



Ringsted
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Pathfinders in the room of reflections

Ungeliv - municipality of Ringsted - Denmark



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Anja Resen
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Staffan Røijen
Reinhold Schäfer





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Disposition

- **Context** / Reinhold
- Service **setup**; reflection **social worker/therapists**
/ Anja & Signe
- Listen to **“A path will come, when we work on it ”**
/ Recording “Simone”
- Reflection **external consultants**
/ Jytte & Staffan
- **Joint reflections** in the room

Political and management context's

Meeting in the middel

- could mean -

meeting between all what is already said
and what we are going to say.

What was talked about?

- 31. October 1517 Martin Luther.
- Max Weber:
The division of labour.
- The diagnostic systems

Wittgenstein, L. (1958: #43) *Philosophical Investigations*. Oxford: Basil Blackwell.

„Man kann für eine große Klasse von Fällen der Benützung des Wortes ‚Bedeutung‘ – wenn auch nicht für alle Fälle seiner Benützung – dieses Wort so erklären: Die Bedeutung eines Wortes ist sein Gebrauch in der Sprache.“ (PU §43)

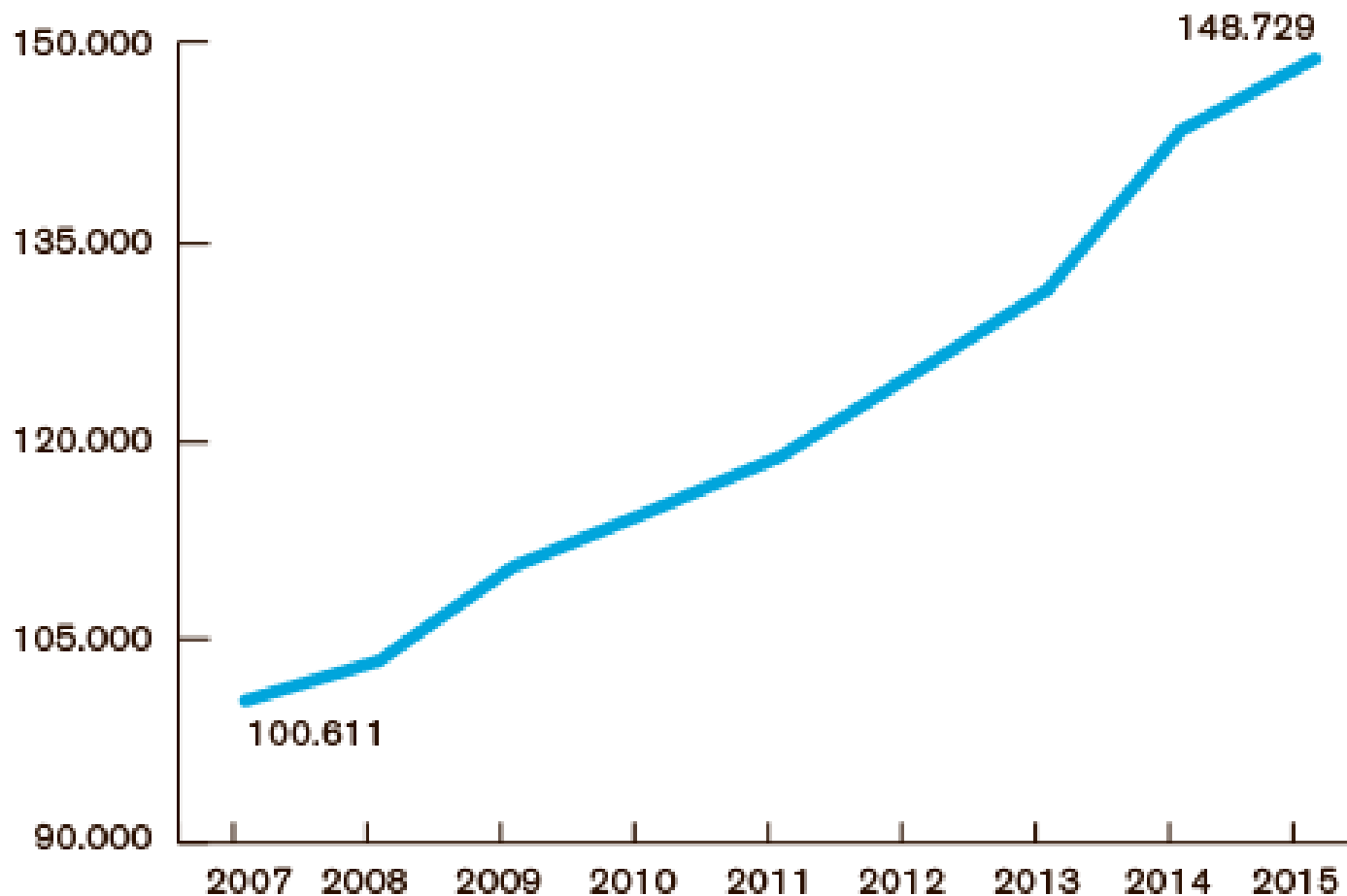


