



Do It Anyway

Steph Mitchell and Matt Ball

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Always

Compassion



THE HUMANE DIALOGICAL PROJECT

An Open Dialogue informed service offered by the HUMANE Clinic to support people experiencing voices, visions and other unusual experiences often labelled as psychosis.

Appointments available through May & June 2019

the HUMANE approach, these facilitated meetings bring to share understanding and find meaning in the presence of approach recognises that crises and emotional distress can exist between people, rather than being a problem located session is offered free of charge, however, in the spirit of the project, any donations will be gratefully accepted.

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Morphettville SA 5088

To register your interest email
info@humaneclinic.com.au

PSYCHOSIS 365

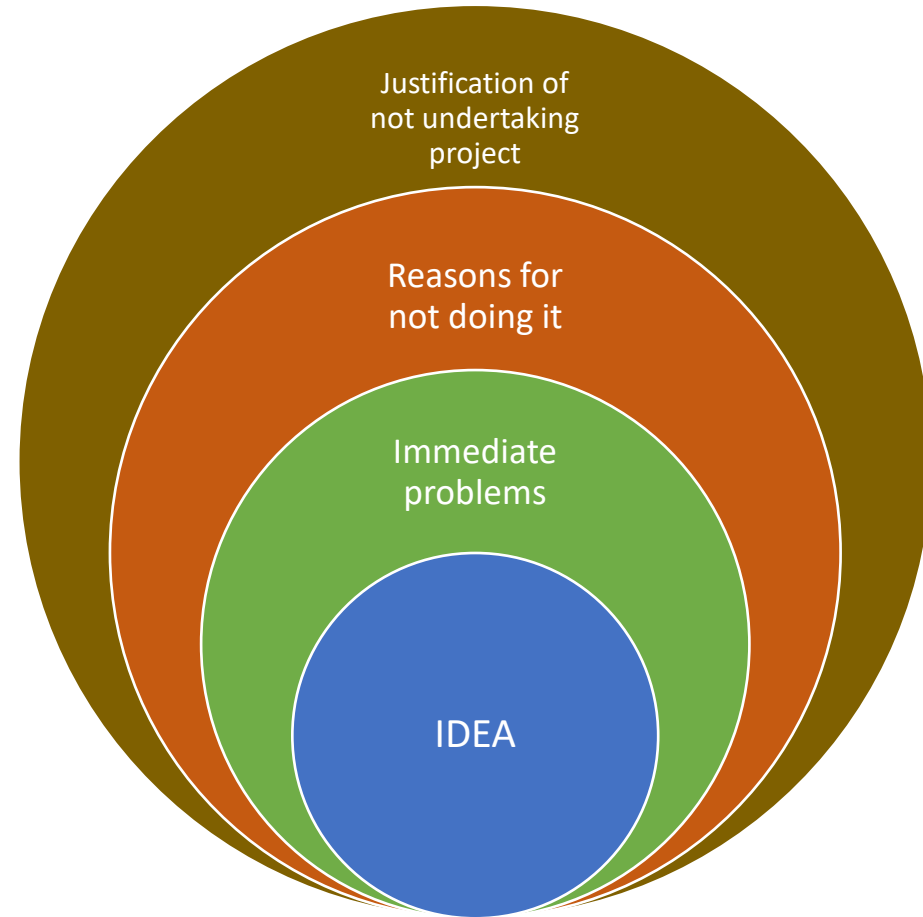
Voices, Visions and Other Realities

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Just Listening
FREE COMMUNITY LISTENING

