

CULTURAL AND GLOBAL MENTAL HEALTH FILM INITIATIVE

Date: Monday Oct 28th 2013

Time: 5:30pm-7:00pm (Film Screening and Q & A)

Location: 207 Bouverie Street
Basement Lecture 1, B1.03

OPEN DIALOGUE

An Alternative, Finnish Approach
to Healing Psychosis

In the far north of Finland, a stone's throw from the Arctic Circle, a group of innovative family therapists converted the area's traditional mental health system, which once boasted some of Europe's poorest outcomes for schizophrenia, into one that now gets the best statistical results in the world for first-break psychosis.

They call their approach **Open Dialogue**. Their principles, though radical in this day and age of multi-drug cocktails and involuntary hospitalizations, are surprisingly simple. They meet clients in crisis immediately and often daily until the crises are resolved, avoid hospitalization and its consequential stigma, preferring to meet in homes and, perhaps most controversially, they avoid the use of antipsychotic medication wherever possible.

And finally, they provide their services, which operate within the context of Finnish socialized medicine, for free.

Open Dialogue, a **74-minute documentary** by filmmaker Daniel Mackler, weaves together interviews with psychiatrists, psychologists, nurses, and journalists to create both a powerful vision of medication-free recovery and a hard-hitting critique of traditional psychiatry.

This monthly FILM SCREENING is FREE, no RSVP is required and all are welcomed. For further info please contact Dr. Erminia Colucci at ecolucci@unimelb.edu.au



Daniel Mackler is a New-York based film-maker and psychologist, director of four documentary films on recovery from psychosis and schizophrenia without medication, including "Open Dialogue" and "Healing Homes." Three of his films have been subtitled in upwards of twenty languages and have been screened worldwide.