1525 woodcut of forgiveness from Christ outweighing the pope's indulgences

Number of citizens in Denmark with at least one contact to hospital psychiatry over a year (2007-2015)



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Note: Note: Includes all patients regardless of diagnosis and type of contact (hospitalization, scheduled outpatient visits and emergency visit)

David Harper



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Can two psychiatrists agree on a diagnosis for a person? - reliability

Field trials of DSM-5 (i.e. testing it in practice): κ : **0.46** for diagnosis of schizophrenia
(Freedman et al (2013))

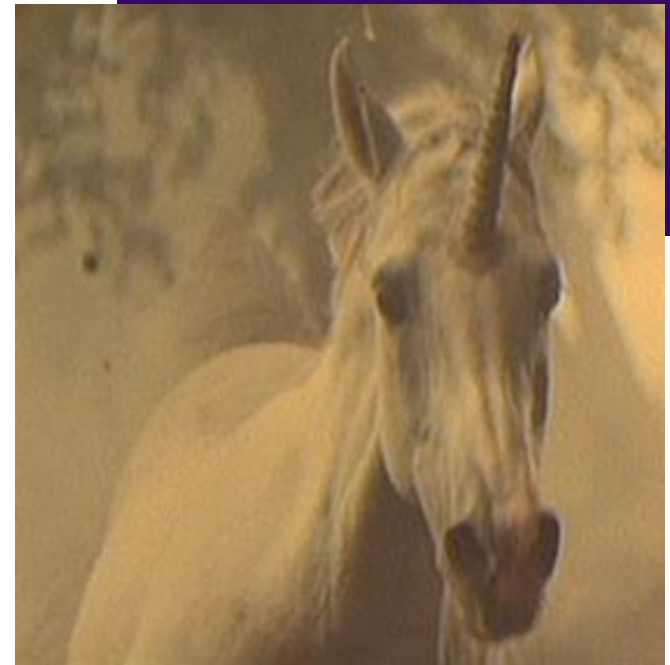
*DSM-5 announced it would accept agreements among raters that were sometimes **barely better than two monkeys throwing darts at a diagnostic board.***

(Allen Frances, Chair of *DSM-IV*, 2013, p.175)



DSM-5: The future of psychiatric diagnosis (2012 - final consultation)

British Psychological Society response to the American Psychiatric Association



National clinical guidelines for treatment of psychiatric diseases by The Danish National Board of Health.



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***“The effect of this method is
vulnerable to patient
preferences.”***

