



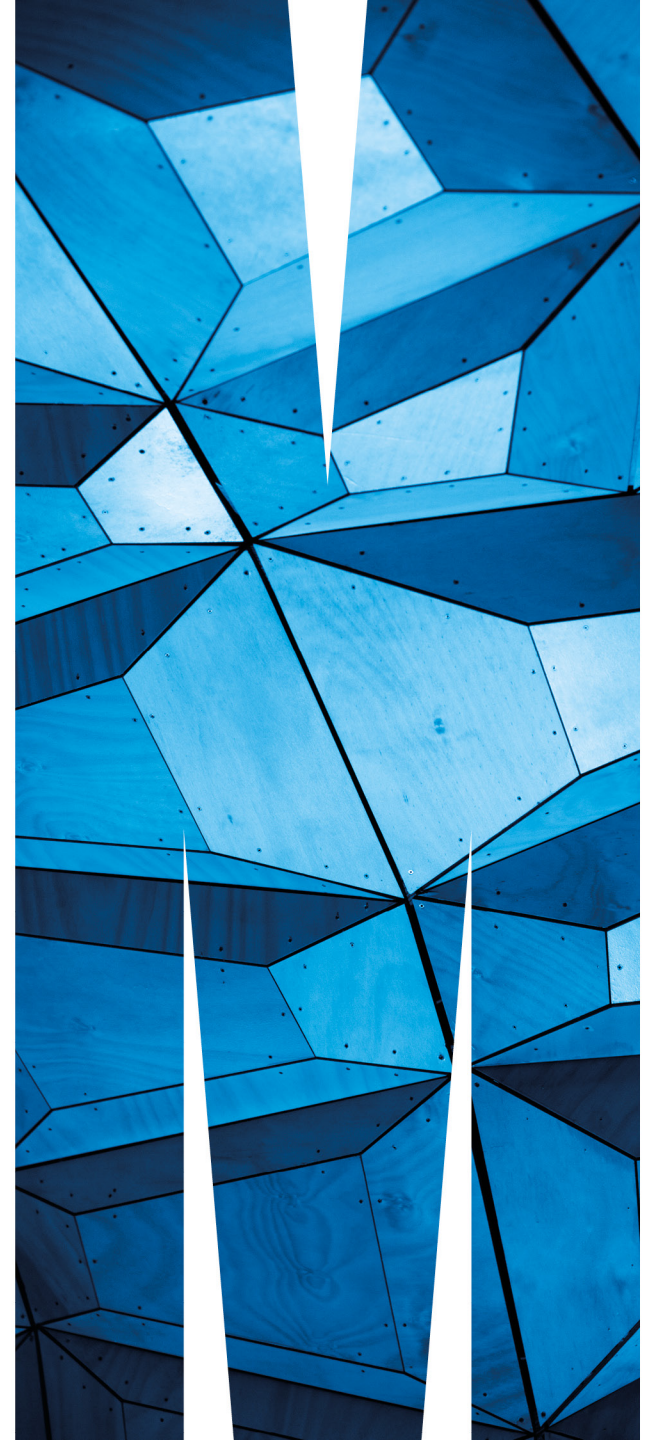
Working Group: How to talk about and explain dialogical practices

18th – 20th May 2023

6th International Conference in Dialogical Practices

Olomouc

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Planned structure

Day 1

- Introductions and challenges

Day 2

- Essential elements

Day 3

- Developing a narrative

Introductions

Small groups

- Something about you
- Current work situation and how you use dialogical practices
- What interests/inspires you about dialogical practices?
- What do you hope for in this working group?

Participants

- Ben
- Johanka
- Lada
- Vaclav
- Helena
- Mattias
- Hana
- Martina
- Adela
- Emer
- Laura
- Ana
- Jenny
- Alexandra
- Jake
- Tereza
- Petra
- and others (sorry I didn't get all your names)...

Thoughts for tomorrow...

- What are the challenges that you have experienced in explaining dialogical practices?
- What are the essential elements of dialogical practices?

Day 2

Challenges and Essential Elements



Challenges

- Uniqueness is unclear: “Don’t we do this already?”
- Unclear theory of change: “why?”
- Practices are unclear: “What do you do?” or “not doing anything”
 - Only about reflections
 - Too alternative?
 - Values based?
- Open dialogue is “better” than other approaches
- Who is the audience?

Ong, B., Barbara-May, R., Brown, J. M., Dawson, L., Gray, C., McCloughen, A., Mikes-Liu, K., Sidis, A., Singh, R., Thorpe, C. R., & Buus, N. (2019). Open dialogue: Frequently asked questions. *Australian and New Zealand Journal of Family Therapy*, 40(4), 416-428. doi:10.1002/anzf.1387

Challenges

Small groups

- What difficulties have you experienced when talking about dialogical practices?

