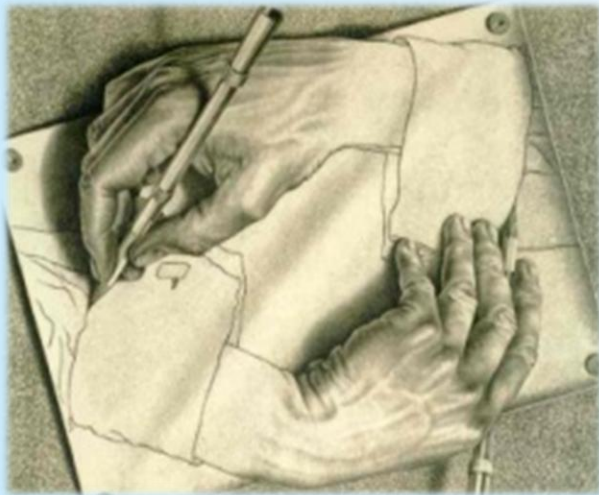


# Family Therapy in Finland

3.4.2025

Klaus Lehtinen



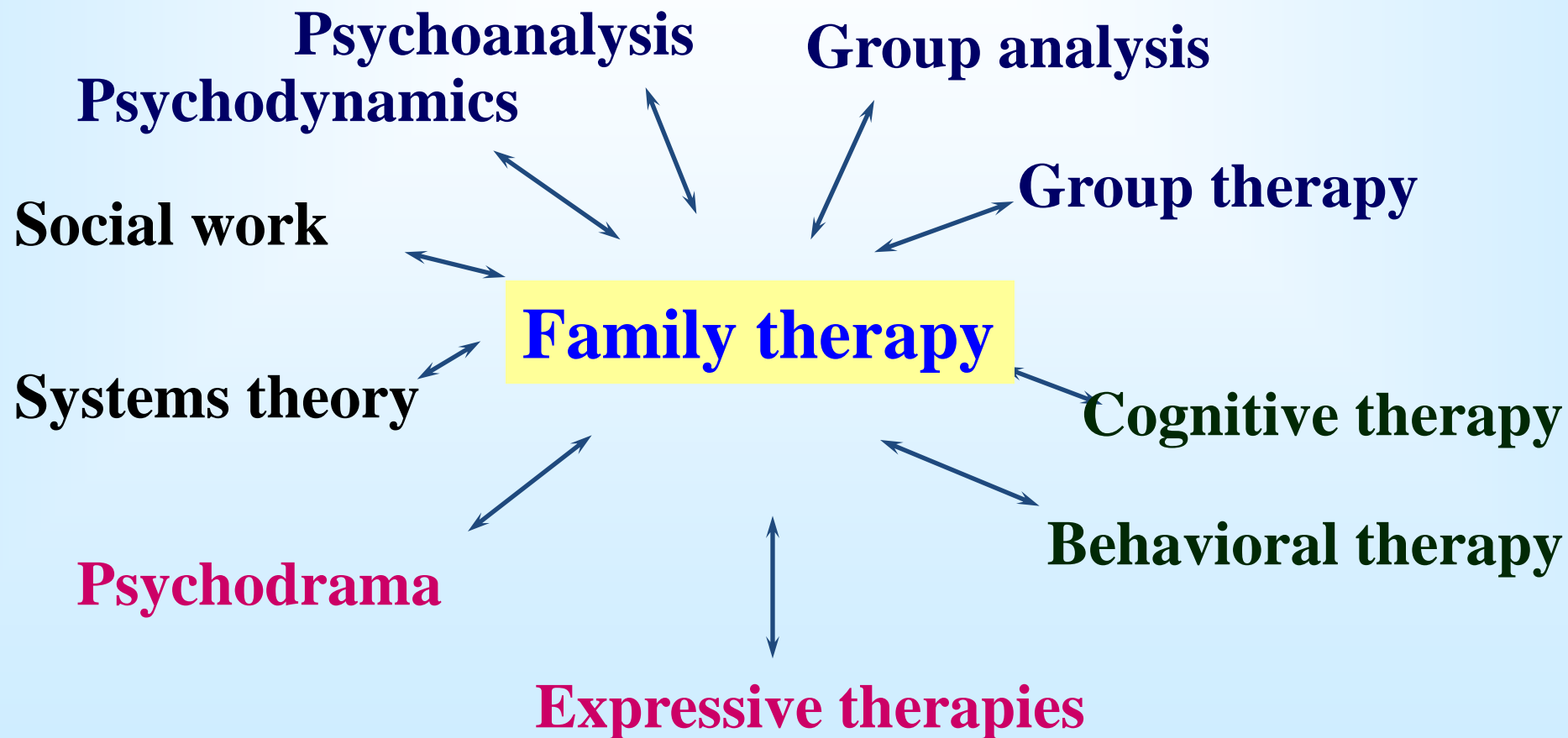


# Why family therapy?

- Works with existing interaction
  - Rapid effects
  - 24 hour therapeutic effect
- Plenty of tools for working with networks
  - Family tree, timeline
- Systemic thinking
  - Everything affects everything
  - Allows for holistic and deepening understanding



