

6th Main Road, Mogapair ERI Scheme, Mogapair West, Anna Nagar, Chennai, Tamil Nadu
600037

Open Dialogue Foundation Training Course

November 2021 - April 2022

Organized by The Banyan Academy of Leadership and Mental Health

Background

Open Dialogue (OD) is an integrated community-based treatment system developed by Prof. Jaakko Seikkula and colleagues, since the 1980's in Finland. Its primary goal was to address the needs of those in acute distress or affected with psychoses. OD helps individuals and families to cope with mental health issues by placing the family at the centre of the therapeutic process and works with caregivers, service providers and extended support networks to ensure decision-making is collaborative and transparent. Most of the decision making takes place through system-wide joint network meetings involving the person at the centre of concern along with their family members and the extended social network, mobilizing all the resources present within the community networks.

The central component of OD is a special kind of dialogic interaction, in which the basic feature is that each participant feels heard and responded to. The heart of the therapeutic approach lies in attentive and responsive listening, absolute respect for the point of view of the client and his network, finalizing the intervention of the therapists to create a serene and safe context in which everyone can find their own space of expression and where the family can finally try to give words to emotions, experiences and traumas not expressed before.

Families and social networks, while offering support, can engender communication patterns that contribute to a distorted understanding of one's distress. It is not just in what is being said, but how it is responded to, that meaning develops.

OD works on these principles and by bringing family members and their support networks closer together develops a shared language that effectively expresses distress, leading to a deeper

understanding of their own life situation beyond symptoms, with focus on the restoration of social and cultural life and in respect of human rights.

It's Efficacy

Many research findings indicate the efficacy of its humanizing practices in the treatment of severe and crisis mental health care. The theory and practice of OD has received, for this reason, a lot of attention in the literature over the last three decades and there is a growing interest around the world. Studies have demonstrated the effectiveness of Open Dialogue in reducing hospitalizations, readmissions and improving employment rates for persons with severe mental health issues. By streamlining and democratizing the process, it has immense potential for scale-up in clinical and community settings and in redefining the illness narrative and psychotherapeutic interventions.

India is a largely pluralistic society with high impetus already placed on the family and extended support networks, for this reason, even if the effectiveness of the OD is yet to be tested in this country, there are very good reasons to think that this therapeutic approach is appropriate and suitable for Indian culture. As a step towards this, The Banyan is currently using OD as part of interventions among a few clients.

What to expect?

This training session will provide participants with a comprehensive introduction to open dialogue and, by becoming familiar with this approach, they will improve overall clinical competence. They will also improve their ability to "be with" clients and people, in the present moment, developing a better attitude to responsive listening.

The emphasis in this programme will be on developing practices that mobilize the resources of clients and professionals in a collaborative way.

The specific aims of the course are focused on further developing participants' dialogical psychotherapeutic skills and strengthening more democratic and humane practices of social and health care within public and private services.

This OD programme is largely based on the programme developed by the Finnish OD School "Dialogical approaches in couple and family therapy", Psychotherapy trainers training.

The training sessions will consist of a well integrated mixture of theory and practice, role plays and group discussions, where trainees will experiment and become quite familiar with the key elements of dialogical work.

There will be some pages of relevant literature to read during the training.

All participants will be asked to conduct psychotherapeutic work with some clients, and some practical exercises which will then be discussed and supervised in the class.

To support their learning process and for the assessment, participants will be divided into peer groups, in which they study literature, prepare seminar work, participate in each other's clinical work supporting joint learning.

For this purpose, a group of 3 senior mentors (experienced therapists already trained in the basic OD course) will support the students in their exercises and practice, favouring the exchange of their personal experiences.

Acquired skills

- You will acquire the basic elements of the OD approach and the foundation course would provide the tools to start to use the dialogic approach and practices in professional contexts (clinical-educational-social) and in everyday life;
- You will improve your skills to manage, facilitate, coordinate and lead teams and groups;
- You will learn to use the tools of dialogue and dialogicity in complex situations;
- You will improve your personal relationship communication skills.

Who can apply?

We welcome all mental health professionals like Social Workers, Psychologists, Counsellors, Psychiatrists, Nurses, Community Health Workers, Educators, Health Science students and Peer Leaders who are clinically engaged.

What does the training involve?

Your time commitment: The total training period is for 120 hours, 5 blocks over a 6-month period.

The content will be covered in five (5) blocks of five-day (5 × 5 days) seminars with 3 hours of webinar for each teaching day. In addition, the training includes 3 more sessions of 3 hours each for deepening the OD practice; plus 5 sessions of 2 hours each to apply the OD practice in peer groups:

- Didactic seminar - 75 hours
- Deeping OD practice: Role play and supervision to the clinical practicum - 9 hours
- Applied OD practice: Peer groups with the support of senior mentors (online modality) - 10 hours.
- Asynchronous – Reading and practicing individually – 26 hours

The course provides for the issue of a certificate of attendance which will specify the number of hours of training.

The curriculum:

Block 1 - The roots of the OD approach: history and background; Founding principles and politics of open dialogue.

Block 2 - Prioritizing dialogue, relationship and meaning; Attentive and responsive listening; How to create a dialogical space.

Block 3 - Treatment meetings and reflective team; Reflecting process: theories and tools; The facilitation of network meetings: the 12 key elements of dialogic practice.

Block 4 - Resignification of the crisis: from the “disease” to the “life story” narrative; Promoting person centred and right based approaches in mental health.

Block 5 – Exercising reflectivity and embodiment; Feedback from therapy sessions and self-reflection.

This program is only indicative of the basic topics that will be covered. During the course there may be a change in the order of topics to follow the needs and flow of conversations with participants.

Practicum:

Block 1 – Open Dialogue as approach and attitude.

