalk It does during a busy #OTalk! Thanks for coming and contributing Cathy.

**Catherine McNulty** @cathymc9781

RT @cathymc9781: 10 years less life at least poor health from long term medications #OTalk ..see also @joannamoncrieff

**Vicki Malcolm** @vickiellenOT

@Ruth\_Hawley Mostly by supporting people with psychosis into mainstream voluntary and education opportunities, on one occasion we did this by creating business with local people @wallgardenshop #OTalk

**Melissa Morris** ❤️ @MelissaMorris\_\_

@Ruth\_Hawley @Ruth\_Hawley thank you for facilitating a great #OTalk tonight 🙌

**Beverley Harden FCSP** @BeverleyHarden

RT @drlisataylor: 1/5 Thanks from @ruth\_laws & me for great engagement with our #OTalk 17.05.22. Key discussion points arising from the questions may : action/projects? @theRCOT @OTalk\_ @NHS\_HealthEdEng @ElizabethCasso1 @thewfot @OT\_Expert @WeAHPs @BeverleyHarden Question 1 summar <https://t.co/VJl0qPqmZ4>

**Suzanne McKenna** @sooshandy

RT @OT\_rach: Today is #WorldSchizophreniaDay Tonights #OTalk – Tuesday 24th May 2022 – will focus on World Schizophrenia Day: Today is #WorldSchizophreniaDay Tonights #OTalk – Tuesday 24th May 2022 – will focus on World Schizophrenia Day: How You Can Spread Awareness <https://t.co/oMVn10d5VT> hosted by @Ruth\_Hawley #WorldSchizophreniaDay .

**Hannah Spencer (they/them)** @hspenceruk

Really good to see Eleanor Longden's TED talk pop up as a suggested resource in last night's #OTalk around schizophrenia and psychosis... 📌

**Hannah Spencer (they/them)** @hspenceruk

@Ruth\_Hawley I think, sensationalised media portrayals aside, I first learned of psychosis working (pre-training) in older adult inpatient/crisis. During pre-reg placements in EI/psychosis, which influenced choice of 1st qual. roles in psychosis & then EI/ARMS #OTalk

**Hannah Spencer (they/them)** @hspenceruk

Fab thread of educational resources re: psychosis and schizophrenia from #OTalk I'd add @DavidHarewood's documentaries/book - he has spoken powerfully re: his experiences, particularly in relation to race/MH (book = 'Maybe I don't belong here')... <https://t.co/x7koCNQPoH>

**Hannah Spencer (they/them)** @hspenceruk

RT @OT\_KateT: @Ruth\_Hawley I love this BBC3 video (and I worked with one of the stars!) #OTalk <https://t.co/sTqDT5TOiS>

**Hannah Spencer (they/them)** @hspenceruk

Any suggestions to add to this growing #OTalk list of educational resources re: psychosis & schizophrenia @carol\_smith16 @ClareWoolley5 @Natalie26459 often seek resources & narratives = powerful. Stories of recovery/living well with can really support hope in EI 🙌

**Hannah Spencer (they/them)** @hspenceruk

@OT\_KateT @Ruth\_Hawley Variation within healthcare too, & sometimes stigma may = reinforced by prev -ve experiences. Sometimes diagnoses and/or n something can be helpful to a person in understanding experiences (...and accessing support/services 🙌) but "label" definitely comes with stigma #OTalk

**Hannah Spencer (they/them)** @hspenceruk

@Ruth\_Hawley I guess in terms of working with people who have some of these experiences and/or diagnoses, the best challenge to stigma they might feel support/learning. Opportunities to connect with & listen to/share with others = powerful. As OT facilitating/encouraging that... #OTalk

**Hannah Spencer (they/them)** @hspenceruk

@Ruth\_Hawley I like that ARMS pathways work proactively in a way that sits a little outside of the medical/diagnosis led model. Avoidance of stigma & -ve in diagnosis (dx not always -ve!) = influential in this. Though could argue that ARMS = unhelpful label in own right 🙌 #OTalk

**Hannah Spencer (they/them)** @hspenceruk

@Ruth\_Hawley Outside work, I challenge -ve attitudes & esp. those who channel that historically perceived/media sensationalised 'picture' of what psychosis/schizophrenia are. Equally though, not diminishing distress of/minimising intensity/impact of experiences for some #OTalk

**Hannah Spencer (they/them)** @hspenceruk

@chisi\_98 @carol\_smith16 @ClareWoolley5 @Natalie26459428 @DrCHM Thanks for sharing @chisi\_98 @DrCHM #OTalk and congratulations on published book @DrCHM.

