



ERNI
emotions are not illnesses

ernimovement@gmail.com

www.ernimovement.com



OBJECTIVES OF THE ERNI DECLARATION:

1. To connect and make the voices of ERNI-minded professionals more audible
2. To connect and make the voices of ERNI-minded users of services more audible.
3. To make the principles of ERNI more visible.
4. To influence the development of services

WE ALL NEED CONNECTION

ERNI is about solidarity and connection. The register is evidence of that - the more of us who sign, the more confident we can feel in our human rights position within and outside the dominant mental health culture.

In 2023, the ERNI movement has continued to grow as those who share the same principles sign the register. We have connected with signatories from across the globe who have reached out to share their inspiring work with hopes for change.

International Connections 2024

It is through our solidarity connections that we can all have our voices heard. Spring 2024 will bring with it the establishment of our **International ERNI steering group**. There is a hope to have one 'In Real Life' meeting per year and monthly online meetings. If you feel that you would like to be part of the team that steers the ERNI movement towards a brighter future, please do get in touch with Gemma and express an interest. We are happy to meet potential group members online to provide more information.





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SPOTLIGHT ON THE CITY OF HULL, UK

For those of you who have wondered, ERNI grew from a small group of individuals living and working in the City of Hull which is positioned a few miles inland of the east coast of England on the river Hull and the northern bank of the Humber estuary. ERNI has recently received funding from the Ideas Fund (Part of the British Science Association) to facilitate some local creative research focussed upon the lived experiences and stories of those who feel harmed by using and working in contexts that ascribe to the dominant medical paradigm of distress. The intention is to widen this beyond Hull and to ERNI signatories to connect our stories and to tell them in ways that make sense to us and can be shared through creative means, whether that is drama, the written word or art. If you live or work in the **Hull area and would like to join us in real life** for our first workshop, please **get in touch** and save the date of **FRIDAY 12th JANUARY 2024, 12 noon (West Hull area TBC)**.

Given the temporary return to a local focus, we thought you might like to know a little more about the City where ERNI originated?



Hull (actually Kingston upon Hull) is associated with:

William Wilberforce, born in 1759, who dedicated his life to the abolition of slavery.

Amy Johnson, the pioneering female pilot of the 1930s.

And poet, Philip Larkin (1922-1985).

Hull was the UK City of Culture in 2017.

For more information about what goes on in our interesting and often overlooked city, please click [here](#).



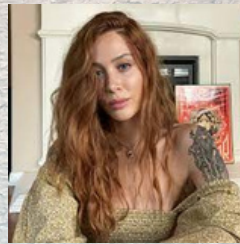
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Mollie Adler ([Back from the Borderline](#))



ERNI remain in contact with inspirational international millennial podcaster, Mollie Adler, who invites thought around the dominant mental health narratives in a comprehensive and accessible way. For example, this month she presents an episode entitled, 'From Coercion to Consent: WHO and UN say psychiatry must change entirely'

Mollie's podcast is called '[Back from the Borderline](#)' and can be accessed via Apple, Spotify or Amazon.

A Disorder for Everyone (AD4E) hosts events that challenge the culture of diagnosis and disorder and that explore non pathologising ways of understanding emotional distress and responding to it.

The workshops are offered in response to numerous requests over the last few years for input specifically from a non-medicalised stance.

Check out our upcoming events here..

<https://bit.ly/3ylnl6c>

And find out more about AD4E on our website..

Adisorder4everyone.com

Because labels don't tell truthful stories.





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Finally, Gemma Dent and Paul Blackburn have contributed a book chapter to the upcoming:

Practical Alternatives to the Psychiatric Model of Mental Illness: Beyond DSM and ICD Diagnosing.

Look out for it in March 2024.

Edited by Arnaldo Cantu, Eric Maisel and Chuck Ruby, it will be published alongside the sister volume: **Theoretical Alternatives to the Psychiatric Model of Mental Disorder.**

Written by advocates of the ERNI movement (Emotions aRe Not Illnesses), a critical group offering a challenge to the medicalisation of distress, the chapter considers social constructionism as a paradigm for understanding how meanings and truths are produced, and how changes to accepted truths and knowledges may be facilitated or, indeed, impeded. It borrows additional ideas from Systems Theory to discuss mechanisms for change in how we understand and have historically understood human distress and difference in the UK, whilst being cognisant of the role of powerfully socially supported culturally specific narratives that exert force to pull back to the status quo.

Recognising the complexity in the process of change, it considers how we might choose to position ourselves and invites a hopefulness for difference, despite the challenges. It considers examples of current alternatives to the medical model, and proposes that we might think of these as (1) Critical Philosophical Movements, (2) Alternative Conceptual Frameworks and (3) Structured Systems of Implementation. Finally, it suggests some principles for thinking about how we position ourselves in relation to creating and being alongside ideas that resonate for each of us from an ethical, humans rights lens.