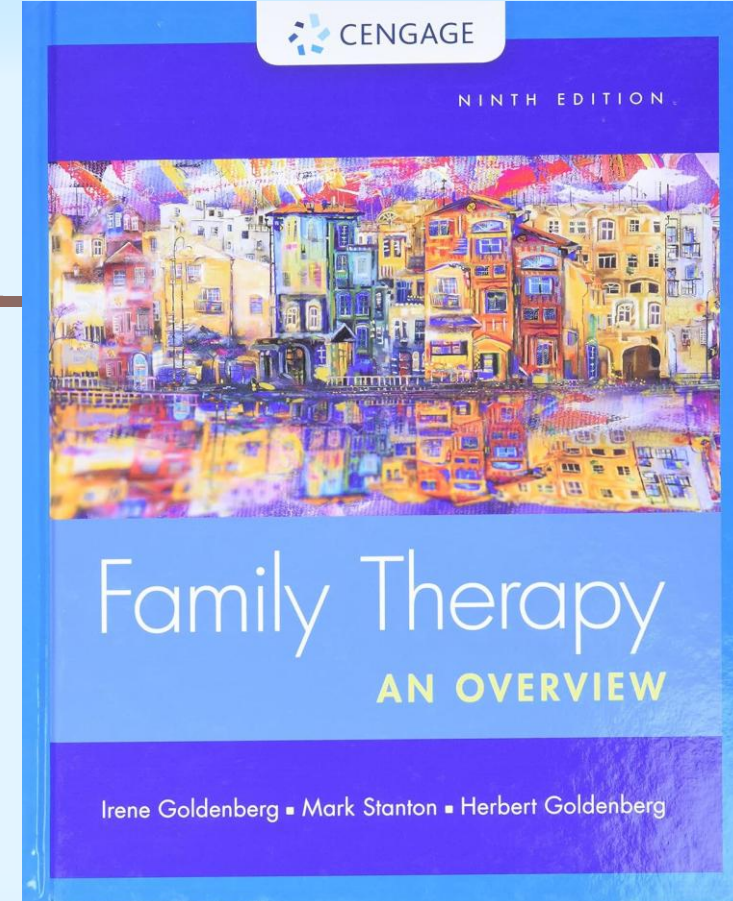
# Family Therapy, an Opportunist





# Family approaches

- **Psychoanalytic**
  - The history of the family and the patient
  - Couple therapy
- **Structural**
  - Structures and boundaries in the family
- **Strategic**
  - Psychosis is interactional
  - Reformulation, change of interaction patterns
- **Systemic**
  - Psychosis is interactional
  - Constructivism
  - Interviewing, circular questioning, curiosity



