The Ninth Annual Mini-Conference October 2011

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Roles Relationships and Intimacy in Mental Illness

An exploration of changes in intimacy, relationship and roles when some-one is affected by a mental illness.

A Trialogue





The Tenth Annual Mini-Conference October 2012

'Caring, Cared for and Carer'

Exploring the interpersonal, professional practice & political consequences both positive & negative of the terms used to describe the roles of giving and receiving care

A Trialogue







E.g. proposed Trialogue topic

- Trialogue process would explore through the representation of key stakeholder voices (consumers, carers, services), an emerging challenge facing a contemporary recovery framework: the tension and fit between a paradigm based on individual change informed by peer lived experience and the concept of *Recovery for all*.
- The above formulation of the topic brings up questions that relate and test the concept of 'recovery' in terms of 'inclusiveness' and 'diversity': what does 'recovery' mean for families and carers? What role can/do family carers, partners and a person's other significant relationships play in an individual's recovery? Can we conceive of family recovery and the recovery of relationship? How does 'recovery' speak or relate to those from indigenous, refugee and culturally and ethically diverse backgrounds who may be situated at the margins of the mainstream community and the service system?





Trialogue Practice Model Preparation - phase (1)

Creation of a Trialogue working group

 Identifying a topic/issue that is suitable for the Trialogue approach

Develop topic proposal and draft of possible questions to prompt conversation





Trialogue Practice Model Particpants - Phase (2)

 Identify and invite participants -(each role or position can have 1 or a number of representatives, but with all 3 role having equally numbers)

 Briefing of participants on the topic and process; asking for feedback and input to draft 'prompt' questions; respond to any issues or concerns





Trialogue Practice Model

Session outline - Phase (3)

- Brief presentation of topic (facilitator)
- Introduction of each participant by the facilitator
- Brief overview (3mins) by participants of their position and view-reflections on the topic – using hopes & aspirations inquiry format
- 'Prompt' questions posed by facilitator inviting panel/participants responses and encouragement of conversation between participants





Our hopes & aspirations

What hopes and aspirations do you have in terms of exploring-addressing this issue-topic?

Keeping in mind & guided by these hopes

 Think of times that these hopes were <u>not realised or</u> <u>challenged</u> (What got in the road/what effects did this have on you?)

 Think of other times when your hopes were, to some extent, realised or honoured (what steps did you take for this to happen? What guided you in taking these steps?)





Trialogue Practice Model

Session outline - phase (3)

- Finally, invitation by facilitator for a brief reflection from each participants about:
 - What were the main themes that struck them or resonated with them that emerged from the Trialogue conversation?
 - What they might they take away (i.e. 'what has it got you thinking about? What might you now consider that they hadn't considered before, or what might they continue to support?'





Trialogue Practice Model

Session outline - phase (3)

 If there is an audience offer the opportunity to ask questions to panel or give reflections on what particular themes stood out for them

Facilitator to close proceedings





Trialogue –

In your local service setting

• In what situations do you think it would be helpful to conduct a Trialogue?

 What issues/topics do you think it would be good to explore through a Trialogue?

What would you need to set up a Trialogue?





References

Amering, M., Hofer, H & Rath, I. 'The "First Vienna Trialogue": Experiences with a New Form of Communication between Users, Relatives and Mental Health Professionals' in Lefley, H. & Johnson, D (2002) Family Interventions in Mental Illness, International Perspectives, Westport, Praeger.

Sennett, R. 2012. <u>Together: the rituals, pleasures & politics of cooperation. Penguin, Australia.</u>



