




# OPEN DIALOGUE APPROACH

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Formation à la pratique de l'Open Dialogue  
Open Dialogue Formation  
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## WHAT IS OPEN DIALOGUE?



WORLD VIEW      ORGANIZING SERVICES      DIALOGICAL PRACTICES

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# PRINCIPALS AND KEY ELEMENTS OF OD

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## SEVEN PRINCIPALS OF OPEN DIALOGUE

IMMEDIATE  
HELP

SOCIAL  
NETWORK  
PERSPECTIVE

FLEXIBILITY AND  
MOBILITY

RESPONSIBILITY

PSYCHOLOGICAL  
CONTINUITY

TOLERANCE OF  
UNCERTAINTY

DIALOGUE (&  
POLYPHONY)

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## KEY ELEMENTS OF OPEN DIALOGUE

- Two (or more) therapists in the team meetings with families
- Participation of family and network
- Using open-ended questions
- Responding to clients' utterances
- Emphasizing the present moment
- Eliciting multiple viewpoints

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- Use of a Relational Focus in the Dialogue
- Responding to Problem Discourse or Behavior in a Matter-of-Fact Style and Attentive to Meanings
- Emphasizing the Clients' Own Words and Stories, Not Symptoms
- Conversation Amongst Professionals (Reflections) in the Treatment Meetings
- Being Transparent
- Tolerating Uncertainty

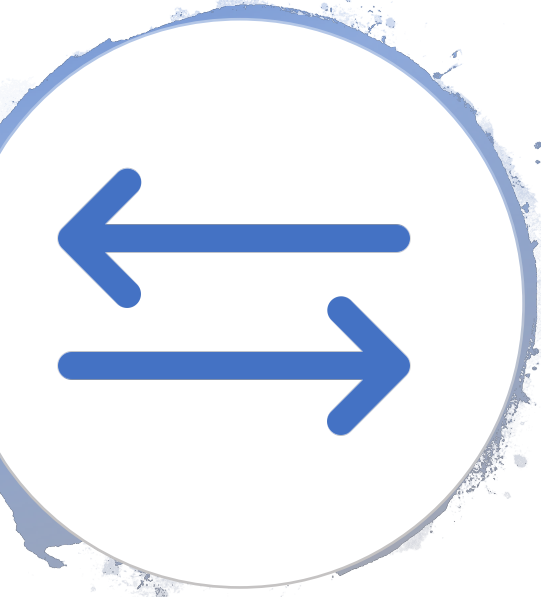
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## HOW TO CREATE DIALOGUE?

- L= Listen
- C= Connect, repeat clients' words
- A= Ask, connect back to client

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- L= Listen
- C= Connect
- O= Own Offerings
- A= Ask, connect back to client

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## WHAT KIND OF EXPERTICE OD IS?

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- Ability to respond
- Wholistic way of meeting people; with our bodies, minds and hearts
- Respect to clients' own ways of recovering
- Facilitating processes that happen with and within clients' own networks
- Active availability for the clients

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## SUGGESTED READING

- Seikkula, J. & Arnkil, T.E.: Dialogical Meetings in Social Networks
- Seikkula, J. & Arnkil, T. E.: Open Dialogues and Anticipations - Respecting Otherness in the Present Moment.
- Bergström, T., Seikkula, J., Alakare, B., Mäki, P., Köngäs-Saviaro, P., Taskila, JJ., Tolvanen, A. & Aaltonen, J. (2018): The family-oriented open dialogue approach in the treatment of first-episode psychosis: Nineteen-year outcomes. *Psychiatry Res.*, 270, 168-175. doi: 10.1016/j.psychres.2018.09.039. Epub 2018 Sep 18.

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