Number of psychiatric hospitalizations (inpatient) and readmissions in Denmark



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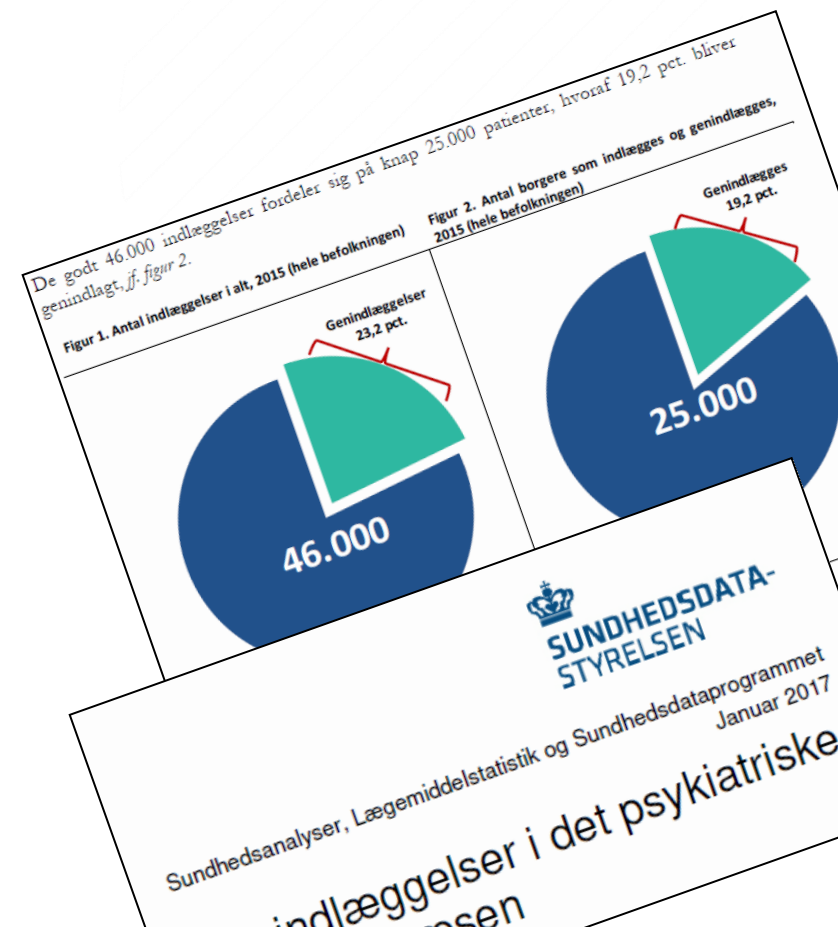
46.000 cases of admissions to inpatient treatment / year.

Hereof **23 %** are cases of **readmission** .

Typically readmission takes place shortly after discharge from inpatient treatment

25% readmissions take place within three days

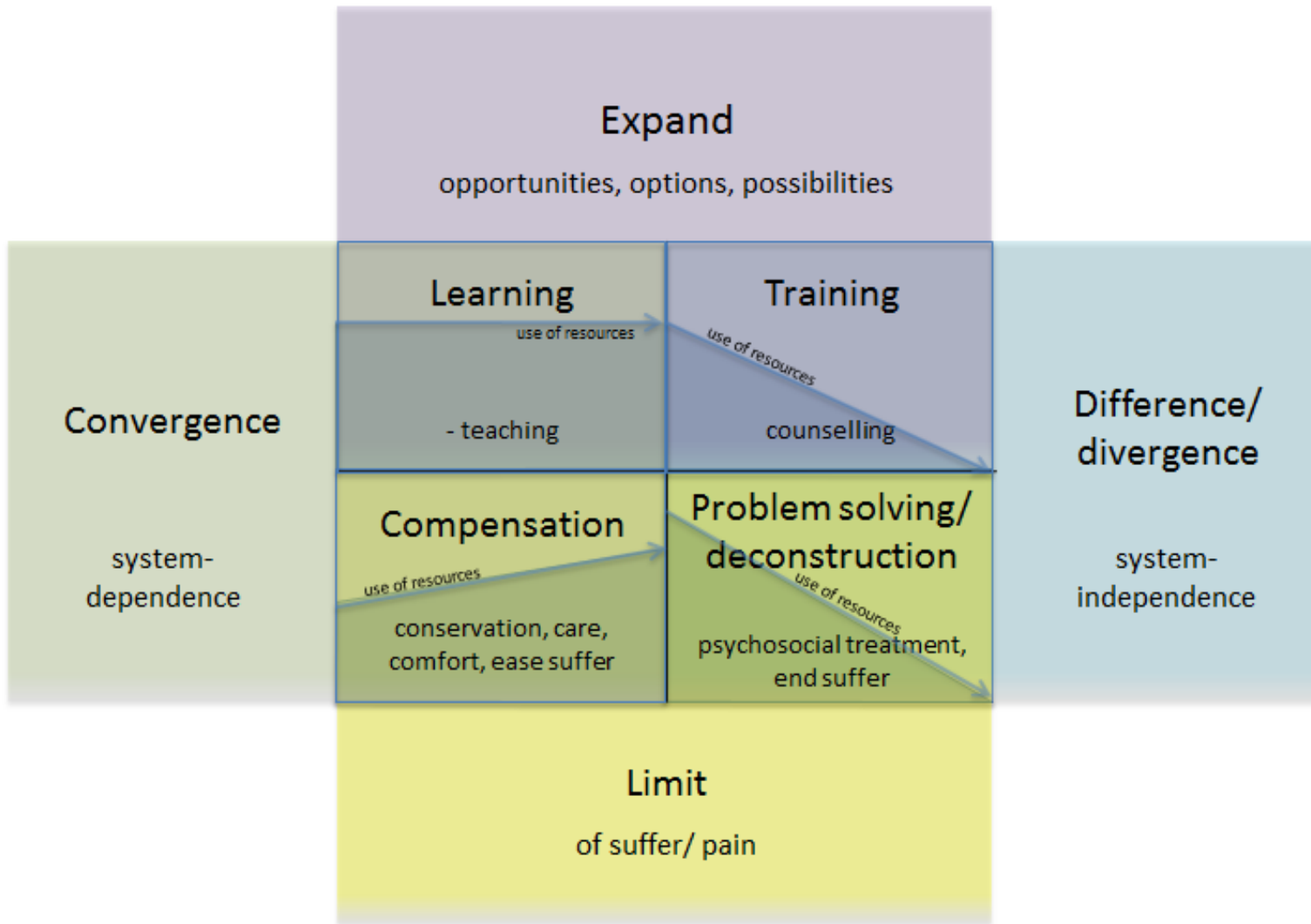
In the municipality of **Ringsted** only have **9,6 %** cases of readmission



