

Seminar med Professor Jukka Aaltonen



Need-Adapted and Open Dialogue Approaches with treatment of psychosis

30 års erfaringer med familie- og netværksbaseret behandling

Sted: Drosthuset Dyssegården, Avderødvej 32A, 2980 Kokkedal
Tid: Tirsdag den 23. januar, 2018, kl. 13.00 – 16.00
Pris: Kr. 100,- for medlemmer, kr. 150,- for ikke-medlemmer

Tilmelding til arrangementet er ønskelig og kan ske til isps.dk@gmail.com
Deltagergebyret bedes indbetalt til konto 6771-6185971 med angivelse af navn og email.

Der vil blive serveret kaffe og kage og man har mulighed for at bese Dyssegårdens faciliteter.

NB: Foredraget præsenteres på engelsk

FROM NEED-ADAPTED APPROACH OF THE TREATMENT OF PSYCHOSIS TO SOCIAL CAPITAL: NEED-ADAPTED AND OPEN DIALOGUE APPROACHES IN FINLAND

Since the 1970s there have been carried out in Finland several nation-wide and local projects to develop a family- and network-centered treatment model for acute psychotic patients and their families, the Need-adapted Approach and, as its modification, Open Dialogue Approach.

The Approaches have been developed, especially, for the community- based psychiatric treatment. The main principles of the Need-Adapted Approach emphasize that the therapeutic activities are planned and carried out flexibly and individually in each case so

that they meet the real, changing needs of the patients including the family; the patient's independence, sense of agency and grip of life are respected in every phase of the treatment process. The principles of the Open Dialogue Approach emphasize the continual reciprocal dialogue, immediate help, social network perspective, flexibility and mobility, responsibility, psychological continuity and tolerance of uncertainty.

Our challenges have been to integrate as a wholeness municipal mental health, social, and child guidance services according to the principles of the Approaches. This is closely connected to increasing of social capital of the whole catchment area, and thereby improving all the biopsychosocial factors. This means improving of multiplicity.

In addition to co-operation between psychiatric care and social services, however, important and necessary for people who suffer from mental health problems is to help them to fulfil their human capabilities, and not only diagnosing their symptoms; the prerequisite for this is a more general trust in services within the whole population of the catchment area.

The results have shown that the prognosis of severe mental health disorders has changed better, and there are hints that the social capital of the catchment areas has proved to increase.

But we have, also, to be sensitive to the possible harmful side-effects of the approaches.

Forkortet dansk resumé

Siden 1970'erne har man i Finland gennemført flere projekter for at udvikle en familie- og netværksbaseret behandling til mennesker med psykoser. Denne tilgang til behandling har man kaldt "The Need-adapted Approach" (Det behovsbaserede tiltag) og ud af dette Need-adapted Approach er senere sprunget den tilgang, vi kender som Open Dialogue (Åben Dialog).

Kernen i The Need-adapted Approach er et planlagt, men individuelt og fleksibelt tilpasset møde med patienten og dennes familie/pårørende, hvor patientens og familiens reelle behov samt patientens oplevelse af at blive respekteret som et selvstændigt individ står i centrum. Kernen i Open Dialogue er den fortsatte dialog med familien og en umiddelbar hjælp til at fremme det sociale netværk samt tolerance over for at ikke alt kan planlægges på forhånd – processen må udvikle sig.

Disse to tilgange har været en udfordring for det etablerede behandlingssystem, men The Need-adapted Approach har ført til forbedrede behandlingsresultater.

Jukka Aaltonens teoretiske oplæg på engelsk vil danne grundlag for en forhåbentlig frugtbar udveksling af viden og erfaring blandt de deltagende.

Jukka Aaltonen er professor på University of Jyväskylä (Finland) og har i årtier været ledende forsker på feltet for behandling af mennesker med psykose.

Vel mødt
ISPS Bestyrelsen

(Bent Rosenbaum, Hanne-Grethe Lyse, Allan Fohlmann, Erik Sandsten,
Anne Marie Trauelsen, Ulla Østergaard, Jens Roved)

