



FOUNDATION FOR EXCELLENCE  
IN MENTAL HEALTH CARE

*Expect Recovery. Hope Matters.*



# HOPEnDialogue

**An International collaborative multicentre research to support the Open Dialogue Learning Community and evaluate the effectiveness of Open Dialogue in various mental health care contexts around the world.**



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The Open Dialogue approach is one of the most innovative therapeutic interventions in mental health care in recent decades. It is based on the careful listening and respect for each voice in the team of professionals, family members, friends and the person at the center of concern, as well as on transparent and shared decision-making processes. Moreover, mental health services are entirely restructured to privilege prompt community treatment over hospitalization.

The Open Dialogue approach is the result of an integrated relationship between clinical practice and research, which allowed for the systematic documentation of remarkable outcomes in Western Lapland (Finland), where it was developed. Due to these promising outcomes, Open Dialogue is currently trained, tested, and implemented in mental health services across the globe. The lack of consistency in outcome measures and implementation strategies have hitherto prevented sound conclusions on Open Dialogue's transferability and efficacy in different contexts.

This year (2019), the Foundation for Excellence in Mental Health Care has funded the HOPEnDialogue research project. Purpose of HOPEnDialogue is to promote and assess the fidelity of Open Dialogue practice and evaluate its effectiveness internationally. HOPEnDialogue, coordinated by the Italian National Research Council, is inspired by- and linked to the ODESSI-study, the first randomized trial of Open Dialogue, ongoing in the UK. An International Advisory Board involving different stakeholders such as researchers, peer supporters, family members, trainers, Open Dialogue professionals, and experts in public health from eight different Countries will contribute to the development of the project and promote its sustainability.

During the first two years of the project, researchers will describe and map the Open Dialogue centers across the world, assess their ability to participate in the study, define a research protocol, select the centers more adherent to Open Dialogue principles for a longitudinal study and promote research among the Open Dialogue Learning Community. Following the dialogic principles of inclusion and openness, all the centers adopting Open Dialogue and researchers interested in this approach are invited to collaborate to the project- promoting Open Dialogue research can only be a common purpose.



# HOPEnDialogue

## Kickoff Workshop 2<sup>nd</sup> July 2019

<b>OPENING SESSION Meeting in Aula Piaget (1<sup>st</sup> Floor)</b>		
09:00	Welcome by ISTC-CNR	Rino Falcone & Raffaella Pocobello
09:15	Welcome by the Italian Open Dialogue Network Welcome by the Italian Hearing Voices Network	Marcello Macario
<b>RESEARCH – CONTEXT</b>		
09:30	Reviewing OD evidence and address challenges for the HOPEnDialogue research	Jaakko Seikkula
10:00	The ODDESSI Study: Research Protocol and First Results	Steve Pilling & Russell Razaque
11:00 - 11:30	COFFEE BREAK	
<b>RESEARCH – THE HOPEnDIALOGUE PROJECT</b>		
11:30	The Foundation for Excellence in Mental Health Care and the Open Dialogue Grant	Gina Nikkel & Chris Gordon
12:00	The HOPEnDialogue project: objectives and work plan	Giuseppe Salamina & Raffaella Pocobello
12:30	Adapting ODDESSI's protocol to HOPEnDialogue project	Doug Ziedonis
13:00 - 14:00	LUNCH	
<b>RESEARCH – CHALLENGING ISSUES</b>		
14:15	OD fidelity	Doug Ziedonis
14:30	Methodological issues: outcomes measures, study design, inclusion criteria & selection bias	Steve Pilling
14:45	Open Dialogue and Research from the point of view of someone with lived experience	Andrea Zwicknagl
15:00	Introduction to the Study Groups	Giuseppe Salamina
15:15 - 15:30	COFFEE BREAK	
<b>THREE STUDY GROUPS ON CHALLENGING ISSUES:</b>		<b>Rapporteurs</b>
Seminar participants are invited to attend one of the three study groups		
15:30 – 16:30 3 parallel sessions	A. OD fidelity ⇒ <i>Rumelhart Lab</i>	Mark Hopfenbeck & Tomasz Rowinski
	B. Methodological issues: outcomes measures, study design, research protocol, inclusion criteria & selection bias ⇒ <i>Piaget room</i>	Sebastian von Peter & Vegard Høgli
	C. OD and peer support ⇒ <i>ISTC-Library</i>	Andrea Zwicknagl & Volkmar Aderhold
16:30	Presentation of results from study groups by Rapporteurs	Chair: Alita Taylor
17:30	Reflections from Participants in Plenary	
17:45 - 18:00	Conclusions	Cristiano Castelfranchi