(generic stratification model for social work)



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source: Reinhold Schafer 2014 /adaptation of Kurt Ludewig 1992,



Ungeliv



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Treatment for people aged 15 to 25 years old in Ringsted Municipality



Framework and structure



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“Ungeliv” is a part of Ringsted social recovery center. Located in our own locations. The staff consists of

1 daily manager

2 therapists

1 psychologist

And 2 external consultants (1 psychiatrist and 1 psychologist)



The young people (Client groups):



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Mentally vulnerable youth

- Having psycho-social vulnerability
- One or more mental disorders
- Are yet to be diagnosed

Young people with substance abuse

- With an active substance use or abuse
- Experiencing negative consequences of his/her use
- At risk of developing an addiction

We offer:



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- ✓ Group therapy
- ✓ Individual therapy
- ✓ NADA treatment and mindfulness
- ✓ Open youth counselling
- ✓ Counselling with family and network.
- ✓ Cooperation with other relevant actors
- ✓ Reflection group with our external consultants

Structure of the reflection group:



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- Two external consultants and two internal therapist
- We meet 1' every month
- The time and place are always the same
- 1½ hours per group session.
- Theme of the day.
- Numbers of participants
- Participation is obligatory





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- Presentation rounds
- Coffee and tea is always offered
- Tactile stimulation and fidget toys are offered as well



Learning



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The young ones

- Social interaction.
- Sharing life stories
- Mirroring
- Development of strategies
- "Focus on what is STRONG – Not what is WRONG"
- Focus on successes and resources

Learning



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The Professionals

- Learning new methods
- Level of competence
- Taking a de-centered but influential stance
- "Positive disturbances"
- Confidence between internal and external professionals

Simones Story about the reflection group.



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- "Staircase talk"
- "Upside-down relationships"
- Awareness of responsibility for your own life



Nordisk Kongres i familierterapi maj 2017

Pathfinders:

Extern consultants:

Theories behind our model:

- Tom Andersens: reflecting processes
- H.R. Maturana: Multiverse
- Peter Lang: Dignity and Inspired by Wittgenstein, Words create the world.
- Michael White: Externalized stories, Thickening the alternative story, Outsider-witness group. Foucault empowering people.
- David Cooperriders model of Appreciative inquiry
- Andersson & Goolishian : The not knowing position in therapeutic conversations.

