

1. Record Nr.	UNINA9911007456303321
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Titolo	Why Dialogue Does Cure : Explaining What Makes Dialogue Unprecedentedly Effective in Difficult Crises / / by Jaakko Seikkula
Pubbl/distr/stampa	Cham : , : Springer Nature Switzerland : , : Imprint : Springer, , 2025
ISBN	3-031-91294-2
Edizione	[1st ed. 2025.]
Descrizione fisica	1 online resource (IX, 164 p. 4 illus., 2 illus. in color.)
Disciplina	616.89
Soggetti	Clinical psychology Systemic therapy (Family therapy) Mental health Psychiatry Clinical Psychology Systems or Family Therapy Mental Health Psicoteràpia Intervenció en crisis (Psiquiatria) Salut mental Comunicació interpersonal Fenomenologia Interacció social Llibres electrònics
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	1. Dialogical forms of practice and Open Dialogues -- 2. "I've never seen anything like this before" -- 3. From empiricism to a humane view of human being -- 4. Life is a stream of participation: The intersubjective revolution -- 5. The evolution of family therapy from systemic to embodied sharing -- 6. Relational and embodied mind -- 7. Psychotic behavior is a part of dialogue, not a pathology -- 8. Dialogue develops reflexivity -- 9. Dialogical science: Research in real-life settings -- 10. Simple steps to develop dialogic skills to be present in the moment -- 11. Epilogue: Dialogue as an act of love.

This book presents the core elements of Open Dialogue – an innovative system of mental health care initially developed in Western Lapland, Finland, and spread into about 40 countries – and explains why dialogic practice can be so effective in the treatment of difficult mental health crises. As Dr. Seikkula explains in this book, Open Dialogue is both a way of organizing psychiatric care and a form of dialogic psychotherapy. The basic idea behind Open Dialogue is that discussions with the client seeking help, their family and other social networks are open to all. Nothing about the client's care is discussed without his or her presence. In addition, the basic idea of Open Dialogue is that clinicians work together as a team, participating in all the therapy meetings where the problems that led to the client's need for help are discussed. Over the last couple of decades, the distance between the humanistic dialogical approach and conventional treatment has only increased. So, the aim of this book is to shorten this distance by describing in a concise way why dialogic practice can be so effective to treat challenging mental health conditions, such as psychosis. Dr. Seikkula explains why in dialogic practice it is possible to achieve a recovery that cannot be imagined in conventional psychiatry. In other words: why dialogue does cure. *Why Dialogue Does Cure: Explaining What Makes Dialogue Unprecedentedly Effective in Difficult Crises* will be a mandatory reference for clinical psychologists, psychiatrists, psychotherapists, occupational therapists, mental health nurses, social workers and all mental health professionals interested in learning about the nuts and bolts of the Open Dialogue approach and adopting a system of care that does not focus on eliminating the symptoms of the one in need for help, but on meeting the full human.
