



## DID CRAIGLOCKHART REVOLUTIONISE MENTAL HEALTHCARE?

### Video transcript – Craiglockhart's cures

During World War One this building was packed with traumatised soldiers, with a handful of specialists given the job of trying to make them well again.

There was no single approach on how to treat the patients.

One was the 'talking cure' using the kind of psychoanalytic methods we'd associate with Sigmund Freud. This philosophy was shared by one of the doctors at Craiglockhart, William Rivers.

Another treatment was "ergotherapy", which means "cure by functioning", something like occupational therapy today. This was the approach of Dr Arthur Brock.

The idea was that the men would get better by taking part in meaningful activities like working on local farms or schools.

But it wasn't all work at Craiglockhart. The hospital's in-house magazine The Hydra tells us about the social and sporting activities on offer.

And some patients wrote for the magazine as part of their treatment, like Wilfred Owen, perhaps the most remembered of all the war poets. Dr Brock encouraged Owen to write and edit the Hydra. In Owen's own words, "*Many of us who came to the hydro slightly ill are now getting dangerously well*".

The risk of being healthy was that you could be returned to the front. The official record suggests around half of the officers were discharged from duty. But many others returned to France and some, like Owen, would never return.