# The ITIM, the world's first handbook providing an alternative to mental disorder diagnosis is released

**Thursday 30 March, 2023**

**The ITIM, the world's first handbook providing an alternative to mental disorder diagnosis is released**

*The ITIM is the first non-diagnostic, anti-pathology, anti-oppressive manual of mental health in the world*

**Press release summary**

- The ITIM (Indicative Trauma Impact Manual) explains over 500 trauma responses and coping mechanisms without linking them to any mental health issues or disorders
- Provides accessible non-medical explanations for everything from palpitations to hearing voices
- A-Z format including hundreds of emotional, psychological, and physical responses to trauma, stress and harm
- Peer reviewed by 30 academics, professionals, trauma experts and people who have lived experience of trauma
- The ITIM will provide the first viable alternative to the DSM & ICD mental disorder diagnoses for professionals who do not want to label or medicate their clients/patients
- The ITIM sold 1000 copies in the first week on pre-order sale, with 50% of orders in the USA

**About the ITIM**

The ITIM (Indicative Trauma Impact Manual) is the world's first completely trauma-informed manual of its kind, designed to indicate, respond to, and understand every kind of human trauma and emotion.

It has been designed as an alternative to the DSM and the ICD.

Building on decades of research, case studies, and evidence published by practitioners, academics, and scholars in the field, the ITIM equips progressive professionals with evidence-based, anti-oppressive, anti-blaming and non-diagnostic information about a wide range of human emotion, thought, and behaviour.

Building on the quickly growing consensus that trauma-informed, anti-oppressive practice is vital to the way we understand society, ourselves, and our clients; this book provides the first comprehensive alternative to diagnostic manuals.

The manual describes, explains, and explores everything from nightmares to self-harming in an A-Z of emotions, thoughts and behaviours that are common in traumatised and distressed people. This edition also includes diagrams, theories, tools, and peer reviewed evidence throughout.

**Background information**

Recent studies and NHS statistics have found that 1 in 5 people in the UK are taking medication for psychiatric disorders [1] and 1 in 3 people have been told they have a mental health issue [2]. In 2023, it was reported that referrals for children to CAMHS had increased by 39% in one year [3]. Further, the number of young children prescribed antidepressants has risen by 41% since 2015 [4].

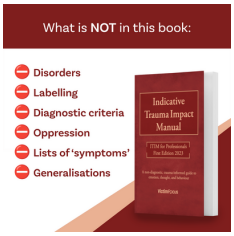
A trauma-informed approach to these quickly increasing numbers would suggest that it is distress, trauma, austerity, abuse, online harm, and other external factors (including the pandemic) underlying this trend, and not a true rise in 'mental disorders'. However, the only model there is to work from at present, is the medical model of mental health (DSM and ICD), and so there have been no alternatives, other than to refer people to their doctor, to mental health teams, and then to psychiatric medication.

**Quotes from authors**

**Dr Jessica Taylor:**
"This year, I have been working with people who have been subjected to all forms of trauma, abuse,

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violence and oppression for fourteen years, my whole career. I have never understood why almost all of them would be told that they had personality disorders, delusions, and mental health issues, when in fact, they were all responding naturally and normally to traumatic or stressful experiences. The ITIM is the first attempt at creating something totally different. It is a first edition, and will no doubt need many revisions and editions, but we have to start somewhere."

"We simply cannot continue to diagnose and medicate millions of people per year, and continue to ignore the root traumas and causes of their feelings, thoughts and behaviours. The reality of mental health care is that the real causes and solutions have been staring us in the face for decades. Humans are distressed, tired, overworked, traumatised, controlled, abused, exploited, confused, lost, scared, and feel helpless. None of those experiences are illnesses of the body or the mind. Trauma-informed, anti-pathology approaches to mental health could change the world. This book could be revolutionary, and many thousands of practitioners have been waiting for something like this for decades. Nothing like this has ever been attempted, and I am so proud to have written the ITIM with Jaimi."

