

## European Conference on PSYCHIATRY

February 24, 2022 | Webinar

**Schizophrenia explained by a schizophrenic scientist****Anna Cornelia Beyer***The Schizophrenia Clinic, UK*

I am a scientist with a PhD and a patient with schizophrenia since 2002. I have the advantage that I can research this illness with my own experience in mind. Since 2008, I have researched schizophrenia intensively, and published a book about it called *Health and Safety for Spirit Seers, Telepaths and Visionaries – Self-help for Schizophrenia*. I will argue that the symptoms have a spiritual quality. My symptoms distinctly feel like spirit communication and telepathy (one can also call it clairaudience and clairvoyance). I always argue, also in my book, that the symptoms of schizophrenia must be thought of as telepathy. There is not necessarily a cure for schizophrenia. But this illness can be managed so that it is less destructive and less painful to live with. I will show how medications, spirituality, and supplemental therapies, such as vitamin therapy and music therapy and a very healthy lifestyle, amongst others, can help in managing the condition and live a happier and healthier life. I will also show how spirituality, practicing love and kindness in all affairs, but also confidence, and the character building 12 step programs can help overcome the worst isolation and stigma.

**Biography**

Anna Cornelia Beyer is a former senior lecturer. She holds a PhD in Politics from the University Of Hull, UK, where she worked for 12 years until 2019 and published many books on war and peace. She also founded the new discipline of International Political Psychology. She is diagnosed with schizophrenia since 2002, and since 2008 researched this illness and published about it. She published extensively about schizophrenia and spirituality and healthy living. She founded the Peace Academy ([www.peaceacademy.biz](http://www.peaceacademy.biz)) and the Schizophrenia Clinic ([www.schizophreniaclinic.com](http://www.schizophreniaclinic.com)).