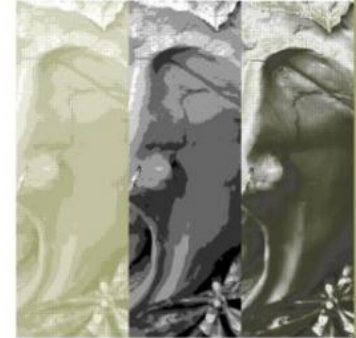


# Family approaches 2

- Psychoeducational family therapy
  - Psychosis is an illness, families are not to blame
  - Pittsburgh, chronic patients and their families
    - ✓ *Carol Andersson: Psychoeducation*
    - ✓ *Multifamily groups, McFarlane*
  - Buckingham project, acute service
    - ✓ *Ian Falloon, Grainne Fadden*
    - ✓ *Behavioral family therapy: Communication skills, problem solving, family meetings*
    - ✓ *Therapist acts as a coach for the family*
- Solution focused
  - Helps clients find their own solutions
    - ✓ *Focus on what has worked*

GERD-RAGNA BLOCH THORSEN,  
TROND GRØNNESTAD & ANNE LISE ØXNEVAD

## Family and Multi-Family Work with Psychosis



A GUIDE FOR PROFESSIONALS

PUBLISHED FOR  
 THE INTERNATIONAL SOCIETY  
FOR THE PSYCHOLOGICAL TREATMENTS  
OF THE SCHIZOPHRENIAS AND OTHER PSYCHOSES



# Family approaches 3

- Narrative
  - Social constructionism
  - Reflective teams
  - Open dialogue
- Beardslee intervention
  - Children
- Need Adapted Care, Open Dialogue

## Open Dialogue for Psychosis

Organising Mental Health Services to Prioritise  
Dialogue, Relationship and Meaning

