

July 2023

www.bayareahearingvoices.org

Vol 3 #6

Bringing Open Dialogue Approaches to the US HealthCare System

The International Society for Psychological and Social Approaches to Psychosis (ISPS-US) is offering a webinar consisting of experienced practitioners from the US and UK to share their work, research, learnings, challenges, and best practices inspired by the Open Dialogue approach. **The webinar is on-line, July 11th, 9-11 am EST. If you cannot attend, a recording will be sent to all those who register.**

Open Dialogue is a relational, community-based, response to mental health crisis and ongoing needs, first developed in Tornio, Finland in the 1990s. Interdisciplinary teams, including clinical and, more recently, peer workers engage individuals and their families and social networks from first contact in collaboration and dialogue. Initial data suggest that dialogic approaches maximize shared power and produce some of the best functional recovery outcomes in the world. These results have spurred efforts to expand research and develop these services internationally.

ISPS-US is the US Chapter of ISPS, a group that promotes psychological and social approaches to experiences that get called “psychosis or other labels. To register go to the ISPS website: isps-us.org



RESOURCES

PEERS Special Messages Group

Every 2nd and 4th Friday from
12-2 pm PST on zoom

Do you hear voices or see things that others don't?

Special Messages is a program that can help you understand the messages that you receive. It's a safe place where you can share and feel supported.

For more information reach out to: specialmessages@peers.net

What is Open Dialogue?

Open Dialogue is an innovative, network-based approach to psychiatric care that was first developed in the 1980s by a multidisciplinary team at Keropudas Hospital in Tornio, Finland. It is a new approach to mental healthcare. In contrast to standard treatments for early psychosis and other crises, **Open Dialogue** emphasizes listening and understanding and engages the social network from the very beginning – rather than relying solely on medication and hospitalization. It comprises both a way of organizing a treatment system and a form of therapeutic conversation, or **Dialogic Practice**, within that system.

The basic vehicle of **Open Dialogue** is its radically altered version of the treatment meeting, which typically occurs within 24 hours of the initial call to the crisis service. This treatment meeting gathers together everyone connected to the crisis, including the person at the center, their family and social network, all professional helpers and anyone else closely involved. Throughout this process there are no separate staff meetings to talk about the “case.” Rather, all discussions and decisions take place in the treatment meeting with everyone present.

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Key Principles of Open Dialogue Practices

- **Immediate help** that begins with a treatment meeting within 24 hours
- **A social perspective** that includes the gathering of clinicians, family members, friends, co-workers and other relevant persons for a joint discussion
- **Embracing uncertainty** by encouraging open conversation and avoiding premature conclusions and treatment plans
- **Creating a dialogue**, or a **sense of “with-ness”** rather than “about-ness” with meeting participants by **dropping the clinical gaze** and listening to what people say – rather than what we think they mean
- With an emphasis on being responsive to the needs of the whole person, instead of trying to eradicate symptoms, studies have shown that the **Open Dialogue** approach leads to a reduction in hospitalization, the use of medication and recidivism when compared with standard treatments. In one five-year study, for example, 83% of patients had returned to their jobs or studies or were looking for a job (Seikkula et al. 2006). In the same study, 77% did not have any residual symptoms.

About the Institute for Dialogic PracticeSM

The Institute for Dialogic Practice was founded in the U.S. by **Mary Olson, Ph.D.** in collaboration with **Jaakko Seikkula, Ph.D.** and the original **Open Dialogue** team at Keropudas Hospital in Tornio, Finland. The Institute is the only North American teaching facility that specializes in providing world-class training in **Open Dialogue** and **Dialogic Practice** delivered by the field’s leading experts and developers.

- [Open Dialogue Courses](#)
- [International Certification Training in Dialogic Practice](#)
- [Introductory Intensive in Dialogic Practice in Open Dialogue](#)

Contact Information

The Institute for Dialogic Practice

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Participants at the July 2 workshop in Berkeley listen to Cindy Marty Hadge at the all day introduction to the Hearing Voices Movement (photo by Kailin Wang)

BAHVN One-Day Workshop Brings Family members, Voice hearers, and Clinicians Together

The Bay Area Hearing Voices Network and NAMI East Bay presented a one-day workshop and introduction to the Hearing Voices Movement last month in Berkeley. Family members, voice hearers, and clinicians were led by Cindy Marty Hadge, lead trainer for the Wildflower Alliance in Western Massachusetts in an exploration of the Hearing Voices Movement and the role of peer support and engagement, as well as compassionate approaches to being present with, understanding, and supporting our loved ones who hear voices.

“The workshop was awesome,” reports Kailin Wang. “I learned a lot about how trauma can contribute to the voices, and also that changing our relationship they can be really helpful for coping with them. Cindy was an amazing speaker!”

BAHVN organizes these annual events as a way to reach out to the community and inform the public about their on-line hearing voices groups, alternative approaches to voice hearing, and relationship building that help to overcome helplessness, fear, and stigma.



HEARING VOICES GROUPS

The Bay Area Hearing Voices Network offers five, online groups Monday-Friday. **To enter the online support group meeting go to our website: www.bayareahearingvoices.org and click on the link for the group you want at the bottom of the page.**

Monday Meetings:

BAHVN in partnership with Berkeley Mental Health offers separate support groups for adults and family members. The two separate support groups meet Mondays from 6 to 8 pm.

Tuesday Meeting:

BAHVN in partnership with [HealthRIGHT360 of San Francisco](#) offers an online adult support group Tuesday evenings from 6 to 8 pm led by trained facilitators with lived experience in the mental health system.

Wednesday Meeting:

BAHVN, in partnership with the [Mental Health Association of San Francisco](#) (MHASF), offers an online adult support group Wednesday evenings from 6-8 pm.

Thursday Meetings:

The HVN-USA Family and Friends Group (friends, lovers, and caretakers) are welcome) meets online for 90 minutes Thursdays 2:30-4:00 pm PST, 5:50-7:00 pm (EST). To join contact cindy@westernmassrlc.org

BAHVN Game Night, Friday Nights, 5-7 pm:

An online weekly night of fun and games. Game play is free of charge to BAHVN adults, TAY, and family members, All attendees are required to open an [account at boardgamearena.com](#), where the game night will be held online. Go to the [BAHVN homepage](#) for a Zoom audio link to Game Night.

The Bay Area Hearing Voices Network is a non-profit 501c3 organization. We seek to expand public awareness, provide community support, and refuge for those who hear voices, see visions, and experience other forms of extraordinary perception. To submit articles contact edherzog48@gmail.com. For more information about us visit our Website: bayareahearingvoices.org