**Ruth Laws** @ruth\_laws

RT @drlisataylor: 1/5 Thanks from @ruth\_laws & me for great engagement with our #OTalk 17.05.22. Key discussion points arising from the questions may : action/projects? @theRCOT @OTalk\_ @NHS\_HealthEdEng @ElizabethCasso1 @thewfot @OT\_Expert @WeAHPs @BeverleyHarden Question 1 summar <https://t.co/VJl0qPqmZ4>

**Ruth Laws** @ruth\_laws

RT @drlisataylor: 2/5 Thanks from @ruth\_laws & me for great engagement with our #OTalk 17.05.22. Key discussion points arising from the questions may : action/projects? @theRCOT @OTalk\_ @NHS\_HealthEdEng @ElizabethCasso1 @thewfot @OT\_Expert @WeAHPs @BeverleyHarden Question 2 summar <https://t.co/m26P9XqE61>

**Ruth Laws** @ruth\_laws

RT @drlisataylor: 3/5 Thanks from @ruth\_laws & me for great engagement with our #OTalk 17.05.22. Key discussion points arising from the questions may : action/projects? @theRCOT @OTalk\_ @NHS\_HealthEdEng @ElizabethCasso1 @thewfot @OT\_Expert @WeAHPs @BeverleyHarden Question 3 summar <https://t.co/A0YVNXI01F>

**Ruth Laws** @ruth\_laws

RT @drlisataylor: 4/5 Thanks from @ruth\_laws & me for great engagement with our #OTalk 17.05.22. Key discussion points arising from the questions may : action/projects? @theRCOT @OTalk\_ @NHS\_HealthEdEng @ElizabethCasso1 @thewfot @OT\_Expert @WeAHPs @BeverleyHarden Question 4 summar <https://t.co/R9sUtRvcC4>

**Ruth Laws** @ruth\_laws

RT @drlisataylor: 5/5 Thanks from @ruth\_laws & me for great engagement with our #OTalk 17.05.22. Key discussion points arising from the questions may : action/projects? @theRCOT @OTalk\_ @NHS\_HealthEdEng @ElizabethCasso1 @thewfot @OT\_Expert @WeAHPs @BeverleyHarden Question 5 summar <https://t.co/WuZuvwrKr6>



**Hannah Spencer (they/them) @hspenceruk**  
#OTalk



**Hannah Spencer (they/them) @hspenceruk**  
RT @Ruth\_Hawley: @nathanfiler Sticking on a @nathanfiler theme for more possible resources, his podcasts/YouTube videos are worth a listen/watch. I've chance to catch up with this one featuring @RaiWaddingham but it's on my list and I expect it's good. #OTalk <https://t.co/u71mZHR9J>



**Hannah Spencer (they/them) @hspenceruk**  
Good to catch up with last night's #OTalk around #Schizophrenia and #Psychosis this morning, thanks for facilitating @Ruth\_Hawley and to all who contribut click/search #OTalk hashtag to catch up - always good to be prompted to think, and esp. think critically ❤️



**#OTalk @OTalk**  
Thank you @hspenceruk great example of how #OTalk can be useful even if you missed the 'official' hour. Some excellent discussion and sharing of resourc Please do still engage and include #OTalk in your tweets.



**Hannah Spencer (they/them) @hspenceruk**  
RT @OTalk: Thank you @hspenceruk great example of how #OTalk can be useful even if you missed the 'official' hour. Some excellent discussion and sha resources last night. Please do still engage and include #OTalk in your tweets.



**Ms Rachel Booth-Gardiner ❤️ @OT\_rach**  
Now I have booked to attend RCOT Annual Conference #RCOT2022. Next to select which sessions to attend. Also next Tuesday #OTalk will be an opportun how to make the most of a virtual conference! Great timing! <https://t.co/C5B56PICdo>



**Amanda White @ajciliaOT**  
RT @OTalk: @kate\_elkin here is a handy guide, if you prefer a video style scroll to the bottom of the page. #OTalk



**Dee @OTinretirement**  
RT @OT\_rach: Now I have booked to attend RCOT Annual Conference #RCOT2022. Next to select which sessions to attend. Also next Tuesday #OTalk will opportunity to learn how to make the most of a virtual conference! Great timing! <https://t.co/C5B56PICdo>



