

# Att skriva sig ut

Nya terapeutiska miljöer och tvångsvårdade patienters subjektformering 1967–1992

with an English summary

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Akademisk avhandling för avläggande av filosofie doktorsexamen i historia vid Göteborgs universitet, som med tillstånd av humanistiska fakultetens dekanus kommer att offentligens försvaras fredagen den 26 oktober 2018, kl. 13.15 i hörsal 2150, Eklandagatan 86, Göteborg.

# Abstract

Ph.D. dissertation at University of Gothenburg, Sweden, 2018

**Title:** *Att skriva sig ut. Nya terapeutiska miljöer och tvångsvårdade patienters subjektifiering 1967–1992*

**English title:** *To Write Oneself Out. New Therapeutic Spaces and Patients' Making of the Self 1967–1992*

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**Language:** Swedish, with an English summary

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**ISBN:** 978-91-7924-318-0

**ISSN:** 1404-000X

The overall aim of the thesis is to analyze the new therapeutic projects and initiatives at St Lars Hospital in Lund, southern Sweden, during the period 1967–1992. Psychiatric care took place in society, rather than separated from society, as before. So-called outpatient clinics were often seen as a suitable alternative to compulsory care; in many cases the hospital environment was even considered harmful to the patients. Nevertheless, when psychiatric care changed, new challenges emerged. The boundary between normality and deviance that was previously established through the institution was now instead established outside the institution, i.e. in people's everyday lives, family life and work. Hence, new therapeutic spaces were created. Along with this transformation, both psychiatric staff and patients were faced with other problems than before, and this thesis shows how the new requirements for psychiatric care were expressed in the psychiatric practice.

The study is based on patients' applications to the Board of Discharge in Lund. Archival material in relation to the process of discharge and the new therapeutic methods in the 1970s, is also included. In addition, Official Government Reports (SOU) have also been used to show the political intentions behind the changes to the psychiatric care and how the practice of the same confronts these new requirements during the second half of the twentieth century.

This thesis has shown how psychiatric care occupied new arenas and took new forms. The governmentality associated with psychiatric care, as highlighted by previous research, did not disappear; instead it took other forms. The new forms of governmental strategies that emerged penetrated deeply into everyday life. In the therapeutic apartment, that was used to train patients, liberal governmentality came into being. Patients would not only be trained to cook or small talk over a cup of coffee but also to govern themselves to benefit both themselves and the community.

*Keywords:* history of psychiatry, Sweden, 20<sup>th</sup> century, Foucault, heterotopia, governmentality, control of the self, compulsory care, therapeutic spaces, subjectivity.