

Polyphonic dialogues – generating words for the not yet spoken

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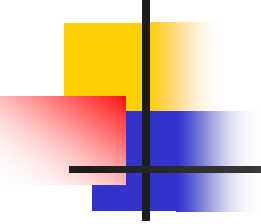
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- "... authentic human life is the open- ended dialogue. Life by its very nature is dialogic. To live means to participate in dialogue: to ask questions, to heed, to respond, to agree, and so forth. In this dialogue a person participates wholly and throughout his whole life: with his eyes, lips, hands, soul, spirit, with his whole body and deeds. He invests his entire self in discourse, and this discourse enters into the dialogic fabric of human life, into the world symposium." (M. Bakhtin, 1984)



The challenge in dialogues

- First thing we learn in life – but seems to be difficult to adopt as experts
- We are aiming at interventions and controlling the phenomena – dialogue is focusing on the sayings in the present



What is dialogue

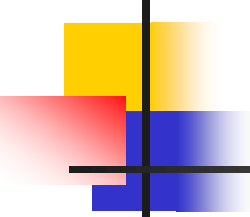
- Following the words and way of saying of our clients
- Accepting entirely the words and way of saying
- Being involved as living person
- Being carefull when giving our comments



Dialogue is polyphonic

- “Voices are the speaking personality, the speaking consciousness”. (Bakhtin, 1984; Wertsch, 1990)
- (“Voices are traces and they are activated by new events that are similar or related to the original event” (Stiles et al., 2004))

Dialogue is M. Bakhtin



“For the word (and, consequently, for a human being) there is nothing more terrible than a lack of response” (Bakhtin, Speech genres, 127)

“Being heard as such is already a dialogic relation” (Bakhtin, Speech genres, 127)



Dialogue is being present in the moment

- “Once occurring event of being”(M. Bakhtin)
- “Neither – nor” reality (T. Andersen)
- From explicit knowledge to implicit knowing (D. Stern, 2004)
- From narratives to telling



Dialogue is intersubjective

- “Life is not psychology – it is music”
(Colwyn Trevarthen)
- Relational beings, “intersubjectivity”:
“I see myself in your eyes” (M. Bakhtin)
- Mirror neurons: “I see myself in the other”
(M. Iacoboni, 2008)



Two histories – at the same time

1. Embodied living in the present moment
 - shared experience
 - no spoken narratives
2. Narratives that we tell of the past incidents, experiences and things
 - meanings constructed



