

Swiss Archives of Neurology, Psychiatry and Psychotherapy

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Prix SO-PSY 2021 «Ceci est mon récit»: les récits à la première personne récompensés

Charles Bonsack

So-Psy Suisse, Consultations de Chauderon, Place de Chauderon 10001, 3000 Lausanne, Suisse. **Le patient** vit un trouble de santé mentale est précisée. Elle ne l'est pas seulement dans le secret de l'intimité de la consultation, mais aussi dans une prise de parole publique. Pour des personnes souvent écartées, être publié, a fortiori dans un journal scientifique, c'est retrouver un pouvoir social et personnel.

Avec le soutien de la *Fondation Jean Afichaloki*, pour la première fois le 30 septembre 2021, le *prix SO-PSY «ceci est mon récit»* a été décerné lors du congrès annuel de la Société Suisse de Psychiatrie Sociale. Ce prix met en valeur les textes publiés dans la rubrique «First person accounts» des «Swiss Archives of Neurology, Psychiatry and Psychotherapy». Deux prix du jury et un Grand prix ont été attribués par un jury composé par des écrivains, des psychiatres, un pair et une professionnelle de l'édition.

Le Grand prix SO-PSY «Ceci est mon récit» a été attribué à Virginie Oberholzer pour son texte «Devenir bénéficiaire de l'AI, tout un métier...» [1], dans lequel elle décrit avec un véritable talent d'écrivain la perte brutale de ses rôles sociaux par les préjugés et la discrimination. Les deux prix du jury ont été attribués à Natasha Arvova («Curriculum morbus et infirmum vitae : «Inferno medicinalis» [2]) et Mirsad Bachelard («Psychiatrie et délire mystiques» [3]). Toutes deux montrent les différences considérables, souvent douloureuses et déshumanisantes entre leur vécu et la perception des médecins et des soignants.

Cette première édition du prix n'a pu être ouverte qu'aux textes en langue française, car nous n'avons pas encore reçu suffisamment de textes en allemand et en italien. La société suisse de psychiatrie sociale a mis sur pied en Suisse romande des ateliers d'écriture, animés par l'écrivain fribourgeois Jon Monnard et soutenus par la *Fondation Jean Afichaloki*. Elle espère pouvoir étendre ces ateliers dans les autres régions linguistiques pour stimuler la rédaction de textes dans d'autres langues.

Les «Swiss Archives of Neurology, Psychiatry and Psychotherapy» sont fières d'avoir su ouvrir leurs colonnes à des paroles aussi importantes pour nos lecteurs. Nous espérons que vous êtes nombreux à partager le bonheur piquant d'être bousculés dans nos pratiques par ces magnifiques récits.

Encouragez vos patients à prendre la parole!

Oberholzer V. - Devenir bénéficiaire de l'AI, tout un métier.... Swiss Arch Neurol Psychiatr Psychother. 2020;171:w00993. <http://dx.doi.org/10.4414/sanp.2020.010915>. 2293-7007.

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Correspondence:

Prof. Dr. med. Charles Bonsack
Département de psychiatrie
PCO Centre hospitalier et universitaire
Place de Chauderon 100
CH-1005 Lausanne
[charles.bonsack\[at\]chun.ch](mailto:charles.bonsack[at]chun.ch)

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