Edited by Nick Putman and Brian Martindale

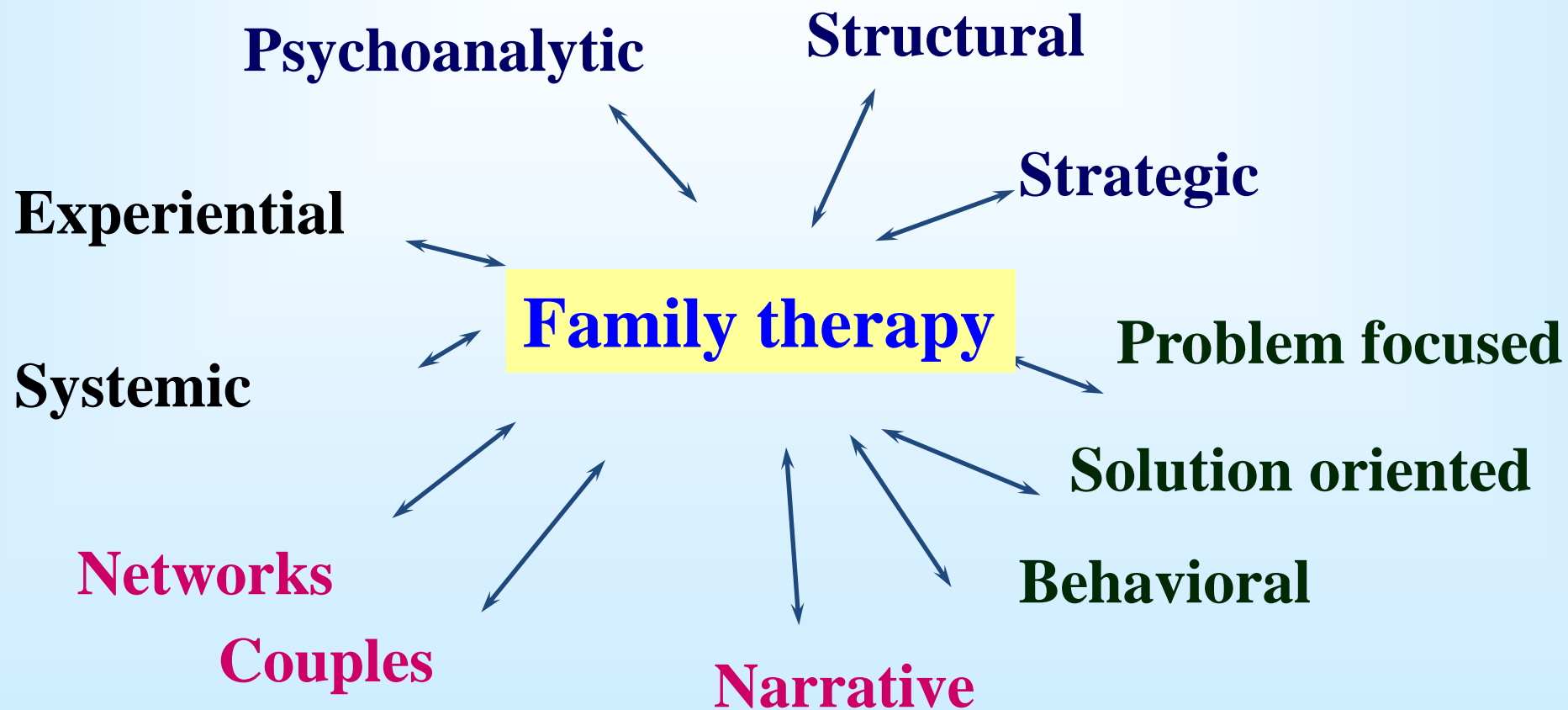


SERIES EDITORS:  
Anne Lewis and Andrew Shepherd





# Not A therapy





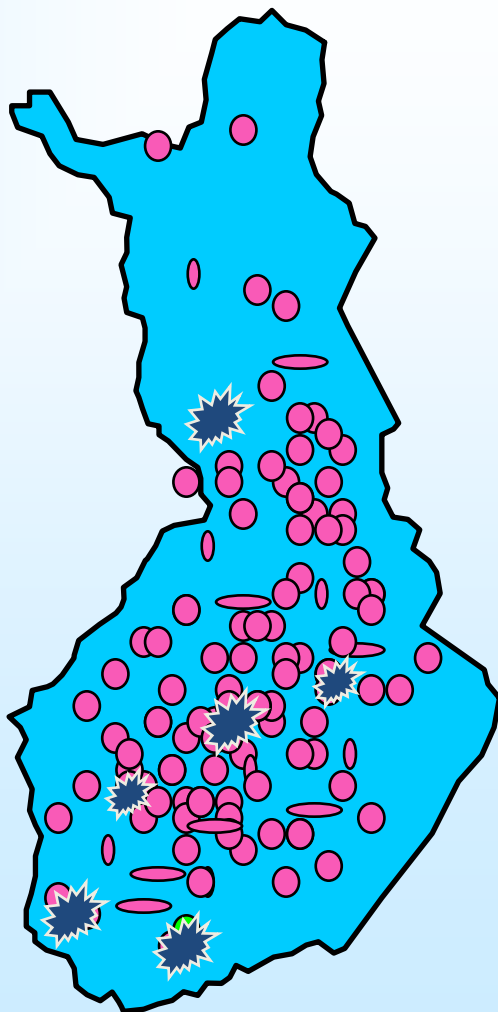
# Eighties Revolution in Finland

- Large national training program (Finnish Mental Health assoc.) 1979-1980-
  - Systemic thinking
- The National Schizophrenia Project 1981-1987
  - National Administration of Health Publication 103. 1987. *Treatment guidelines for Schizophrenia by the Need Adapted Care*
    - ✓ *Psychosis teams*
    - ✓ *Therapy meetings*





# Results of the Schizophrenia Project 1991



- 1993 50 psychosis teams



# Nineties to present

- Social constructionism, reflective family therapy
- In clinical guidelines psychoeducational family therapy is promoted
- Major changes in Finnish psychiatry
  - Evidence based psychiatry, DSM III-V
  - Need Adapted Care is forgotten
  - Open Dialogue is too different
- API – Study
  - ✓ *Two years follow- up gets published, five year results not accepted for publication*