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# HOPEnDialogue

## List of Contributors

<b>Contributors</b>	<b>Institutional Role; Affiliation.</b>
<b>Volkmar Aderhold</b>	Consultant and Trainer for Treatment for psychosis, Institute for Social Psychiatry, University of Greifswald; Germany.
<b>Cristiano Castelfranchi</b>	Senior Associate Researcher of the Institute of Cognitive Sciences and Technologies (ISTC); Consiglio Nazionale delle Ricerche (CNR); Rome; Italy.
<b>Rino Falcone</b>	Director of the Institute of Cognitive Sciences and Technologies (ISTC); Consiglio Nazionale delle Ricerche (CNR); Italy.
<b>Chris Gordon</b>	Senior Vice President, Clinical Services and Medical Director of Advocates, Inc; Associate Professor of Psychiatry, Harvard Medical School; USA.
<b>Vegard Høgli</b>	District medical officer; Norway.
<b>Mark Hopfenbeck</b>	Assistant professor at the Norwegian University of Science and Technology, Norway.
<b>Marcello Macario</b>	Psychiatrist at Department of Mental Health in Savona; President of the Italian Hearing Voices Network; Italy.
<b>Gina Nikkel</b>	President and CEO of the Foundation for Excellence in Mental Health Care; Wilsonville, OR; USA.
<b>Steve Pilling</b>	Professor of Clinical Psychology & Clinical Effectiveness- UCL; UK.
<b>Raffaella Pocobello</b>	Researcher at the Institute of Cognitive Sciences and Technologies (ISTC); Consiglio Nazionale delle Ricerche (CNR); Italy.
<b>Russell Razaque</b>	Consultant Psychiatrist and Director of Research - North East London NHS Foundation Trust; UK.
<b>Tomasz Rowinski</b>	Professor at the Institute of Psychology; Cardinal Stefan Wyszyński University in Warsaw; Poland.
<b>Giuseppe Salamina</b>	Director of Public Health Service of the City of Turin Department of Prevention – Local Health Unit, Turin; Italy.
<b>Jaakko Seikkula</b>	Professor of psychotherapy; University of Jyväskylä; Finland.
<b>Alita Taylor</b>	Psychotherapist, Open Dialogue Washington; USA
<b>Sebastian von Peter</b>	Senior Psychiatrist and Psychotherapist, responsible for Mental Health Service Research at Medical University Brandenburg; Germany.
<b>Doug Ziedonis</b>	Professor of Psychiatry, University of California San Diego; USA.
<b>Andrea Zwicknagl</b>	Peer Support Specialist; Switzerland.

# HOPEnDialogue Registration

**What:** The HOPEnDialogue Kick-off workshop will be hosted by the Institute of Cognitive Science and Technology, National Research Council (Italy) and is funded by the Foundation for Excellence in Mental Health Care.

**When:** Tuesday, July 2nd, 2019. The workshop will start at 9 am, and we will end at 6 pm.

**Who:** Persons interested in OD research who would like to collaborate on developing the HOPEnDialogue project.

**How to register:** The meeting is free of charge. You need to register your interest before June 13th by sending an email to [raffaella.pocobello@istc.cnr.it](mailto:raffaella.pocobello@istc.cnr.it).

As places are limited, please indicate in your registration a short description of your interest in Open Dialogue research and your preference for the working group to attend in the afternoon. (a) OD-Fidelity; (b) Research protocol; (c) OD-Peer support. Confirmation of participation will be sent out by June 18th.

Please remember to **bring along your ID-Card/Passport for registration** at the Institute for the security check. Only registered persons are allowed to enter the building.

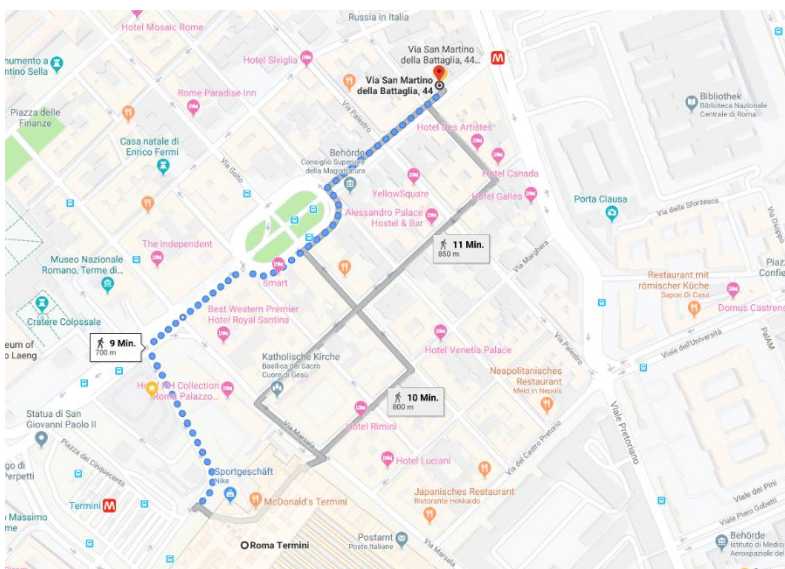


Figure 1 Via San Martino della Battaglia, 44 Rome

## How to arrive:

- Train: The CNR-ISTC is within a 10 minutes walking distance from Roma Termini (Central Station);
- Metro Line B: Castro Pretorio station - 1 stop from Roma Termini;
- Car: You may find parking at the National Library parking slot (payment €1 per hour), Viale Castro Pretorio, 105 -Roma.