



ORIGINAL ARTICLE

Madpeople's coping mechanisms

Editorial

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In 2023, the research project Renewing Phenomenological Psychopathology announced funding for, among other things, interdisciplinary conferences. We saw the announcement a mere couple of days before the deadline for applications, but decided to give it a go. We immediately knew the topic: Madpeople's coping mechanisms.

Both of us had previously worked out philosophical coping strategies for ourselves, on how to live with doubts about regular reality in the wake of psychotic experiences (Jeppsson 2022; Lodge 2024; Jeppsson and Lodge, forthcoming). We thought our particular strategies were interesting enough to write and publish about. But we also knew that the phenomenon of Madpeople inventing coping strategies of their own should garner more attention. Struggling Madpeople are often encouraged to "seek help"; go to a psychiatrist or other clinician, accept the suggested treatment and follow their doctor's orders. If there is any discussion of what Madpeople can do on their own, it will be standard advice like trying to keep up a healthy lifestyle with good food, exercise and sufficient sleep, and seeing friends and keeping active. But we had both needed more than that – philosophical, epistemological frameworks, new ways to think about reality to find peace with our experiences. Surely we weren't alone in figuring out strategies that went beyond things like "get enough sleep" and "have a social life".

In September 2023, during a two-day conference, we watched and listened to inspiring presentations from philosophers, psychologists, artists, and mad activists about all the strategies they had invented and continue to invent for themselves. Now, their stories, theories, and analyses are gathered in this special issue of the International Mad Studies Journal.

References

Jeppsson, S. (2022). Radical Psychotic Doubt and Epistemology. *Philosophical Psychology*, 36(8), 1482–1506.

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