

Open Dialogue

An Introduction to the approach and training

The **Open Dialogue approach** is both a philosophical/theoretical approach to people experiencing a mental health crisis and their families/networks, and a system of care, developed in Western Lapland over the last 30 years. Psychiatric services using Open Dialogue have the best documented outcomes in the Western World. For example, around 75% of those experiencing psychosis have returned to work or study within 2 years and only around 20% are still taking antipsychotic medication at 2 year follow-up. In the last year there has been growing interest in the Open Dialogue approach across Australia. A **foundation training programme** has been run during the course of 2017 in **Queensland**, a partnership between the PHN, Flourish Australia, Queensland Health and Central Queensland University. In this programme **clinicians and peer workers** are training alongside each other, such that they can work together with families in crisis using the approach. A research project is planned to evaluate the effectiveness of the approach. In addition to this a three year Open Dialogue training programme will be commencing in Sydney in late 2017.

In this event **Nick Putman** and **Richard Armitage** will introduce the Open Dialogue approach, the seven principles that underlie it, and the practice of facilitating network meetings, including the 12 elements of dialogic practice. After some dialogue with those attending, and a small break, they will introduce the project that is developing in Queensland and the training programme that underpins it. There will then be the opportunity for further discussion. Light refreshments will be served



Nick Putman founded Open Dialogue UK in 2012 in order to support the development of the approach in the UK. Since then around one third of NHS trusts have sent teams to participate in a training in Open Dialogue or a related approach. Nick is a psychotherapist and certified Open Dialogue practitioner who specialises in working with people and families affected by psychosis. He is involved in several Open Dialogue trainings internationally.



Richard Armitage is a dialogical practitioner and trainer in Denmark at a large centre for supported living and rehabilitation. Originally trained as a psychologist and systemic family therapist, he began to work with Open Dialogue in 2005 while training in a relational and network approach with Tom Andersen in Tromsø. Jaakko Seikkula was one of the primary teachers during these 2 years, and Richard has maintained his involvement with this work since.

Monday 30 Oct 2017
6.30pm-9pm

Places are free and are limited

Please email admin@isps.org.au
to register your attendance.

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