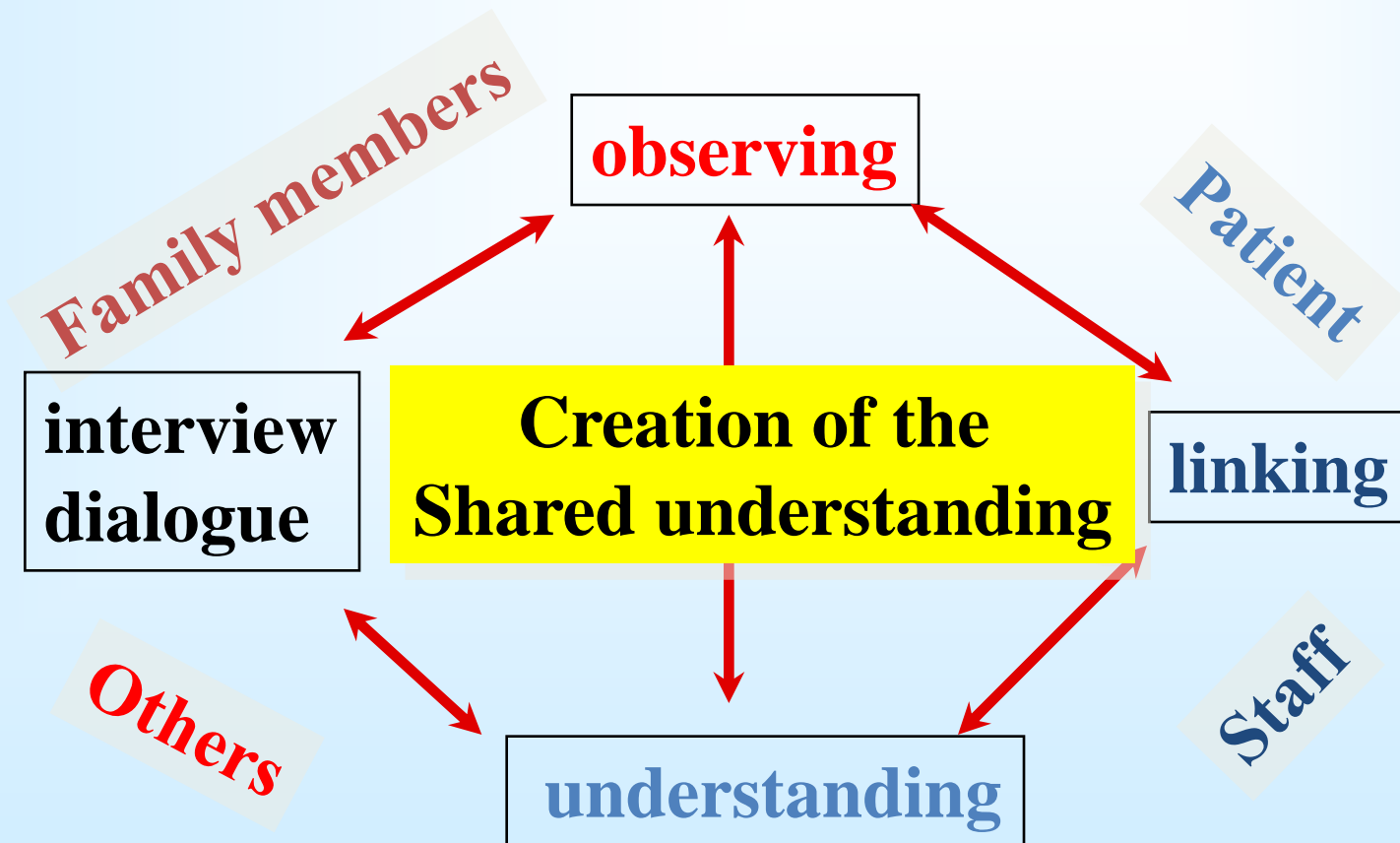


# Shared understanding = diagnosis

- A formulation of what in the present and past is linked to the psychosis. Based on all the information available
  - What has happened: Family tree, timeline (ladder)
  - Traumas and how they live in the present
    - ✓ *Personal experience*
    - ✓ *Interactional patterns*
    - ✓ *Problems in everyday life*
  - Biology and social context
- A jointly accepted plan of what needs to be done
  - Remembering the resources of the patient and the family and the non-professional network

