



Abstract Nr: 165
Internet ID: 262

Type of Presentation: Workshop

Open dialogue between different therapists, people with lived experience and family members, what works?

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Learning Goal:

Inspire each other and learning from each other

Abstract Text:

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During the last 50 years various types of family work have been developed. There are many similarities in the methods but also large differences. We do know family work makes a large difference. People who had a psychosis are less hospitalized and less in protected living years later. Probably they function better, like in work. We don't know which method is best, it was never researched in an RCT.

What can we learn from each other? Every speaker will hold a small speech: What has he or she learned from the other methods? What would he or she like to give the others from experience of the own method? (Mention 1). Then we will discuss with active participation of people with lived experience and family members, and when the discussion is finished repeat the same speeches again.

The methods which will be compared are:

Behavioural Family Therapy

Psychodynamic work with families

Multifamily psychoanalysis approach

Open Dialogue

Transmural Family Guidance

The Mat, Training for family members

Literature: <http://www.isps.org/index.php/learning-resources/learning-resources/specific-methods-of-therapy/family-work>

**ON THE HEALING POWER
OF HUMAN RECONNECTION**