

Dialogical approaches in couple and family therapy Psychotherapy trainers training 2020 – 2023

**Organizers: Dialogic Partners in co-operation with the Department of Psychology
in 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 ammattihenkilöistä 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 further develop 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 – including both the private and the professional parts of the networks.

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

Criteria to become trainee

The candidate should have family therapy training or equivalent psychotherapy training plus documented working experience of dialogical family and network practices. The criteria must meet or to be equivalent to those in the Finnish legislation (decree 1120/2012), which require a minimum of 60 ECTS training in psychotherapy. In all 18 participants will be selected for the training program through an admission interview. The training will take place mainly in Espoo, Finland.

The faculty of education and trainers

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

Jorma Ahonen, MsC, social psychologist, family therapist advanced level

Tiina Ahonen, MA, social worker, family therapy trainer

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.

Sirpa Lindroos, MD. psychotherapist advanced level

Kari Valtanen, MedLic, child psychiatrist, family therapist advanced level.

In addition, guest lecturers may be invited.

Ethical board

The members of the board of the psychotherapy training in the Psychotherapy Research and Training centre in 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 (8 x 5 days) which each time include eight theory seminars (duration two or three days each). In addition each Block of 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, 152 hours - 27 ECT

The theory program 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 seven theory seminar block two hours will be focused on the guidance of the process of preparing thesis (16 +14 h).

Supervision 96 hours - 10 ECT

Supervision will take place in three small groups during the training program. 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, also live supervision will be supported. Participants will act 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 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.

Family of Origin seminars, 72 hours - 3 ECT

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

As reading literature there will be some 3000 pages of relevant literature. Participants have to conduct psychotherapeutic work – preferable family therapy - altogether 300 x 45 minutes, 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 block - out of the total eight five-day blocks - will take place on 25th to 29th of May 2020, and thereafter 07.09. – 11.09.2020; 16.11. – 20.11.2020. The last five blocks will take place 2021 and 2022.

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 (1875 + 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.

To support possibilities therapists from low economic countries the organizers announce two grants of 5000 € to be applied at the time of application period.

Application procedure and admission

To be appointed the applicant will meet the criteria of psychotherapist according to Finnish legislations (decree 1012/2012) and - if not having systemic 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 dead line for written applications is 15.03.2020. The application should be submitted by email or by post. In the application following aspects shall be clarified:

- 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) is 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 submitted on the web page www.opendialogueapproach.net. Alternatively the applications can be submitted to the email address: pekka.holm@dialogic.fi.

The deadline for the application is 15.03.2020.

All the candidates that pass the criteria for trainees will be interviewed individually before the first week of April 2020. The information of acceptance will be sent to the participants before 26th of April 2020.

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