**AbleOTUK @AbleOTUK**  
RT @hspenceruk: Any suggestions to add to this growing #OTalk list of educational resources re: Any suggestions to add to this growing #OTalk list of educ resources re: psychosis & schizophrenia @carol\_smith16 @ClareWoolley5 @Natalie26459428? Folks often seek resources & narratives = powerful. Stories recovery/living well with can really support hope in EI 🙌



**RCOT Branches Manager @RCOT\_Louise**  
RT @OT\_rach: Now I have booked to attend RCOT Annual Conference #RCOT2022. Next to select which sessions to attend. Also next Tuesday #OTalk will opportunity to learn how to make the most of a virtual conference! Great timing! <https://t.co/C5B56PICdo>



**Anagram @weareanagram**  
RT @OT\_KateT: @Ruth\_Hawley @georgin4OT @OTPodcastClub Which reminds me, it led me to discovering a VR experience/ film Goliath: @Ruth\_Hawley @georgin4OT @OTPodcastClub Which reminds me, it led me to discovering a VR experience/ film Goliath: Playing with Reality which is about the experien schizophrenia and is amazing @weareanagram #OTalk <https://t.co/EgoicbYzo7>



**OT Naf 🌻🌸 @Nafeesa\_1234**  
RT @Ruth\_Hawley: #OTalk Q2. Can you share any good educational resources that you aware of in relation to schizophrenia or psychosis?



**OT\_Expert ❤️ #StopTheShock @OT\_Expert**  
RT @drlisataylor: 1/5 Thanks from @ruth\_laws & me for great engagement with our #OTalk 17.05.22. Key discussion points arising from the questions may : action/projects? @theRCOT @OTalk @NHS\_HealthEdEng @ElizabethCasso1 @thewfot @OT\_Expert @WeAHPs @BeverleyHarden Question 1 summar <https://t.co/VJl0gPqmZ4>



**OT\_Expert ❤️ #StopTheShock @OT\_Expert**  
RT @drlisataylor: 2/5 Thanks from @ruth\_laws & me for great engagement with our #OTalk 17.05.22. Key discussion points arising from the questions may : action/projects? @theRCOT @OTalk @NHS\_HealthEdEng @ElizabethCasso1 @thewfot @OT\_Expert @WeAHPs @BeverleyHarden Question 2 summar <https://t.co/m26P9XqE61>



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**OT\_Expert ❤️ #StopTheShock @OT\_Expert**  
RT @drlisataylor: 4/5 Thanks from @ruth\_laws & me for great engagement with our #OTalk 17.05.22. Key discussion points arising from the questions may : action/projects? @theRCOT @OTalk @NHS\_HealthEdEng @ElizabethCasso1 @thewfot @OT\_Expert @WeAHPs @BeverleyHarden Question 4 summar <https://t.co/R9sUtrvcC4>



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**OT\_Expert** ❤️ **#StopTheShock** @OT\_Expert

RT @drlisataylor: @ElizabethCasso1 @ruth\_laws @theRCOT @OTalk @NHS\_HealthEdEng @thewfot @OT\_Expert @WeAHPs @BeverleyHarden No pr wanted to capture the key discussion points from the evening. Teamwork between myself and @ruth\_laws to get the the information collated from the #OTall but all credit due to Ruth for the colourful slides!

**niamh** @gibneyniamh4

@Ruth\_Hawley just reading through last night's #OTalk Ruth on psychosis and have got so many resources from it. Thank you 🙌

**Ruth Hawley** @Ruth\_Hawley

@gibneyniamh4 Thanks for the feedback. This is lovely to hear. I think the generation of resources is something an #OTalk is particularly good at and I want priority so it's really good to hear that this is what you found.

**Avril Drummond** 💙 @AvrilDrummond1

RT @cathymc9781: 10 years less life at least poor health from long term medications #OTalk ..see also @joannamoncrieff

**Nat Jones** #standwithukraine 🇺🇦 @natlouj

RT @cathymc9781: 10 years less life at least poor health from long term medications #OTalk ..see also @joannamoncrieff

**LecturerMish** 🌈🇬🇧🇪🇺🇦🇬🇧🇪🇺🇦🇬🇧🇪🇺🇦 She/Her/Hers @LecturerMish

RT @hspenceruk: Good to catch up with last night's #OTalk around #Schizophrenia and #Psychosis this morning, thanks for facilitating @Ruth\_Hawley and contributed. Worth a click/search #OTalk hashtag to catch up - always good to be prompted to think, and esp. think critically 🍀

**Prof Diane Cox** @dianecox61

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**Sharon@OT** @SharonOTUclan

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