

Open Dialog Approach to First Episode Psychosis: An Introduction With Will Hall

Monday, November 22, 6:30-8:30pm

Process Work Institute

2049 NW Hoyt St. Portland OR

**\$20 donation requested; no one turned away for lack of funds. CEU's available for this event
Info: portlandhearingvoices@gmail.com; www.portlandhearingvoices.net**

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Dr. Jaakko Seikkula in Finland has developed “Open Dialogue,” a family network approach to first episode psychosis. Open Dialog de-emphasizes pharmaceutical intervention and instead establishes a dialogue with the patient and organizes a “treatment meeting” within twenty-four hours. This reduces hospitalization, lowers use of medication, and leads to less recurrence of crisis. In a five-year follow-up, 83% of patients returned to their jobs or studies and were not receiving government disability, and 77% did not have psychotic symptoms. Open Dialog is gaining support in the US after Robert Whitaker, in his book *Anatomy of An Epidemic*, featured it as an effective alternative to the poor treatment outcomes for psychosis in the US.

Portland Hearing Voices Director and local therapist Will Hall recently completed the first US workshop with Dr. Seikkula and his colleague Mary Olson in Open Dialog. This introductory evening with Will will present his reflections on that workshop. (Open Dialog is a Finnish hospital clinical method based on 3 years+ training, and this Introduction does not represent the depth of that method, but instead serves to spark interest in learning more.)

For more information on Open Dialog, including a recent Madness Radio interview with Open Dialog practitioner Mary Olson and articles by Olson and Seikkula, please go to <http://bit.ly/9xBbdH>.

