From FACT to POD

a practical journey

EAOF conference - drawing on our dialogue

Marion de Boer, POD
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Little intro POD-way

- Chantal Goudsmits
- Marion de Boer
Eindhoven

- 225,020 inhabitants
- 5th city of the Netherlands
- PSV
- Design Academy, Technical University
GGzE - FACT

- 8 Teams, 2 Forensic Teams
- About 1800 clients
- About 100 workers
- Multidisciplinary teams
- Recovery care
- We are there where you live.
- Monday- Friday 8 - 18
Recovery?

- Who is the professional?
- Using the network?
- Who knows what is right?
- Bio-medical psychiatry
- Stigma
History

- Cooperation for development of recovery support.
- Recovery and Citizenship – reality in 2020
- We have to change!
- 4 Teams from Altrecht, Lister, GGz-Met, GGzE
filmpjes

- https://www.youtube.com/watch?v=YDePi6Wvc2w&sns=em (sadness)
- Youtube: open dialogue
- https://www.youtube.com/watch?v=aBjlvnRFj a4
- https://www.youtube.com/watch?v=4EAegtEWsi4&list=PLE3zLa5n17QeBjgRJpCciyZqbQDNhNIxb&sns=em (mark hopfenbeck)
Origins of open dialogue

• Initiated in Finnish Western Lapland since early 1980’s

• Need-Adapted approach – Yrjö Alanen

• Integrating systemic family therapy and psychodynamic psychotherapy

• Treatment meeting 1984
Dialogical practice is effective

Open Dialogues in Tornio – 5 years follow-up 1992-1997 (Seikkula et al., 2006):

- 35% used antipsychotic drugs
- 81% no remaining psychotic symptoms
- 81% returned to full employment

- DUP declined to three weeks
- About 1/3 used antipsychotic drugs
- 84% returned to full employment
- Few new schizophrenia patients: Annual incidence declined from 33 (1985) to 2-3/100 000 (2005)
Core principles...

- **The provision of immediate help** – first meeting arranged within 24 hours of contact made.

- **Flexibility & Mobility**: “Using the therapeutic methods that best suit the case”

Being in different place, needed time.
• **Responsibility**: “the same team or person responsible”

• **A social network perspective** – patients, their families, carers & other members of the social network are always invited to the meetings
• **Psychological continuity**: The same team is responsible for treatment – engaging with the same social network – for the entirety of the treatment process

• **Dialogism**: promoting dialogue is primary and, indeed, the focus of treatment. “the dialogical conversation is seen as a forum where families and patients have the opportunity to increase their sense of agency in their own lives.”

• **Tolerance of uncertainty**: “An active attitude among the therapists to live together with the network, aiming at a joint process... so as to avoid premature conclusions or decisions”
Peer supported open dialogue

- In 2017 7 members of FACT, GGzE receive training in UK, London.
- Together with 4 other organizations from the Netherlands, 31 people
- Started in Finland, in England training “POD”
- 90 people in England
- four weeks
- personal and theoretical
The “P” in POD

• A peer worker in every team; their experience is itself recognised as a form of expertise in the team.
• A “we are all peers” mentality in the team, combatting the “them and us” mentality.
• Cultivating local initiatives, especially when social networks are limited or lacking.
Mindfullness

Mark Hopfenbeck (coördinator POD training):

“Psychiatrists are not selected in their training on their social skills, but you can learn that. Unconditional warmth is difficult to learn in a course, this requires reflection. For whom this is naturally difficult, mindfulness helps."

- There is evidence that mindfullness improves the therapeutic relationship. It is about connecting and feeling compassion.
Mindfullnes practice
Exercise listening and reflecting

- Groups 4 or 5
  - One subject, one/two interviewers, rest reflecting team
  - Interview about a time they were in a situation where they didn’t feel listened to and they were unable to get the other person to listen to them.
  - Handing out notes for participants.
Start first POD-team Netherlands
1 novembre 2017
Collecting questions about our situation.

- Listen to people
- Then make a conversation with two of us.
- Give space to others to reflect on that.

- Goal: to give an idea on how we do things in Eindhoven and have a dialogue about that.
DREAMS!

BRIGHT FUTURE AHEAD
Dreaming of POD…

22-03-2017

[Map of the Netherlands with a cartoon image overlay]
Ending with fishbowl

- What did evoke with you?
- What do you want to share?