**Live from the Dodos - the Best Ideas for Mental Health Care from Philosophy**



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Yesterday was not just the final day of a very ***gezellig*** INPP2026, it was also the first time the **Dodo Bird Prize** was awarded for best idea from philosophy (i.e. philosophical and/or ethical reasoning) for mental health. Of course, the recipients of the award were all those attendees at the conference who took part in thinking and discussing good ideas from philosophy for mental health, but the person who came up with the winning idea got to take the Dodo home and take care of her until the next time 'the Dodos' are organized. In keeping with **the inspiration for this prize**, I have no idea whether this will happen, when, or where. Though the session was light-hearted, the panel came armed with great ideas and presented their cases eloquently. The audience added their ideas so now we have a treasure trove that we can present to the INPP as inspiration for the future. All of this was intended as good fun, but there was always a method to this madness. It is the humble opinion of the LOC that in order to facilitate debate, honest discussion and serious criticism of ideas, maintaining a welcoming, positive and sometimes playful atmosphere is pretty important. Given the scenes at the party on Thursday evening, this seems to have worked out fine.

It was great to see the top ideas coming from both (primarily) philosophers and practitioners. But interestingly the winner was **Elnathan Prinsen** for his proposal to 'bring the missing perspective into the room'. This is interesting (and heartening) for a number of reasons: firstly because Elnathan stated he explicitly brings his philosophical and ethical ideas/convictions to his role as a member of the Executive Board of the Parnassia Group. He proposed both values

fluency and being explicit about one's values at all levels of mental health care (including at board and policy making levels). Secondly because he drew attention to a broader sense of professional responsibility, and with it a different sense of what good (quality of) care should be, one that goes beyond the confines of the office, room, or space where we meet with our patients/clients, and extends to those suffering from mental health problems 'outside the room'. Clearly this idea resonated with the participants. There was a message there too for Philosophy and Psychiatry which -arguably- devotes much of its attention to the *individual* experience. This is of course totally valid and, depending on the philosophical question or topic, often a requirement. But it is, imho again, also within the remit of Philosophy and Psychiatry to be sensitive to the context of mental health care.

On this **World Mental Health Day**, while we reflect on how to meaningfully engage with people with lived experience and to recognize their knowledge, there is a challenge to both practitioners and philosophers to reach those that are at a disadvantage in gaining access not only to care but also in being heard and seen at all. And that is also what these meetings are about: challenging our current ideas AND practices, both in psychiatry and philosophy, and bringing in all those involved. I hope those who enjoyed this conference also register for the Too Mad to be True conference in Ghent in 2027 (announcement to follow and see **here** for lots of information and links on the 2026 edition) since they embody this ethos very well (and the Foundation supports them too).

As chair of the Foundation for Psychiatry & Philosophy (**Stichting Psychiatrie en Filosofie**) I was of course very happy that we could support this conference, and we are very grateful to all the volunteers, the fellow LOC members, the **INPP**, all speakers and presenters, and of course to the team of **Wiegerinck Continue Educatie**, whose work in organizing the event was impeccable. Going forward the Foundation wants to continue creating and supporting spaces for meeting up, for dialogue and debate, facilitating as broad a spectrum of perspectives as possible, both live and online. We are also very interested in supporting and extending both academic and nonacademic study, research and exploration in this field, not only through the van Helsdingen Prize but increasingly through networking events and collaboration with fellow travelers such as the **KOG**. I warmly invite all those interested to visit our site (which we will be redeveloping in the near future to better accommodate these aims) and subscribe to our newsletter; click **here** to go to the site. Feel free to look around! Again, thank you to all those involved in this meeting, it was great fun.