Challenges (from small group discussions)

- Is there one way of describing the process so there will be no more questions?
- It seems impossible to explain it in a short way
- Different explanations for clients with prior experiences with services compared to new clients
- Explanation and safe space may not fit their expectations
- Families/parents/payers want a fix quickly
- There is an undefined process that is not clear to explain
- Are we a miracle-based dialogical therapy (MBDT)
- What is dialogical practices is actually better! How not to be arrogant?
- Do we make it complicated?
- Can our explanations be dialogical
- Listen not to respond but to understand

Seven Principles and Key Elements

- Immediate help
- Social network perspective
- Mobility and flexibility
- Responsibility
- Psychological continuity
- Tolerating uncertainty
- Dialogism (and polyphony)
- Two or more therapists
- Participation of family and network
- Using open-ended questions
- Responding to clients' utterances
- Emphasising the present moment
- Eliciting multiple viewpoints
- Use of a relational focus in the dialogue
- Responding to problems in matter-of-fact style and attentive to meanings
- Emphasising the clients' own words and stories
- Reflections
- Being transparent
- Tolerating uncertainty

Olson, M., Seikkula, J., & Ziedonis, D. (2014). The key elements of dialogic practice in open dialogue. *The University of Massachusetts Medical School*. Retrieved from <http://umassmed.edu/psychiatry/globalinitiatives/opendialogue/>

Collaborative Language Systems Approach

Anderson & Goolishian

- “Client is the expert”
- “Not-knowing”
- Being public

- Participant-observer
- Participant-manager – architect of dialogue

What does it mean to work dialogically?

Ong, B., & Buus, N. (2021). What does it mean to work 'dialogically' in Open Dialogue and family therapy? A narrative review. *Australian and New Zealand Journal of Family Therapy*, 42(3), 246-260. [doi:https://doi.org/10.1002/anzf.1464](https://doi.org/10.1002/anzf.1464)

Therapist's mindset

- Attempt to understand the situation from the point of view of each person, not from your own theoretical perspective or diagnosis

Responding

- Design responses to explore and understand participants' meanings and invite further elaboration

Involvement of the therapist

- Have an awareness of your inner conversation (both personal and professional)
- Consider if voicing your thoughts will promote or hinder dialogue and if they can be presented in a helpful way

Reflections

- Voice reflections tentatively and respectfully with the intention to promote further dialogue

Essential Elements

Small groups

- What are the essential elements of dialogical practices?

Essential Elements (from participants)

- Freedom, respect, trust
- Limitless
- Improvisation (with constraints)
- Natural
- Unconditional love, warmth, respect, and express self
- Embodiment
- Presence of power
- Reflections and some prior explanation/context
- Bringing your own experiences
- Trained intuition
- Meditative states of mind and body to be in the present moment
- How to create wholeness of mind, body and spirit
- Being aware of your own thoughts, emotions, responses first
- Therapist's curious mindset
- Responding to explore meanings

Thoughts for tomorrow...

- Think of one of the core elements
- What order do you present them?
- Develop a 30-second elevator pitch
- Who are you speaking to?
 - Clients/networks, colleagues, managers?

Day 3

Developing a narrative



Day 3

Plan?

- A model on how to explain
- Work on your own explanations
- Try them out

- Volunteers to present their explanation to the large group

How to Explain (one possible idea)

Lorenz-Artz, K., Bierbooms, J., & Bongers, I. (2023). Introducing Peer-supported Open Dialogue in changing mental health care. *Front Psychol*, 13, 1056071-1056071. doi:10.3389/fpsyg.2022.1056071

Peer-supported Open Dialogue

- 7 principles not enough
- Experiencing a POD session
- A narrative about POD
 1. Theories and paradigm shift – MH as interpersonal and interactional, polyphony rather than problem-solving
 2. “Nothing about me without me”
 3. Attitude – humility, dropping professional mask, being vulnerable, being-with, present
 4. Skills – establish connection and safe sharing, responsibility (in listening and mutual sharing in reflections)
 5. Involvement of network and organisation principles

Developing a narrative

Individual activity

- Think about what dialogical practice means to you
- Keep in mind the challenges and misunderstandings in explaining dialogical practices
- Have respect for your listener

- What would you say if someone asked “what is dialogical practice?”

Developing a narrative

My attempt as an example (everyone will have a different version including what is important to them)

For good mental health, people need good relationships and understanding. Dialogue is about building closer relationships between people.

To do this, we go in-depth into how everyone is thinking and feeling about issues that are important to them. I also share what I am thinking and feeling with the family.

By talking like this we can create more trust, openness and understanding of each other and find a way through the problems.