

# Ghost Walks or Thoughtful Remembrance. How should the heritage of psychiatry be approached?

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**SUMMARY:** This paper concerns Restad, a former psychiatric hospital in Sweden that was sold to a construction company. Parts of Restad became a hotel that offers ghost walks and other activities. This paper also concerns the experiences of Gunnel Bergstrand who was treated at Restad in 1956. Gunnel is an activist who fights for remembrance of psychiatric patients.

**KEY WORDS:** activism, heritage, mentalism, psychiatrisation, psychiatry

Since the middle of the 20th century, large-scale psychiatric hospitals have been discontinued. The discontinuation was influenced by users who raised awareness about oppression and argued for closing these hospitals (LeFrancois, Menzies, & Reaume, 2013; Morrow, 2007) and also by social and radical psychiatry with its focus on non-physician-centred perspectives and interventions (Foot, 2014; Haack & Kumbier, 2012). Simultaneously, the psychiatrisation of mental health distress however increased and assertive outreach teams medicated people in their homes. As the community became an arena for pharmaceuticalisation, incarceration was no longer necessary. Moreover, former patients could live in communities that

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