



Open Dialogue

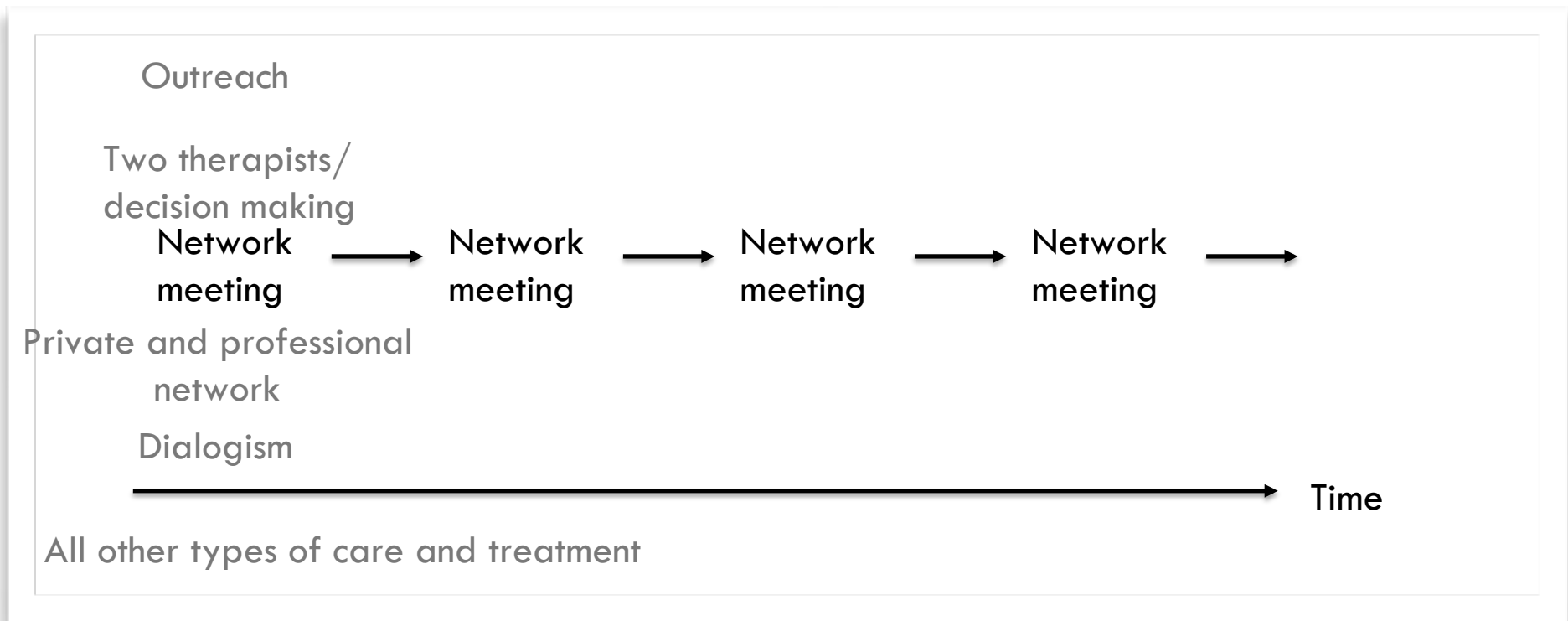
Professor Niels Buus
Monash Nursing & Midwifery
10th of June 2022



Introduction: The origins in Western Lapland

- Grew out of the Finnish (optimistic and resource-oriented) “needs-adapted” approach to treatment of schizophrenia
- They adopted early treatment meetings based on a systemic family therapy approach
- The systemic approach was not well suited the more collaborative network meetings
- The approach was later used specifically in crises management
- Reorganisation of health care services including psychotherapeutic education of all staff

Introduction: The origins in Western Lapland



The seven key principles

1. Immediate help
2. A social network perspective
3. Flexibility and mobility
4. Responsibility
5. Psychological continuity
6. Tolerance of uncertainty
7. Dialogism

Principle 2. A social network perspective

- Clients, their families and other key-persons in their social network are all invited to the first network meetings
- The aim is to get an increased understanding of how the problem(s) are defined differently by the different participants and to mobilise psychosocial resources in the social network

The purposes of the network meeting include:

1. to assemble information about the problem(s)
2. to establish a treatment plan and take decisions
3. to create a psychotherapeutic dialogue

Principle 7. Dialogism

- The aim is primarily to strengthen dialogue and secondarily to change the client and family
- Two therapists acting as a reflective team towards the end of the network meetings
- The idea is to strengthen participants' agency through their participation in the discussions
- New understanding is generated in the areas where the participants' perspectives differ

Bakhtin and polyphony

- We are born into dialogical relationships and respond to our worlds
- Language belongs not only to the speaker, but also to the conversational partner
- Language is bound to the particular social context
- Polyphony (multi-vocal) describes the assembly of inner and outer voices in a dialogue
- Dialogue always bring new meaning (it is impossible to have the same dialogue twice - although it sometimes feels like it)
- A “non-dialogue” is a monologue

The seven key principles – summary

1. Immediate help
2. A social network perspective
3. Flexibility and mobility
4. Responsibility
5. Psychological continuity
6. Tolerance of uncertainty
7. Dialogism

Healthcare organisation

Psychotherapy - network meetings

Previous research from Finland

The gradual implementation of open dialogue in Western Lapland in was not designed to be rigorously tested in a trial, but Seikkula and colleagues have published a number of descriptive *post hoc* studies drawing on data from the cohort of people receiving open dialogue throughout the implementation period

“The treatment group fared better than the treatment-as-usual comparison group on days spent in the hospital, BPRS scores, number of relapses, and employment status. They also used less neuroleptic and had more family meetings” (Gromer 2012, p. 169-70)

Previous research from Finland

But because of the basic before and after designs of these studies, the reliability of data, and the use of basic statistical methods, including the omission of adjusting for important confounding variables, it is not possible to draw strong conclusions about the effects of open dialogue

“The treatment group fared better than the treatment-as-usual comparison group on days spent in the hospital, BPRS scores, number of relapses, and employment status. They also used less neuroleptic and had more family meetings” (Gromer 2012, p. 169-70)

The Danish-Australian Research programme

Four original components:

1. A literature review of the burgeoning research
2. Psychotherapy research (Conversation Analysis of OD sessions)
3. Register-linkage study (health outcomes and economy)
4. RCT-study
-
5. Implementation research (private health care, social care, education, leadership/management)
6. Training and education

Literature

Literature reviews:

- Buus, N., Bikic, A., Jacobsen, E.K., Müller-Nielsen, K., Aagaard, J. & Rossen, C.B. 2017 “Adapting and implementing Open Dialogue in the Scandinavian countries: a scoping review”. *Issues Ment.Health Nurs.* vol. 38, no. 5, p. 391-401.
- Buus, N., Ong, B., Einboden, R., Lennon, E., Mikes-Liu, K., Mayers, S., & McCloughen, A. (2021). Implementing Open Dialogue approaches: A scoping review. *Fam Process*, 60(4), 1117-1133.

Danish psychotherapy research:

- Schriver, K. N., Ong, B., Rossen, C. B. & Buus, N. 2022. “Empathic ‘my side tellings’: Three therapist strategies for displaying empathy in open dialogue reflections”. *Pragmatics.*, vol. 196, p. 44-53.
- Rossen, C.B., Schriver, K., Tarber, C., Nordahl, D. V., Rasmussen, G. T., Ong, B. & Buus, N. 2020. ”‘Y, what do you think about what X just said?’ Conversation analysis of stance-eliciting questions in open dialogue network meetings”. *Journal of Marital and Family Therapy.* vol. 46, 4, p. 719-731.
- Schriver, K. N., Buus, N. & Rossen, C. B. 2019. “Reflective Practices in Open Dialogue Treatment Meetings: Reporting and inferential ‘My Side Tellings’”. *Pragmatics.*, vol. 146, p. 19-31.

Australian psychotherapy research:

- Ong, B., Barnes, S. & Buus, N. 2022. “Developing multiple perspectives by eliding agreement: A conversation analysis of Open Dialogue reflections”. *Discourse Studies.* vol. 24, no. 1, p. 47-64.
- Ong, B., Barnes, S. & Buus, N. 2021. “Downgrading deontic authority in Open Dialogue reflection proposals: A Conversation Analysis”. *Fam.Process.* vol. 60, no. 4, p. 1217-1232.
- Ong, B., Barnes, S. & Buus, N. 2021. “Eliciting stance and mitigating the therapist’s authority in Open Dialogue meetings”. *Journal of Marital and Family Therapy.* vol. 47, no. 1, p. 120-135.