Block 2 - Understanding what it means to communicate.

Block 3 – How to use the tools of dialogue and how to create a safe dialogical space

Block 4 – Acceptance and compassion in professional practice.

Block 5 – Addressing neutrality in client management.

Assignments:

Prior to the next block, you will send your notes on your sessions with additional assignments as necessary to build on your skills as an open dialogue practitioner.

Timetable:

Fri 5 Nov 2021	5pm - 8pm OD Lecture Block 1
Fri 12 Nov 2021	5pm - 8pm OD Lecture Block 1
Fri 19 Nov 2021	5pm - 8pm OD Lecture Block 1
Sat 20 Nov 2021	12pm - 2pm OD Applied open dialogue practice Block 1
Fri 26 Nov 2021	5pm - 8pm OD Lecture Block 1
Sat 27 Nov 2021	12pm - 3pm OD Lecture Block 1-final
Fri 10 Dec 2021	5pm - 8pm OD Lecture Block 2
Sat 11 Dec 2021	12pm - 3pm OD Deepening Open Dialogue practice
Fri 17 Dec 2021	5pm - 8pm OD Lecture Block 2
Fri 7 Jan 2022	5pm - 8pm OD Lecture Block 2
Sat 8 Jan 2022	12pm - 2pm OD Applied open dialogue practice Block 2
Thur 13 Jan 2022	5pm - 8pm OD Lecture Block 2
Sat 15 Jan 2022	5pm - 8pm OD Lecture Block 2-final

Fri 28 Jan 2022	5pm - 8pm OD Lecture Block 3
Sat 29 Jan 2022	12pm - 3pm OD Deepening Open Dialogue practice
Fri 4 Feb 2022	5pm - 8pm OD Lecture Block 3
Fri 11 Feb 2022	5pm - 8pm OD Lecture Block 3
Sat 12 Feb 2022	6pm - 8pm OD Applied open dialogue practice Block 3
Fri 18 Feb 2022	5pm - 8pm OD Lecture Block 3
Sat 19 Feb 2022	12pm - 3pm OD Lecture Block 3-final
Fri 4 Mar 2022	5pm - 8pm OD Lecture Block 4
Fri 11 Mar 2022	5pm - 8pm OD Lecture Block 4
Fri 18 Mar 2022	5pm - 8pm OD Lecture Block 4
Sat 19 Mar 2022	5pm - 7pm OD Applied open dialogue practice Block 4
Fri 25 Mar 2022	5pm - 8pm OD Lecture Block 4
Sat 26 Mar 2022	5pm - 8pm OD Lecture Block 4-Final
Fri 8 Apr 2022	5pm - 8pm OD Lecture Block 5
Sat 9 Apr 2022	5pm - 8pm OD Deepening Open Dialogue practice
Thur 14 Apr 2022	5pm - 8pm OD Lecture Block 5
Fri 22 Apr 2022	5pm - 8pm OD Lecture Block 5
Sat 23 Apr 2022	5pm - 7pm OD Applied open dialogue practice Block 5
Fri 29 Apr 2022	5pm - 8pm OD Lecture Block 5
Sat 30 Apr 2022	5pm - 8pm OD Lecture Block 5-Final

Information on Trainers

Board of trainers:

Pina Ridente Psychiatrist, Psychotherapist advanced level

Riitta Tettinen Psychiatrist, Psychotherapist advanced level

Nobuhiko Asai – Psychologist, Psychotherapist advanced level

Pina Ridente - registered psychiatrist/psychotherapist, certified Open Dialogue trainer and supervisor (degree "Dialogic approaches in couple and family therapy", trainers' training course,

Dialogic Partners/University of Jyväskylä, Finland). Pina has more than 37 years of work experience in the Trieste Mental Health Department (Italy) and considerable experience working with people with psychosis and their families. She is engaged in a network of national and international partnerships for the dissemination of good practices for de-institutionalization. Pina currently teaches Open Dialogue in Italy, Slovenia, India and Brazil.

Riitta Teittinen – Open dialogue trainer, psychiatrist and family therapist in Finland. Certified to act as responsible supervisor and trainer for dialogical approach in couple and family therapy. She has 20 years of experience in developing dialogic practice in public sector psychiatric organizations. She takes a special interest in psychotic experiences and using dialogic and embodied approaches in everyday practices.

Nobuhiko Asai (Noble) – Psychologist and psychotherapist, representative of International and Psychological Support Association (IPSA), open dialogue trainer, family therapist and trauma therapist in Japan. He finished the trainers training course in Finland and got the certificate that qualifies to act as responsible supervisor, trainer and psychotherapist for dialogical approach in couple and family therapy. IPSA has counselling offices in Tokyo and Osaka. He is interested in the approach through dialogue and focusing body sensation.

Board of mentors:

Dr Lakshmi Sankaran (Chairperson Applied Psychology BALM)

Varsha Vinod (Clinical psychologist, BALM, ECRC)

Keerthana Rajagobalan (Lead, ECRC, Chengalpattu, BALM)

In addition to the above some guest lecturers would be invited.

Course fee

1,00,000 INR per person

in 2 installments of 50,000 INR

Payment - payment information is included in the application form

Scholarships are available by request for persons from NGOs or low resource settings on a case by case basis - more information on the website.

Apply for Training

To apply for the training please click here

https://docs.google.com/forms/d/e/1FAIpQLSf5YmoEj1Ff8SAdlqlp3Ik8QN_4xDErIgGDouovA3AXGKcMwA/viewform?usp=sf_link

Deadline for applications: September 27th, 2021

More information is available on <http://open-dialogue.net/>.

If you think this course is for you, please use the application link:

For any inquiries contact us:

admin@balm.in