



JAEC Accueil: Sessions for people with psychological difficulties

The JAEC Foundation provides a safe space and a staff trained in various approaches, including eCPR and Open Dialogue. We pay particular attention to active listening, sharing, and non-judgmental communication.

We value each voice as unique and worthy of attention.

We aim to listen inclusively, offering input while remaining open to the clients' different realities, avoiding interpretations, evaluations, comments, criticism, or judgments. We feel this is the ideal therapeutic approach.

Below are the key points that guide us: There is no right or wrong

- Providing sufficient time for all participants to participate
- Respecting moments of silence
- Avoiding generalizations
- Listening without analyzing
- Focusing on the positive aspects of each situation
- Not trying to fix problems and people
- Exploring together the unknown

Therapeutic presence in Open Dialogue: REFLECTING

In the Open Dialogue frame, the professionals sit with the client and his/her chosen network in pairs. There is always a minimum of two (2) professionals who accompany the process. These can be family therapists, social workers, nurses, psychologists, psychiatrists, etc.

Reflecting is a respectful way of proceeding and is central to the Open dialogue frame. It is usually welcome by the client and his network. The professionals will first ask the client and his network if they agree with reflecting at the beginning of the therapeutic process.

During the sessions, which last approximately 90 minutes, the professionals may turn to each other and express thoughts and feelings without looking at the clients. The professionals will always bear in mind the situation and safety when doing so and be honest and speak in the first person (I).

Reflecting has proven to be very helpful when working with diverging points of view in an extensive network and family groups.