



# From FACT to POD

a practical journey

EAOF conference - drawing on our dialogue

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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=aBjlvnRFja4>
- <https://www.youtube.com/watch?v=4EAegtEWsi4&list=PLE3zLa5n17QeBjgRJpCciyZqbQDNhNlxb&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





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 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.







# Mindfulness

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 mindfulness improves the therapeutic relationship. It is about connecting and feeling compassion.



# Mindfulness 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!







# Dreaming of POD...

22-09-2017





# Ending with fishbowl

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