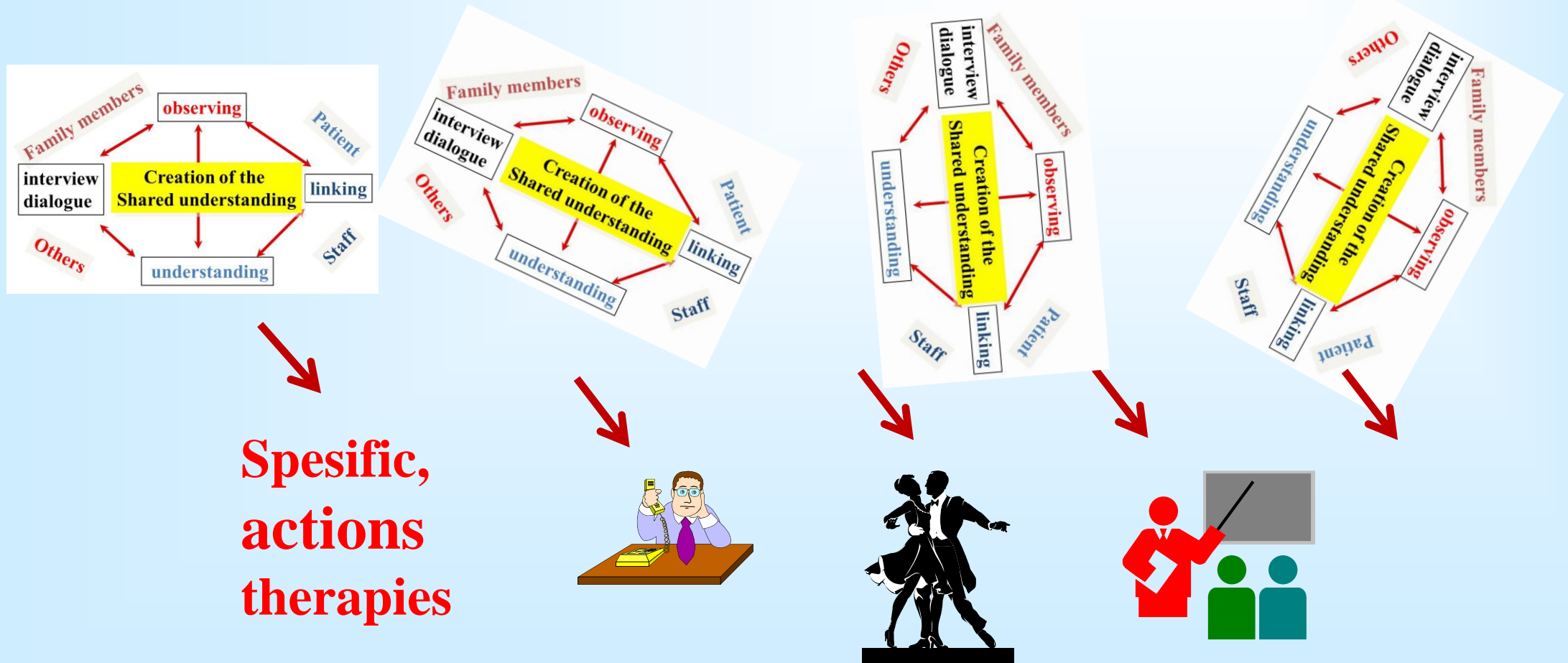


# Therapy meetings, a process engine





# Integration of different interventions





# Rec.

Melleril 25 mg

D. tabl. no. C S.

*” 1-2 pills in the evening. Helps tolerate the difficult and mixed feelings related to the final stages of the long psychotherapy ”*