Being present – generating new language

S: I have not been recognized

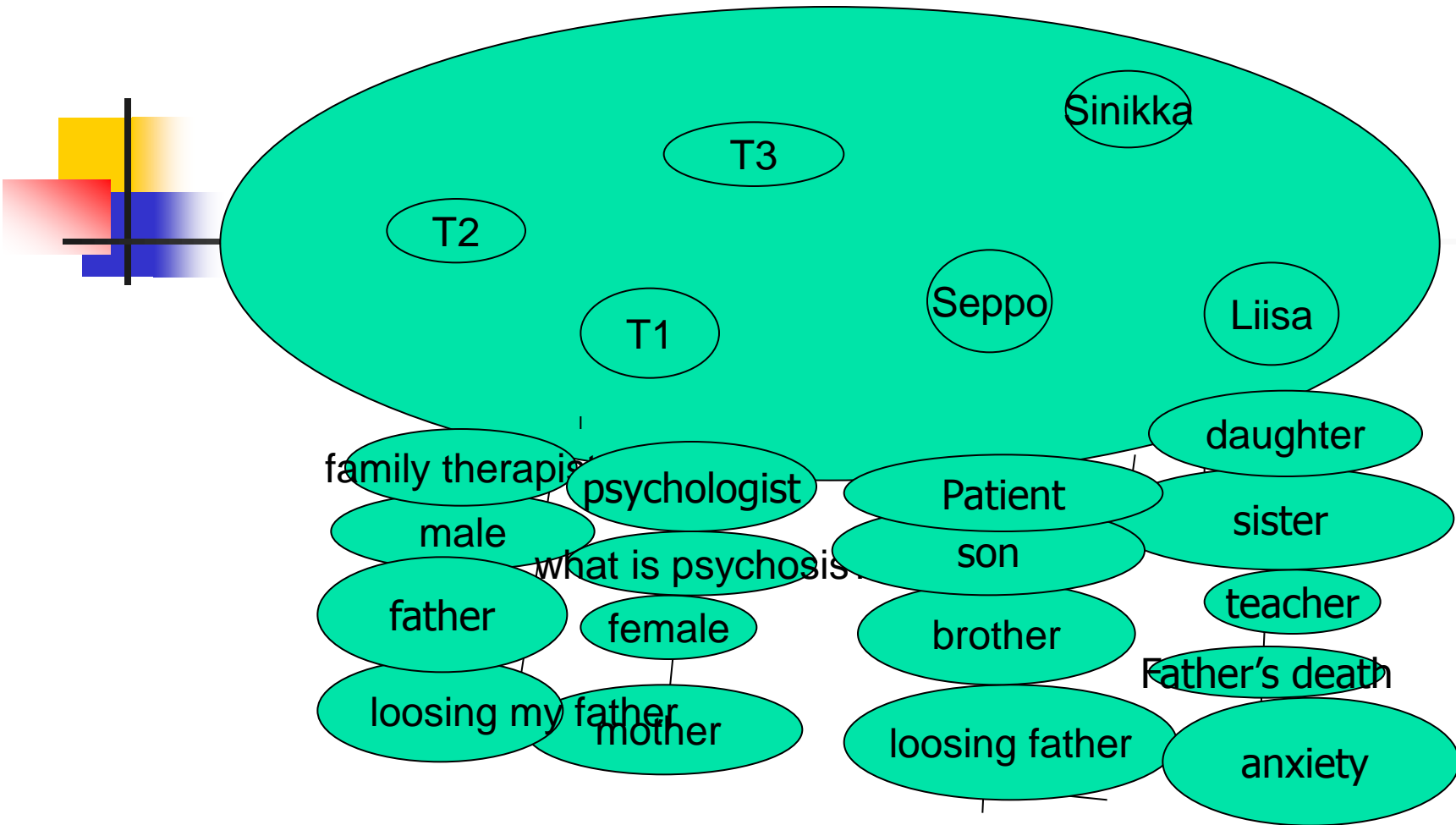
T1: You have not been recognized?

S: Throughout my life I've been excluded from the family. At last I want to get rid of this symbiotic mess.

T1: You said that " Throughout my life I've been excluded from the family". Then you said that "At last I want to get rid of this symbiotic mess". It sounds like you are saying two things at the same time?

S: (10)... yes... that's what I said.... But so far I cannot say anything more about it

T1: (7) ...yeah



- "Vertical polyphony" = "inner voices"
- "Horizontal polyphony" = people present



MAIN ELEMENTS OF OPEN DIALOGUES/1

- Everyone participates from the outset in the meeting
- All things associated with analyzing the problems, planning the treatment and decision making are discussed openly and decided while everyone present



MAIN ELEMENTS OF OPEN DIALOGUE/2

- The primary aim in the meetings is not an intervention changing the family or the patient
- The aim is to build up a new joint language for those experiences, which do not yet have words



MAIN ELEMENTS OF OPEN DIALOGUE/3

- Meeting can be conducted by one therapist or the entire team can participate in interviewing
- Task for the facilitator(s) is to (1) open the meeting with open questions; (2) to guarantee all the voices being heard; (3) to build up a place for reflective comments among the professionals; (4) to conclude the meeting with definition of what have we done.



MAIN ELEMENTS OF OPEN DIALOGUE/4

- Professionals discuss openly of their own observations while the network is present
- There is no specific reflective team, but the reflective conversation is taking place by changing positions from interviewing to having a dialogue



SIMPLE GUIDES FOR THE DIALOGUE IN THE PRESENT MOMENT

- Prefer themes of the actual conversation instead of narratives of the past, but be realistic
- Follow client's telling and be careful with your own openings
- Guarantee response to spoken utterances. Responses are embodied, comprehensive
- Note different voices, both inner and horizontal
- Listen to your own embodied responses
- Take time for reflective talks with your collegians
- Use dialogical utterances, speak in "I" form
- Proceed peacefully, silences are good for dialogue