

Curriculum vitae

Margarete Suzuko Osterfeld

Date and place of birth: 30th of September 1950, Lübbecke/Westfalen, Germany

Nationality: German citizen

Working languages: German, English

Formal qualification: Psychiatrist, Psychotherapist with experience in hospital care of adult and elderly patients, expert in German mental health law

Education: 1961-1968 Wittekind-Gymnasium Lübbecke (high school)
1968-1971 Naturwissenschaftlich-technische Akademie Isny/Allgäu, training as pharmacy technician (PtA)
1973-1975 Weser Kolleg, Minden (A-level for adults)
1985-1991 Westfälische Wilhelms Universität Münster, Medical School

Present Appointment:

Psychiatric hospital „LWL-Klinik“, Dortmund. This is one of the largest psychiatric hospitals in Germany. After senior houseman years till the end of 1995, senior physician in charge of ward with 25-30 hospital beds and its staff.

Since 2002 Member of „Staatliche Besuchskommission nach Psych-KG NRW“, a commission of the state of North-Rhine Westfalia to monitor human rights standards and involuntary and coercive measures in psychiatric hospitals.

Since January 2013 in semi-retirement

Previous Appointments

1971-1991 employed in different public pharmacies, checking and delivering medical drugs, advising customers.

1992-6/1993 junior houseman at Department of Neurology
Dortmund Municipal Hospital

Academic and Professional Qualifications

1991 Münster University Medical School, certified as physician

1996 certified as specialist in psychiatry

1997 certified as psychotherapist

Special Qualifications

In my capacity as trained pharmacy technician I carefully followed up developments in the field of psychopharmacology. Since 2002 I took a closer look at the German mental health law (German law of legal guardianship and law of protection and care of people suffering from mental disorders - "Psych-KG" - setting rules for hospital admission, involuntary treatment etc.). As member of the mental health monitoring commission in the state of NRW („Besuchskommission“) I annually visit two to six psychiatric hospitals to monitor their legal and medical procedures in cases of involuntary admission. A visit takes 5-7 hours, checking medical records and interviewing patients in private.

When Germany ratified the UN-convention on the Rights of Persons with Disabilities (CRPD) the dual function of psychiatry of providing care as well as safeguarding public order got more awareness in the media, among users and professionals. While actively taking part in this overdue discourse I was appointed to a task force of the Diakonie Germany, one of the largest charitable institutions in the country, writing a guideline „Rights to Freedom and Protection in the CRPD and Involuntary Measures in Psychiatry“.

In the past decade I published several papers on community mental health care, co-authored a book on psychopharmacology and co-edited another one about empowerment of people with psychiatric disorders. I was invited as keynote speaker to several conferences and to chair workshops on community psychiatry and mental health legislation in Germany.

Membership in professional associations

German Society of Social Psychiatry (DGSP) since 2003, elected as member of the board in 2010. Since 2011 speaker of DGSP task group on psychotropic drugs
German Society of Legal Guardianship (Betreuungsgerichtstag, BGT) since 2003, at present member of a task force on coercion.
Aktion Psychisch Kranke (APK - support for people with mental health problems) since 2012

Contact

Margret Osterfeld
Huckarder Allee 36
44369 Dortmund

0049 231 330 49 669
0049 163 73 98 354

osterfeld.mar@gmx.de

Selection of Publications

Osterfeld, M., 2004	Seitenwechsel und Perspektivenwechsel - Erkenntnisgewinn oder doch nur Ernüchterung? Soziale Psychiatrie 29;2; S.15-19 <i>A talk, given at the DGSP annual meeting 2003, pointing out that involuntary admission leads to psychiatric symptoms which might have nothing to do with the diagnosed disease</i>
Osterfeld, M. 2004	Allein die gute Absicht ist nicht gut genug; Kerbe 22;3, S.23-25 <i>An early paper, which arises the question of traumatic experiences for patients due to coercive measures in psychiatry</i>
Greve, N. 2006 Osterfeld, M., Diekmann, B.	Umgang mit Psychopharmaka. Ein Patientenratgeber, Bonn <i>Written for patients, their relatives and psychiatric staff without medical background, to give information about registered psychiatric medication, its effects and sideeffects and correct dosage</i>
Knuf, A. Osterfeld, M. Seibert, U., 2006	Selbstbefähigung fördern Empowerment und psychiatrische Arbeit überarbeitete Neuauflage, Bonn, <i>This book intends to develop empowerment strategies in patients and psychiatric professionals</i>
Knuf, A. Osterfeld, M. 2007	Psychopharmaka Informationen für einen selbstbestimmten Umgang Stiftung Pro Mente Sana, Zürich <i>An educational brochure for patients and their relatives about psychiatric treatment. Also available in french</i>
Obert, K. (Hg) Osterfeld, M. 2007	Kerbe, Forum für sozialpsychiatrie Themenschwerpunkt: Zwang(s)behandlung) in der Psychiatrie <i>This issue of a socialpsychiatric paper was bestowed to coercive measures in psychiatry</i>
Osterfeld, M. 2011	Hoffnung, die Schwester der Heilung, Pflegen psychosozial, Zeitschrift für die professionelle psych. Arbeit 4, S. 12-15 <i>„Hope, the sister of recovery“ This paper describes the abundant heteronomy in german psychiatric care</i>
Osterfeld, M. 2012	Patiententraumatisierung durch die Psychiatrie, Psychiatrische Pflege 18, S. 21-23, Stuttgart <i>In this paper three cases of violation of human rights in german psychiatry of 21. century are published</i>
Osterfeld, M. 2012	Ein Jahrhundertwerk wird volljährig - oder kommt es in die Jahre? Kerbe, 30 (4) S. 36-37 <i>An essay about the history of the German law of legal guardianship, on occasion of the 20. Anniversary of this law</i>
Osterfeld, M. 2013	Bewusstseinswandel bei psychiatrisch Tätigen hinkt Gesetzeslage hinterher Psychosoziale Umschau 28, 4, S. 43f, Köln <i>A little report about experiences in the „Besuchskommission“</i>
Brosey, B., Osterfeld, M. 2013	Eingriffe in Persönlichkeitsrechte und Vorkehrungen zu ihrem Schutz In Bosshard, M. et al., Soziale Arbeit in der Psychiatrie, S. 152ff, Köln <i>A chapter in a teaching book for social workers, written with a professor of law and discussing implications of CRPD to social work in psychiatry</i>
Osterfeld, M. 2013	Patientenverfügung - In der deutschen Psychiatrie keine Selbstverständlichkeit Pro Mente Sana aktuell (3) S. 26-27 <i>„Advanced health care directive - not yet self-evident in German psychiatry“</i>

Osterfeld, M. 2013	Perspektivwechsel: Teilhabe und Partizipation aus der Sicht von Menschen mit psychischen Beeinträchtigungen. In: Inklusion und Exklusion - Bedingungen für Teilhabe von Menschen mit psychischen Beeinträchtigungen. DRK-Generalsekretariat (Hg.), Berlin, (voraussichtlich 2013)in print. <i>„Participation in the view of people with psychiatric disabilities - necessary conditions for inclusion of people with psychiatric disabilities“</i>
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