

Open dialogue, relational mind

Teacher: Jaakko Seikkula, Ph. D

May 24th and 25th, 2019

Aula Magna (Teaching Pavilion)

Gregorio Marañón Hospital

Street Ibiza 45. 28009 Madrid

Teacher:

Prof. Jaakko Seikkula, Ph.D. Professor of Psychotherapy. Department of Psychology, University of Jyväskylä. Clinical Psychologist, family therapist Jaakko has been devoted mainly to the development of practices based on the family and social network, in applied to mental health contexts, in the treatment of psychosis and other serious crises. Since the beginning of the years 80 and until 1998 he was a member of the team for the integral development of the open dialogue approach, originated in western Lapland, Finland. Since then Dr. Seikkula has focused his efforts on studying and investigating the relationship between the dialogue processes and the results of his application in the treatment of acute psychosis. The power of dialogue became evident in the exceptional results obtained in the follow-up of patients dealt with open Dialogue, which shows that 85% can be incorporated into full employment and more than 80%

He continues to live, without any psychotic experiences, after five years of follow-up.

Most of these cases achieved these results with a minimal use of antipsychotic medication, and in 2/3 cases none.

After moving to the University of Jyväskylä, Dr. Seikkula has been involved in many research and development projects. Research has focused on outcomes and process studies in the treatment of psychosis and depression, and on social and family network interventions. As for the studies of results in psychotherapy, the attention is focused on seeing the effects of psychotherapy in the daily life of the clients, through naturalistic research designs. The open dialogue has recently been applied to the supervision of therapy, social work with child problems, working.

Another line of development and research has focused on the development of research methods on the processes and effects of dialogues in family therapy environments. New method is underway, at the moment called Dialogical methods for investigations in happenings of change (dialogic Methods for Change event investigations). The main objective is to develop tools to make sense of what happens in the dialogues between multiple actors.

All these investigations are related to the philosophical-linguistic interest of Jaakko by the works of Mikhail Bakhtin; Interest that has been central to Dr. Seikkula's thinking for 25 years. Jaakko wrote his first text concerning Bakhtin in 1987 and since then Bakhtin has been.

Its main source of inspiration when it comes to understanding the power of dialogue in human life.

Over the past few years, the importance of "being present at the moment", in "participation in being of unique occurrence", has become the most important aspect of therapy and writing and teaching about Jaakko therapy.

Dr. Seikkula is in charge of the research project: "The relational Mind in multi-stakeholder dialogues", financed by the Academy of Finland. The project aims to increase understanding of the basic qualities of human life, including the bodily response of rhythmic tuning and mutual synchronization with others.

This program is unique in two respects.

In the first place, it has not been done to date, no complete study on tuning and mutual synchronization in the Behavior between therapist and client covering

- (a) Biological aspects,
- (b) Psychological
- (c) And social.

Second, this study includes customers and psychotherapists as informants on an equal footing.

Jaakko Seikkula receives invitations to numerous workshops and congresses each year.

Weekend Workshop designed for:

- (1) present the intervention model open dialogue to those who do not know this practice;
- (2) that those who have already started in practice deepen in the Understanding of open dialogue and
- (3) reflect together on the nature of the relational mind and the Implications of this conception for work in the area of mental health.

Program:

(There will be consecutive translation throughout the course)

Open dialogue and dialogic attitude:

- Open Dialogue principles.
- Origins, evolution and results of the Open Dialogue in the years 80 and its use in psychosis.
- Applications in health contexts and in other contexts.

The relational self:

- The relational mind.
- Dialogue as a corporal practice.

#### Methodology:

Dr. Jaakko Seikkula, Ph.D., works in an experiential way, basing his Workshops in case studies, practical and experiential exercises and theoretical presentations followed by dialogues.

#### Registration:

Sending of the registration form and copy of the Bank subscription, until 15 March 2019, to: [info@unoymasrelationaldevelopment.com](mailto:info@unoymasrelationaldevelopment.com)

The reserve of Plaza, will be effective when we arrive by mail notification of the bank income, or proof of bank income.

There are limited places.

Important: Don't forget to put the name of the person you are registering when making the transfer. In the "Concept" section, don't forget

Put the name of the professors of the workshops that you enroll.

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This course is aimed at mental health professionals and related áreas (Psychiatrists, psychologists, physicians, nurses, social workers, as well as students, residents and users of the systems of the Mental health and their families. Since the learning process is experience and based on case studies, this course will be of interest for those who have participated in previous workshops on dialogue and open as for those who do it for the first time.

#### Schedule:

- 24 Friday and 25 Saturday may 2019
- Friday from 15.00 to 21.00
- Saturday morning (9.30 h to 14.00 h)
- Saturday afternoon (15.30 H to 20.00 h)

#### Registration Fee:

1 Workshop: 160 Euros (150 students)-enroll in the workshop sheet of each workshop-

Series of workshops in dialogical practices

2 Workshops: 280 Euros (270 students)

3 Workshops: 400 Euros (390 students)

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(Food and coffee are in charge of the Assistants)

#### Accreditation:

Unoymas relational Development and Gregorio Marañón Hospital certificate.

Possibility of obtaining a diploma of 60 hours issued by Unoymas and the Hospital

Gregorio Marañón if you perform the three workshops of this academic course of Jim

Wilson, Jaakko Seikkula and Sylvia London (Feb 2019-May 2019 and June 2019).

Accreditations for monographic seminars and Diploma of 60 hours requested to the FEAP and FEATF.

Organizing Committee:

María Muñoz-Grandes, M.Sc., M.A., M. Ed.

Ignacio García, M. D

M<sup>a</sup> Teresa Vargas Martín, M.A.