DIALOGICAL APPROACHES FOR COUPLE AND FAMILY THERAPY
PSYCHOTHERAPY TRAINERS TRAINING
2016-2018

Organizers:
Dialogic Partners in co-operation with the Department of Psychology at the University of Jyväskylä

The aim

The aim is to develop dialogical practices in family therapy. The participants will be qualified to act as responsible trainers in education programs for psychotherapists according to the Finnish law (Valtioneuvoston asetus terveydenhuollon ammatihenkilöstä annetun asetuksen muuttamisesta 1120/2010). The emphasis will be on developing practices that mobilize in a collaborative way the resources of clients and professionals. The specific aims are 1) to develop further the dialogical psychotherapeutic skills of the participants; 2) to develop the skills for acting as supervisor, trainer and consultant and 3) to enhance skills for developing social and health care towards more democratic and human practices.

Participants will gain personal tools for generating dialogical and reflective processes in challenging client and supervision situations. The focus will also be on developing dialogical ways for collaboration within clients’ social networks - both the private and professionals parts of networks.

The training program provides a full learning process that prepares for taking charge of training and supervision in family therapy. A special aim is to equip trainees to conduct education programs in dialogical practices - as Open Dialogue - for most severe mental health crises.

Trainees

The candidate should have family therapy training or equivalent psychotherapy training plus documented working experience of dialogical family and network practices. The criteria have to meet or be equivalent to those in the Finnish legislation (decree 1120/2012), which require a minimum of 60 ECTS training in psychotherapy.

In all 14 participants will be selected for the training program through an admission interview. The training will take place mainly in Espoo, Finland.

The board of education and trainers

The board of trainers, chaired by Jaakko Seikkula, Ph.D. psychologist and Family therapists on advanced level, will decide on trainee admission and decide the content of the training program. The other members of the board are:

Jorma Ahonen, MsC, social psychologist, family therapist advanced level
Birgitta Alakare, MedLic, psychiatrist family therapist advanced level
Tom Erik Arnkil, Ph.D., research professor emeritus, social policy
Pekka Borchers, Ph.D, psychiatrist family therapist advanced level
Tanja Pihlaja, MsC, social worker, family therapy trainer
Eija-Liisa Rautiainen, Ph.D. psychologist family therapist advanced level
Tapio Salo, MA, psychologist, psychotherapist advanced level.
Kari Valtanen, MedLic, child psychiatrist, family therapist advanced level.
In addition guest lecturers will be invited. They shall have psychotherapists training on advanced level and or always have a thus qualified co-trainer present.

**Ethical board**

The members of the board of the psychotherapy training in the Psychotherapy Research and Training centre at the University of Jyväskylä will act as the ethical board.

**The volume and content of the training**

The training includes altogether 40 training days in the course of two study years (4 terms). The entire volume of the training is 40 ECTS. The content will be covered in eight (8) five-day seminar blocks (8x5 days) which include eight theory seminars (duration two or three days each). In addition the training includes either supervision or Family of Origin seminars. The format is planned to minimize the expenses and inconveniences of trainees traveling long distances.

**Theory, 160 hours - 27 ECT**

Theory education will take place mainly in sets of two or three seminar days included in the eight five-day training blocks. Each seminar will have a specific topic focusing on collaborative dialogical skills and specific subjects of dialogical practice. These include origins of the need adapted approach and open dialogues; origins of social network orientation both in private and professional networks; treatment of psychosis; children and adolescents as specific clients; dialogical skills in supervision and organization consultation; research in family therapy and social networks practices.

Each participant will conduct their own research of relevant topic within their working context and write a thesis report (10 ECT). For preparing the thesis two seminar days will be conducted and in addition in the seventh theory seminar block two hours will be focused on the guidance of the process of preparing thesis (16 +14 h).

**Supervision 100 hours - 10 ECT**

Supervision will take place in two groups during the training. Video recordings of the participants’ family therapy practice will be the main data in the supervision. As far as the international participation and long distances allow, live supervision will also be supported. Participants will acts as supervisors to each other during the later phase of the training - thus improving supervision skills. As a part of the supervision participants will take an examination in which they describe one psychotherapy process thus presenting their maturity in using dialogical orientation in psychotherapy work with families and social networks. In order to pass the examination the participants will describe the content of the specific contact, the methods of approach fitting to this specific case and critically analyse their own clinical work.

**Own psychotherapy in the form of Family of Origin seminars, 60 hours - 3 ECT**

Family of Origin seminars are the form of the participants’ own psychotherapy specific to this training. They will be conducted in two small groups working together during the entire program. The specific approach will be conducted together with the therapists.

As training material there will be some 3000 pages of relevant literature. Participants will do psychotherapeutic work altogether 300 x 45 mins, all of this documented. To support their learning process, participants will be divided in peer groups, in which they study literature, prepare seminar work, prepare their own teaching practice, participate in each other’s’ clinical work and support joint learning in other ways.
Teaching days
The first of the eight five-day blocks block will take place during the 12th – 16th of December 2016, and thereafter 06.-10.3.2017; 15.-19.05.2017; 11.-15.09.2017; 20.-24.11.2017. The last three blocks will take place in 2018.

Training program fee
The overall price for the training is $7,500 + $1,800 (VAT 24%) = 9,300 €, to be paid in four even instalments (1,875 + VAT). The price includes the selection interview, theory training, as well as supervision and own therapy in small groups. The trainees will cover their own travel expenses and lodging as well as purchase the literature.

Application procedure and admission
To be appointed the applicant will need to meet the criteria of psychotherapist according to Finnish legislations (decree 1012/2012) and - if lacking family therapy training - has relevant experience in working with families in dialogical practice. During the training program the participant has to be able to conduct psychotherapy with families and/or single clients. To be admitted the applicant has to pass the admission interview, in which his/her suitability for psychotherapy work will be evaluated.

The deadline for written applications is 05.09.2016. The application can be submitted by email or by post. In the application the following aspects shall be included:

- Contact information of the applicant (mail address, email, telephone)
- The education and profession and the working place of the applicant;
- Description of how psychotherapy and family therapy (or related topics of work) are carried out in the daily work of the candidate;
- All the training that the candidate has concerning psychotherapy work;
- The amount of received supervision and potential own psychotherapy;
- Description of motivations for and the meaning of the trainers training for the candidate. Of special interest are descriptions of the ways in which dialogical practice is important to the candidate concerning developing social and health care and in which ways the candidate is motivated to act as supervisor and trainer. This should comprise about one page written text;
- Description of the current life situation of the applicant.

In the application the candidate should attach the certificate of the professional title of Psychotherapist according to the Finnish law or the national authority in the issuing country.

The application should be sent by mail to the address: Dialogic, Postipuuntie 2, 02650 Espoo, Finland or to the email address: pekka.holm@dialogic.fi before 5th of September 2016.

All the candidates that pass the criteria for training will be interviewed individually during the first two weeks of September 2016. The information of acceptance will be sent to the participants before 1st of October 2016.

In need for more information please contact Jaakko Seikkula, jaakko.seikkula@jyu.fi or by phone +358 50 44 32361.