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Type of Presentation: Workshop

Bridging the gap with self work exercises

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Learning Goal:

Participants will hear about and experience for themselves a range of exercises that are used routinely in Peer-supported Open Dialogue. These exercises help to create safe spaces that strengthen relationships not only between practitioners but also enable an authentic connection between the practitioner and the person(s) seeking help.

Abstract Text:

Self work exercises are used routinely during the training and practice of Peer-supported Open Dialogue (POD) as practiced in the UK. Our peers (the P in the POD) have lived experience of mental health distress including psychosis and work alongside the rest of the team. POD practitioners participate in a range of exercises usually in small groups, all of which encourage them to reflect on their personal beliefs and values and the origin of them. These can range from discussing something that has a special meaning for them e.g book, art work, photo or song etc. to sharing thoughts about the values that guide them in their work and who or what influenced them. Self work encourages the participant to 'listen' to and be guided by their body and how it responds. Workshop participants will hear how self work is used in the training and practice of POD and also be invited to participate in exercises. There will be an emphasis on discussion and sharing of ideas. Self work exercises generally lead to strengthened relationships with colleagues and those seeking help. For some they can be an emotional experience, one that may take someone by surprise but one that routinely leads to a significant increase in job and personal satisfaction. Participants are free to choose their level of involvement in the exercises. This workshop is open to all.

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OF HUMAN RECONNECTION**