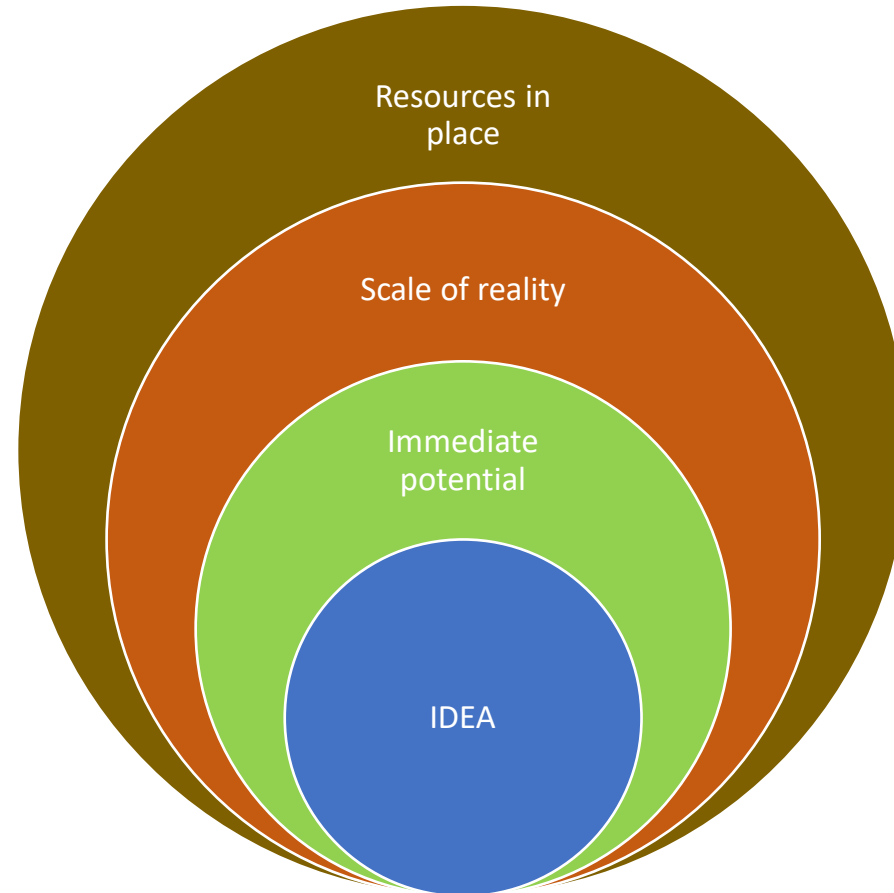
Not doing it

Disconnection - Fear - Dispassion - No Action



The potential?

Doing it anyway - connection – compassion – meaningful action



The
potential?



The Vision: Bring Hearing Voices approaches to the Health Services

The Challenges: Constant push back by psychiatry

“Cant do it”... AHPRA registration includes the approach

The Response: Started alone, gathered like minded people to join

250 individuals and families – Maastricht interview

200 staff – trained

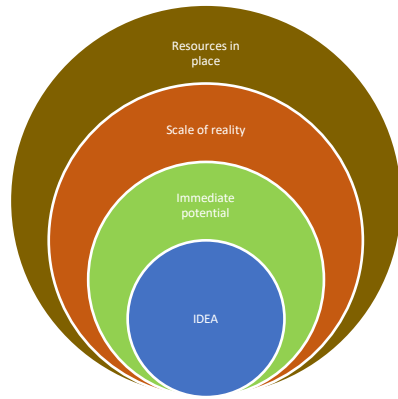
Research started

Education – in ED, General, Older persons, Oncology, schools,

Training in Broome – the outcomes?

Maastricht approach to suicide ... meaning





The Vision: First Open Dialogue informed free clinic in Australia

Arose out of seeing the need for an alternative

The Challenge: No money as no 'evidence' for non formally trained but skilled therapists

The response: Principles being facilitated in other work by therapists

Medicare rebate (small amount)

Offset from training income

Develop skills of students / Volunteers

Start small and go slow with single sessions

Reader Touch

Search Tools

Attachment Tools

Inbox - humaneclinic@outlook.com - Outlook

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Appointments available through May & June 2019

Open Dialogue and the HUMANE approach, these facilitated meetings bring a person's family/network to share understanding and find meaning in the presence of their experiences. This approach recognises that crises and emotional distress can be a process that exists between people, rather than being a problem located within a person. The first session is offered free of charge, however, in the spirit of the project, any donations will be gratefully accepted.

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Morph
To register y
info@humane

The vision: Free online resource

Action through the voice of people in our community

Testing our whether people do have a view as an alternative?

