Dr. Jaakko Seikkula and colleagues in Finland developed “Open Dialogue,” a family network approach to first episode psychosis. Open Dialogue de-emphasizes medication and instead establishes a dialogue with the social network within twenty-four hours. This avoids hospitalization, lowers use of medication, and reduces crisis.

83% of Open Dialogue patients returned to jobs or school and were not on government disability, and 77% did not have psychotic symptoms. Robert Whitaker featured Open Dialogue in Anatomy of An Epidemic, and Open Dialogue is a rich set of tools with direct application to the US.

Portland Hearing Voices Director, schizophrenia diagnosis survivor, and therapist Will Hall has taught internationally on mental diversity and new approaches to psychosis. He is currently training with Dr. Seikkula and his colleague Dr. Mary Olson at the Institute for Dialogic Practice, and this workshop provides a basic introduction to Open Dialogue. (Open Dialogue is a Finnish 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). This is the third year this popular workshop is offered in Portland. Info: www.willhall.net/opendialogue