Danish register linkage study:

- Buus, N., Jacobsen, E.K., Bojesen, A.B., Bikic, A., Müller-Nielsen, K., Aagaard, J. & Erlangsen, A. 2019. “The association between Open Dialogue to young Danes in acute psychiatric crisis and their use of health care and social services: A retrospective register-based cohort study”. *Int J Nurs Stud.*, vol. 91, p. 119-127.

Literature

Implementation:

- Lennon, E., Hopkins, L., Einboden, R., McCloughen, A., Dawson, L. & Buus, N. (e-published ahead of print). "Organizational change in complex systems: Organizational and leadership factors in the introduction of Open Dialogue to mental health care services". *Community Mental Health Journal*. DOI: 10.1007/s10597-022-00984-0.
- Buus, N. & McCloughen, A. 2022. "Client and Family Responses to an Open Dialogue Approach in early Intervention in Psychosis: A prospective qualitative Case Study". *Issues Ment. Health Nurs.* vol. 43, no. 4, no., p. 308-316.
- Waters, E.K., Ong, B., McCloughen, A., Mayers, S., Rosen, A., Sidis, A., Mikes-Liu, K. & Buus, N. 2021. "Open Dialogue and implementation fidelity: challenges for mental health service administration". *Int J Ment Health Nurs.* vol. 30, no. 3, p. 805-813.
- Dawson, L., River, J., McCloughen, A. & **Buus, N.** 2021. ""Should it fit? Yes. Does it fit? No": Exploring the organisational processes of introducing a recovery-oriented approach to mental health in Australian private health care". *Health.* vol. 25, no. 3, p. 376-394.
- Dawson, L., Einboden, R., McCloughen, A. & **Buus, N.** 2021. "Beyond polyphony: Open Dialogue in a Women's Refuge in Australia as a possibility for supporting trauma- and violence-informed practice". *Journal of Marital and Family Therapy.* vol. 47, no. 1, p. 136-149.
- Sidis, A., Ramirez, J., Dawson, L., River, J., **Buus, N.**, Singh, R., Pickard, J. & Deane, F. 2020. ""Not "just a talking head": Experiences of Australian public mental health clinicians implementing a dialogical family therapy approach for young people with severe mental health concerns". *Australia and New Zealand Journal of Family Therapy.* vol. 41, no. 1, p. 6-28.
- Dawson, L., River, J., McCloughen, A. & **Buus, N.** 2020. ""Every single minute and hour is scrutinised": Neoliberalism and Australian private mental health care". *Sociology of Health and Illness.* vol. 42, no. 2, p. 277-292.

Miscellaneous:

- Ong, B. & Buus, N. 2021. "What does it mean to work "dialogically" in Open Dialogue and family therapy? A narrative review". *Australia and New Zealand Journal of Family Therapy.* vol. 42, no. 3, p. 246-260.
- Ong, B., Barbara-May, R., Brown, J. B., Dawson, L., Gray, C., McCloughen, A., Mikes-Liu, M., Sidis, A., Singh, R., Thorpe, C.R. & Buus, N. 2019. "Open Dialogue: Frequently Asked Questions". *Australia and New Zealand Journal of Family Therapy.* vol. 40, no. 4, p. 416-428.
- Bellingham, B., Buus, N., McCloughen, A., Dawson, L., Schweizer, R., Peetz, A., Boydell, K., Mikes-Liu, K. & River, J. 2018 "Peer work in Open Dialogue: a discussion paper". *Int J Ment Health Nurs.*, vol. 27, no. 5. p. 1574-1583.
- Training and education:
- Buus, N., Leer, M., Mikes-Liu, K., Dawson, L., Pedersen, M.F., Einboden, R. & McCloughen, A. 2022. "Open Dialogue trainees' expectations of "shared concern": An international focus group study": An international focus group study of Open Dialogue trainees". *J Fam Ther.* vol. 44, no. 2, p. 250-263.

Thank you for your attention

Contact: niels.buus@monash.edu

www.monash.edu/medicine/nursing/about/staff/niels-buus

www.researchgate.net/profile/Niels-Buus