Global reach

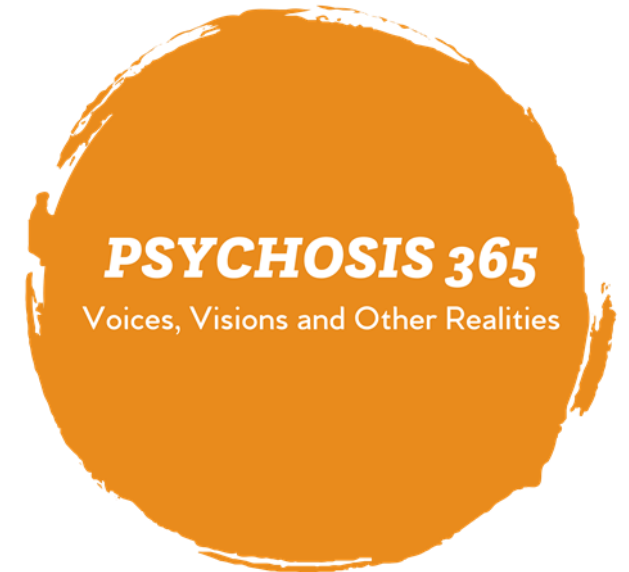
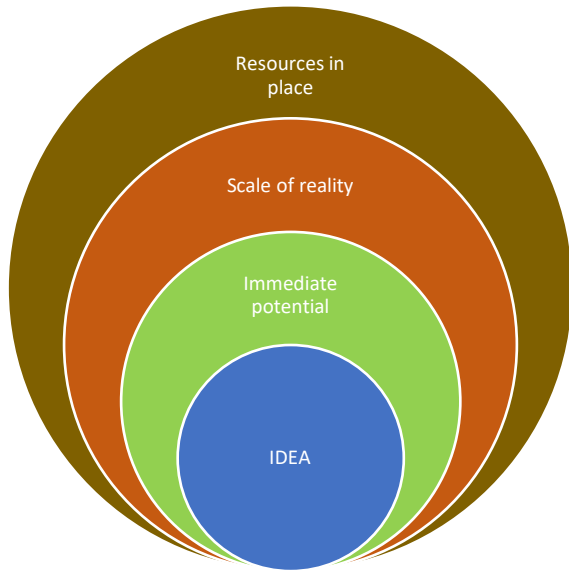
Supported our own sense of connection

The Challenge: Leap of faith that people will want to be involved

Discomfort in asking and being rejected

The response: Proceed anyway – the resource is worth the effort to push to get videos.

Resources in personal confidence and broader networks



The vision: Accessible to all

Observed another model of hope

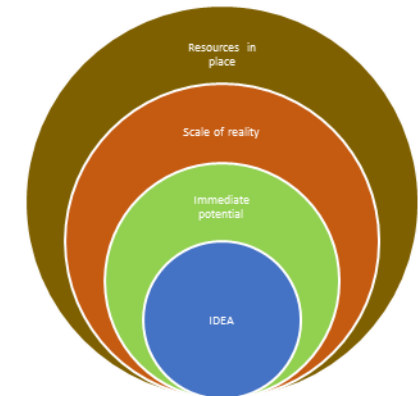
Recognised the fun and pleasure in doing this

Noticed that so many people do not have time to listen or be heard in busy lives

Observed spaces to facilitate including
Schools
Public
Workplaces
Communities

The Challenges: Lack of time

The response: Invite networks to be involved



The vision: Born out of a hope and dream and community coming together

Part of a bigger international movement for change

The Challenge: Inexperience

Fears of failure

Fear about money / tickets / repercussions

The Response: Made connections - felt empowered and not alone

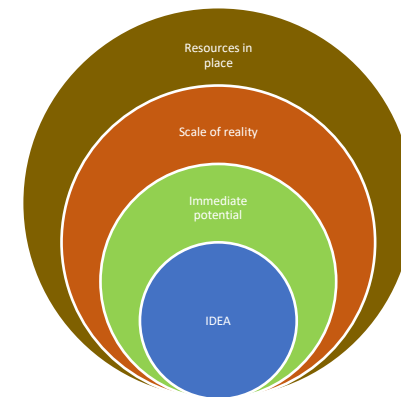
Shared hopes and dreams

Developed resource !