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MPM, University of Southern Denmark, 2010. Dip soz. arb. Universität Essen, 1992. Dip. Addiction Counselor, COK Grenå, 1999. Educated in systemic therapy by STOK (Rasmussen, Cecchin, K. Tomm), 1996. Since 2001 manager of public social services. Guest teacher at UCSJ. Member of adv. committee for Psychiatry to the Danish Health Authority (DHA).



Anja Katharina Resen: ANM@RINGSTED.DK

B.A. pedagogy Metropol UC, 1996. Dip. public management, UCSJ. Educated in Dialectical behavior therapy (DBT) by MD R Jensen. Certified NADA- practitioner. Worked as social worker since 1996 and as manager since 2004. Founder of *Ungeliv Ringsted* - public social service for adolescents with social, mental health vulnerabilities or addiction problems



Signe Nielsen: sin@ringsted.dk

B.A. pedagogy, UCSJ Hindholm, 2005. Educated in Environment Therapy, Granhøj 2010. Trained in Systemic Therapy by Gandløse, Røijen since 2012. Certified NADA- practitioner. Worked since 2001 as social worker with children and adolescents in various schools and social services. Co-organizer of children's music festival (Vilde Vulkaner, Denmark).



Jytte Gandløse: jytte@psykologerne-paa-gaarden.com

Cand. Psych. University of Copenhagen in 1981. Authorised clinical psychologist, specialist and supervisor in psychotherapy and child neuropsychology. Trained by Cecchin, Tom Andersen, Harlene Andersson, Peter Lang, Elspeth Mc Adam, Jef Zeig among others. Have worked in private practice for 20 years with therapy, supervision and teaching.



Staffan Røijen: staffan@praksis.net MD University of Copenhagen in 1979. Psychiatrist specialized in child and adolescent psychiatry. Educated in various therapeutic programs. Publikations : eating disorder, SRF - a therapeutic instrument , social psykiatri, liason psykiatri , art Therapy , transkultural therapy. Have worked in private practice for 20 years with therapy, supervision and teaching.



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Pathfinders in the room of reflections – A path will come, when we work on it



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Working institution

Socialpsykiatrien Ringsted Kommune

Abstract

Workshop about collaborative treatment with young people from the age of 16 to 25 years old, with psychological vulnerability and or problems with alcohol and drug abuse. In a setting of monthly sessions with extern consultants – a child and youth psychiatrist and a psychologist. From a team in a Danish municipal social-psychiatric system.

Ringsted municipality has developed a collaborative method **Pathfinders in the room of reflections**. An approach from a non-diagnostic and a not knowing position, in an emotional authentic, resource oriented and appreciative frame.

The young people, social workers/contact persons/therapists and the team of extern consultants meet and find a path, by the help of three reflexive processes from a specific chosen them. These collaborative processes develop new narratives for the youth and the social workers making new and different understandings in order to experience and understand the young people's journey from a position of disturbance to witness the position of hope and development.

The result is a praxis, which is respectful for the participant's positions, and which also match the demand for the social-psychiatric intervention in Denmark, in a time with a growing number of young people in psychiatric treatment, as well as a growing demand for efficient methods and efficient use of resources in public social work.

Both in the method of the model and in the context of the organization, we use the "onion" model, and the development of meaningful narratives. It is the young people who chose, if they want school advisory, contact with the social worker, or if they want to participate in the monthly sessions with the external consultants.

We work from a hypothesis, that the youth most of all want to be meet as independent and responsible humans.

The model is a graduated approach, instead of a complex and coordinated approach. An important condition for this model is that the social worker is able to be a visible and authentic role model.

The voice of the young people will in the workshop be introduced by a sound track (with English subtitles).

The positions from the professionals will be described with the focus on:

- Management (which is a demand in public social work).
- Social workers- (method, learning and supervision)
- External consultants' (inspiration and the development of the youngsters and social workers).
- All positions will be described from the domains of esthetics, production and reflections.