

**Jaakko Seikkula, Ph.D., Professor of Psychotherapy, University of Jyväskylä**  
*Clinical psychologist, family therapist*

Jaakko has been mainly involved in developing family and social network based practices in psychiatry with psychosis and other severe crises. Since the early 1980s and for many years he was part of the team that developed the comprehensive Open Dialogue approach for acute psychosis. Recently, ideas of open dialogues have been applied to social work with children's problems, organizational consultation, supervision and teaching. Research has focused on outcome and process studies of family therapy of psychosis and depression and on social network interventions. Concerning outcome studies in psychotherapy, the main focus is on developing methods for naturalistic designs to see how psychotherapy affects real world clinical practice.

Another line of development and research has focused on creating methods for examining dialogues in family therapy settings. The main aim is to develop tools for making sense of what happens in multi-actor dialogues, especially focusing on responses in dialogues. This is related to Jaakko's main language philosophical interest on Mikhail Bakhtin's work for 25 years. Lately, the importance of being present in the moment in the "once occurring participation in being" has become for Jaakko the most important aspect of therapy, as well as of writing and teaching about therapy. The latest project concerns the human mind. Jaakko is in charge of the "Relational Mind in events of change in multiactor dialogues" project, in which the comprehensive happenings of change in couple therapy will be clarified, including outer and inner dialogues and the function of autonomic nervous system of clients and therapists.