



From FACT to POD

a practical journey

EAOF conference - drawing on our dialogue

Marion de Boer, POD 4 mei 2018



Little intro POD-way

- Chantal Goudsmits
- Marion de Boer









25-4-2018

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225.020 inhabitants

- 5th city of the Netherlands
- PSV
- Design Academy, Technical University

25-4-2018



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

25-4-2018







- 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=YDePi6W vc2w&sns=em (sadness)
- Youtube: open dialogue
- https://www.youtube.com/watch?v=aBjlvnRFj a4
- https://www.youtube.com/watch?v=4EAegtE Wsi4&list=PLE3zLa5n17QeBjgRJpCciyZqbQDN hNIxb&sns=em (mark hopfenbeck)







- 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



Outcomes stable 2003 - 2005 (Aaltonen et al., 2011 and Seikkula et al., 2011)



- 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 <u>primary and</u>, <u>indeed</u>, 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

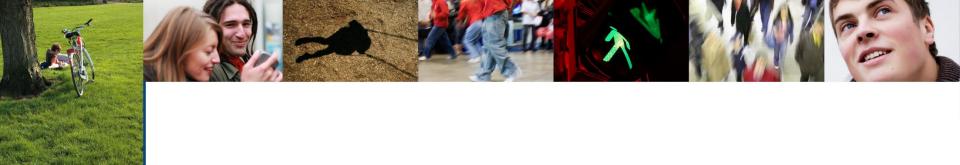


- In 2017 7 members of FACT, GGzE receive training in UK, londen.
- Together with 4 other organizations from the Netherlands, 31 people
- Started in Finland, in England training "POD"
- 90 people in England
- four weeks
- personal and theoretical















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 prson to listen to them.

- Handing out notes for participants.



Start first POD-team Netherlands 1 novembre 2017







Collecting questions about our situation.



- 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.



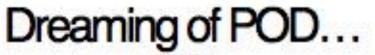












22-03-2017







Ending with fishbowl



What do you want to share?