Hundreds of hours for a bigger vision

ReAwaken

Connection - Compassion - Meaningful Action



Group ideas?

What are your dreams and visions?
List your wishes for alternatives?

What is available in the spaces you occupy?

In any spaces:

Living / lived experience

Friend / family /carer

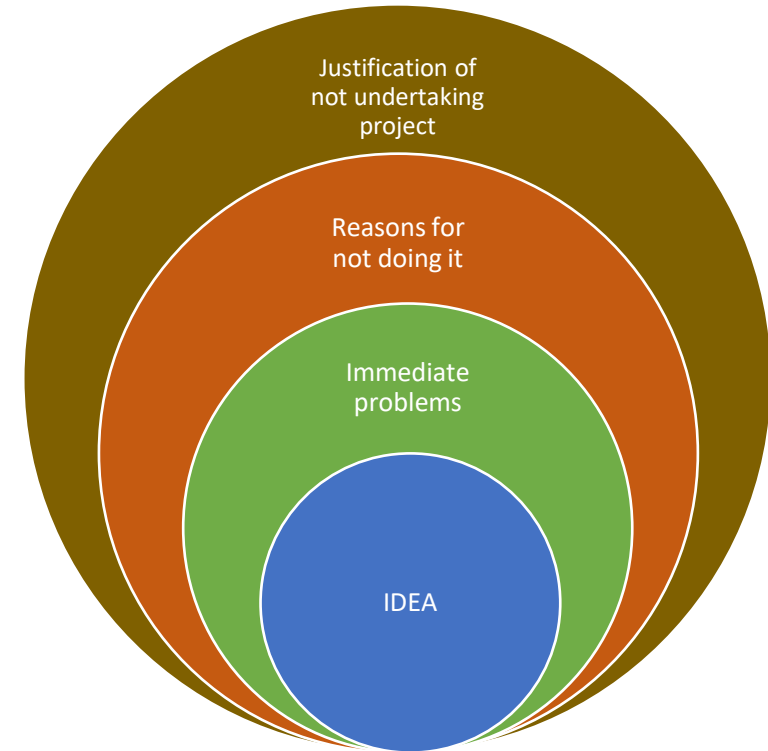
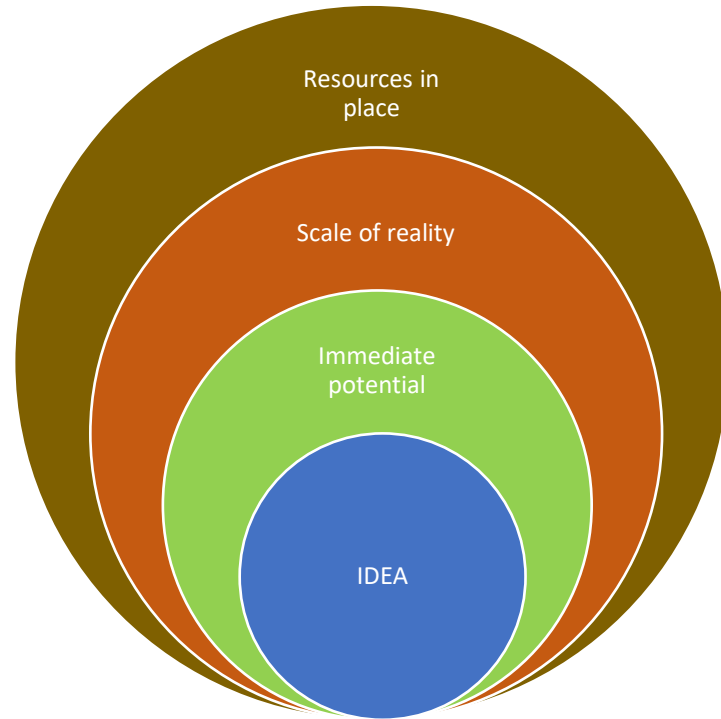
Worker

Neighbour

Community members

Resources

Apply the two positions and choose which way to go



What is the potential of each position?

Write a plan to go forward - first steps / dreams / reality of scale / resources in place right now.