



We invite you to the **interactive lectures** of two distinguished experts who will be keynote speakers at our **Conference Days of Leon Lojk** and who are dedicated to improving the mental health of the population for many years.

Dr Jaakko Seikkula: Open dialogues as humanistic practice: Mobilises the resources of individuals and families to be 'cured' of severe crises

and

Robert Whitaker: The Disease Model of Psychiatric Care Has Failed. Now What?

The lectures will take place in Bled on 25 October 2024:

- at the Festival Hall in Bled starting at 12:30 pm CET or
- online in real-time.

REGISTRATION:

You can register via the [e-registration form](#), where you can indicate whether you wish to attend the lectures in person at the Festival Hall in Bled or online. Both lectures will be held in English. Participants attending the event in person in Bled will be provided with simultaneous translation into Slovenian and Croatian. However, simultaneous translation will not be available for online viewing.

Registrations will be accepted until all places are filled or **until 7 October 2024 at the latest**.

REGISTRATION FEE:

- EUR 115.00 (VAT included) to watch the event live at the Festival Hall in Bled, starting at 12:30 pm CET
- EUR 80.00 (VAT included) to follow the event online in real-time

INFORMATION IN CASE OF CANCELLATION:

Cancellation is possible only in writing by e-mail to the e-mail address info@dnevileonalojka.si. **The deadline for cancellation with a refund is 30 September 2024. In the case of cancellations received later, administrative costs of 20% of the registration fee will be charged. The full registration fee will be charged to the participant if the cancellation is not submitted in writing.**

For all further questions and detailed information, we are available at info@dnevileonalojka.si.

More About the Lecturers and the Content of the Lectures:



Open dialogues as humanistic practice: Mobilises the resources of individuals and families to be 'cured' of severe crises

Open dialogue has provided a new way of helping people in the most severe mental health crises. In several studies, the outcomes have been about twice as good as in treatment as usual. The main idea is to meet with whole human beings instead of focusing on symptoms. People are met immediately together with their families and other relevant persons in their social network. The aim is to create an intense process in dialogues to tolerate uncertainty. A new human view is created, in which we see the human mind as relational and embodied. Sharing emotional experiences is a healing experience.

Jaakko Seikkula is a clinical psychologist and family therapy trainer. He is an acting professor in the Department of Psychology at the University of Jyväskylä and is an adjunct professor at the University of Tromsø. He has been involved for more than twenty years in developing, studying and implementing the Open Dialogue approach for the most severe psychiatric and other crises. Presently, he is involved in several projects for developing social network-based practices in many countries. In his works, psychological problems are primarily seen as answers to a crisis instead of a stable condition. He is the author of more than a hundred scientific articles and the author or co-author of twelve books.



The Disease Model of Psychiatric Care Has Failed. Now What?

In 1980, the American Psychiatric Association (APA) adopted a disease model for diagnosing and treating major psychiatric disorders when it published the third edition of its Diagnostic and Statistical Manual. The story that was then told to the public, in the U.S. and to the global public, was that schizophrenia, depression, and other major disorders were caused by chemical imbalances in the brain. A second generation of psychiatric drugs came to market that was said to be safer and more effective than the first generation and to fix those chemical imbalances and thus was like insulin for diabetes. In countries around the world, the public organises its thinking around that narrative of significant progress.



However, as a critical review of the scientific literature reveals, it was a false narrative. The biological causes of major psychiatric disorders remain unknown; psychiatric drugs induce the very chemical imbalances that were hypothesised to cause psychiatric disorders, and over the long term, there is substantial evidence that the drugs cause more harm than good. Public health outcomes in mental health have plummeted in the past 40 years, too.

All of this leads to the moment at hand: we need to create a new narrative for thinking about psychiatric disorders and how to treat them best. Choice Theory is an example of a practice that can help society and psychiatric practitioners do just that and, in the process, promote a profound "paradigm shift" in psychiatric care.

Robert Whitaker is the author of five books, three of which tell of the history of psychiatry. In 2010, his *Anatomy of an Epidemic: Magic Bullets, Psychiatric Drugs, and the Astonishing Rise of Mental Illness* won the U.S. Investigative Reporters and Editors Book Award for best investigative journalism. Prior to writing books, he worked as a science reporter at the *Albany Times Union* newspaper in New York for a number of years. He is the founder of madinamerica.com, a website that features research news and blogs by an international group of writers interested in "rethinking psychiatry." He is also a Clinical Assistant Professor (Adjunct) in the Lewis Katz School of Medicine at Temple University, Department of Psychiatry and Behavioral Science.