**Jaimi Shrive:** "I'm thrilled to see the recognition and welcome The ITIM has had already. I feel that this is a demonstration of the shift though which people are ready to implement and adopt true trauma-informed approaches and practices into their work and outlooks. The ITIM has built on the excellent trauma-informed work of other scholars, academics, and practitioners, and their support has been invaluable to Jessica and I. Specifically, our work compliments and builds upon the quickly growing Power Threat Meaning Framework (PTMF). Particularly, I'm looking forward to how professionals will receive the Baseline Trauma Tool. Considering that humans are naturally anxious creatures for survival, and how this comes into play within modern day societal structures, I think this tool will provide much needed political and social context to understanding the traumatised population."

**Quotes from reviewers**

*"As a family law barrister and academic, I have long been concerned about the pathologisation of women in care proceedings and private law children proceedings. Often medical experts are appointed in family law cases to opine on their mental health, making diagnoses that women never knew existed before proceedings had commenced. This book highlights that the dominant model of mental health is the "medical model" in that there is a need to label women and use the courts as a legitimate means to label women. The book is a really clear breakdown of the different approaches to mental health, offering a nuanced perspective that is well-evidenced and backed up. Breaking down key human emotions and physical responses and highlighting that they are normal responses to trauma, helpfully dispels myths that continue to be propagated widely in society generally."* – **Dr Charlotte Proudman, Barrister and Academic**, **Director of Right to Equality**

*"In my opinion, the A-Z exhaustive list of trauma responses and coping mechanisms is the highlight of the manual and most valuable for clinicians and the general public. Understanding the vast range of reactions as a means of coping with trauma/stress allows for the shift in thinking from "symptoms" of a disease/disorder orientation to normal and expected ranges of reactions given ones history and exposure to stressors. This in itself would be revolutionary."* – **Dr Roger McFillin, Licensed Psychologist, Executive Director of Center for Integrated Behavioral Health**

*"I started reading and couldn't put this down, all I can think is that I wish I had this 30 years ago when I was working with survivors so they could see in writing they were not crazy. I wish I had it to show judges and child welfare workers so they would understand the abuse they were inflicting on the mom they were forcing to take drugs to get her kids back (be med compliant). So many women could have picked this up and found themselves and said "I'm ok, I'm not crazy". I think of all the women I have seen go through shelters who can be shown this and be told their abuse is real*." – **Carol Wick, Trauma Therapist and President of Sharity Global**

*"As the authors say at the outset, "Everything must start somewhere" and this book is an excellent beginning to broaden thinking in a trauma informed way. It is a resource for practitioners who are prepared to be open minded and who want to understand more about human experience generally and the impact of trauma specifically. It has so much to offer in terms of learning, all provided with a sound evidence base. There truly is something for everyone."* – **Fiona Gwinnett, CEO of Wight DASH**

**About the authors of the ITIM**

Married academic team, and directors of VictimFocus, Jessica Taylor and Jaimi Shrive, developed the ITIM for the thousands of professionals who are looking for an alternative to the DSM and ICD mental disorder diagnostic approaches for human distress and trauma.

**Dr Jessica Taylor** is a Chartered Psychologist, PhD Forensic Psychology, co-director of VictimFocus, Sunday Times Bestselling Author, public speaker, trainer, and researcher. She specialises in trauma-informed approaches to abuse, violence, trauma, distress, and oppression. Her work focusses on the psychology of victim blaming and victim prejudice, and the way those subjected to abuse and trauma are likely to be reframed as disordered or mentally unstable.

**Jaimi Shrive** is a Doctoral Researcher undertaking a PhD in Politics, specialising in the way international and national politics changes the way governments respond to violence and abuse committed against women and girls. She is co-director of VictimFocus, a trainer, public speaker, and writer, creating educational resources for professionals who work in trauma, abuse and violence. She is the co-author of several public and confidential reports on the impact of violence, abuse, vicarious trauma, and misogyny in policing, and social care services.

*Links to the ITIM*

*The book is able to buy from VictimFocus Store and Amazon worldwide*
*Release date 3rd April 2023*

*Link: https://victimfocus-resources.com/products/indicative-trauma-impact-manual-2023-itim-pre-order*

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