

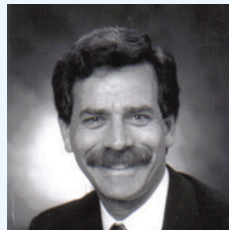
NEW: Expert Insights on Catatonia

Now available on The Catatonia Foundation website—an opportunity to understand catatonia through the perspectives of experienced clinicians.

This resource features video segments from interviews with 11 psychiatrists on The Catatonia Foundation’s Medical Advisory Board—offering direct insight from clinicians with extensive experience diagnosing, treating, and managing catatonia.



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**Stanley N.
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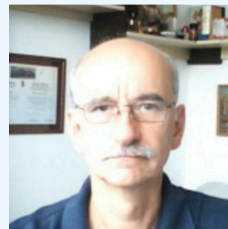
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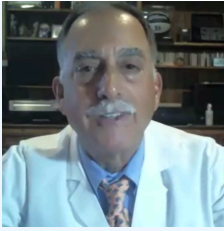
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**Jonathan Rogers,
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Catatonia is often difficult to recognize and understand, especially without direct experience. This resource was created to help close that gap by making clinical perspectives more accessible.

These are not lectures or guidelines. They are focused insights drawn from practice, offering a clearer sense of how catatonia presents, how it is understood, and how clinicians approach care.

Catatonia is nuanced and can present differently from person to person. How it is diagnosed and treated can reflect that, and clinical perspectives may also vary based on a clinician's background and area of practice.

You can explore the content in the way that works best for you:

- Watch segments from a single expert to understand their perspective
- Watch how different clinicians respond to the same question or topic

Topics include:

- How catatonia presents—including presentations that are often missed
- Contributing factors and underlying conditions
- Assessment and diagnosis
- Treatment approaches and clinical considerations
- What may help improve care

This resource was created for both families and clinicians—to support a clearer understanding of catatonia through the perspectives of those who work directly with it.

Each segment reflects the clinical judgment of the individual speaker and is shared for educational purposes. These perspectives are intended to support understanding—not to provide medical advice, predict outcomes, or establish a single approach to

care. Assessment and treatment must always be individualized, and for clinicians, this resource is meant to complement—not replace—current evidence-informed resources and institutional protocols.

Explore Expert Insights below.

[View Expert Insights](#)

Inside The Catatonia Foundation: Why We Created Expert Insights

Since creating The Catatonia Foundation, one thing has become increasingly clear: catatonia is often not something clinicians think about or consider.

As a result, it may not be recognized—particularly when it presents in less familiar ways.

Families may sense that something is not right but don't have the language to describe it. Clinicians may have limited exposure to catatonia or may encounter presentations that don't fit what they were taught to look for. Even when catatonia is considered, uncertainty about diagnosis or next steps can make care more complex.

At the same time, there are clinicians with significant experience diagnosing and treating catatonia—who have developed a more refined sense of how it presents, how it evolves, and how decisions are made in practice.

Expert Insights was created to make those perspectives more accessible.

Rather than presenting a single framework or set of recommendations, this resource brings forward how different clinicians think about catatonia—what they look for, how they interpret what they are seeing, and how they approach care. The goal is not to replace existing knowledge, but to add depth and context to it.

We believe that access to this kind of perspective can help support clearer understanding, more informed questions, and, ultimately, better care.

How You Can Help Spread Awareness (It Really Matters)

Awareness grows person by person, share by share. You can make a meaningful difference by helping amplify The Catatonia Foundation's message:

- Share this email
- Follow us on Instagram, Facebook, LinkedIn, and X
- Like and comment on our posts (this dramatically increases reach)
- Share our posts and/or add them to your Stories
- Invite friends, family, and colleagues to follow and engage as well

Every interaction helps extend accurate information to someone who may desperately need it—today or in the future.



Ways to Support The Catatonia Foundation

- **Share your story** — your experience brings hope and spreads awareness
- **Spread the word** — tell others about catatonia and our resources
- **Volunteer your skills** — outreach, design, peer support, fundraising, nonprofit
- **Donate or fundraise** — your support sustains education, advocacy, and research. Click the button below to donate.

Donate

If there's something you'd like us to cover in our next newsletter, please let us know. You can email us at info@thecatatoniacfoundation.org.

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