



Open Dialogue Meeting – Iceland 2026

Programme for the 30th international meeting in dialogical and reflective approaches in treatment of psychosis

The day-time programme consists of workshops, discussions and speeches.

The themes for the workshops will be co-created during the Wednesday evening gathering. Workshops take place Thursday and Saturday. Saturday emphasizes contemporary research.

Times are in Icelandic time (GMT +0).

Wednesday, 26 August

12:00–14:00	International Open Dialogue Network Meeting
14:00–15:00	Registration
15:00–15:45	Welcome
15:45–16:45	Workshop planning
16:45–18:00	Summarizing ideas
18:00–19:00	Break
19:00	Get Together Cocktail Event

Thursday, 27 August

09:00–10:30	Plenary
10:30–11:00	Break
11:00–12:15	Workshops
12:15–13:30	Lunch
13:30–14:45	Workshops
14:45–15:15	Coffee break
15:15–16:30	Workshops
16:30–17:00	Closing session

Friday, 28 August – Open Day

09:00–09:15	Opening of the Open Day Björn Skúlason, Patron of Hugarafi
09:15–09:55	Auður Axelsdóttir The History of Hugarafi and the Development of Open Dialogue in Iceland (30 min + 10 min Q&A)
09:55–10:35	Grétar Björnsson Rocky Road to Recovery (30 min + 10 min Q&A)
10:35–10:55	Coffee Break
10:55–11:55	Jaakko Seikkula, Kari Valtanen & Mia Kurtti What Travels and What Stays Home? Experiences on Transferring Open Dialogue from Western Lapland to International Settings (50 min + 10 min Q&A)
11:55–13:00	Lunch

13:00–13:40	Mie Leer Moving Together Towards More Dialogical and Network-Oriented Practices Across Contexts: On Equality, Dialogue and Direction in Aarhus, Denmark (30 min + 10 min Q&A)
13:40–14:20	Ann-Rita Gjertzen & Heidi Susann Emaus Relation- and Network Conversations in Acute Crises: Shifting the Focus from the Individual to the Social Network – Development in Specialist Mental Health Services in Tromsø, Norway (30 min + 10 min Q&A)
14:20–14:40	Coffee Break
14:40–15:30	Maria Ingström RESTRAINED – A Doctor's Journey Through Psychosis, Recovery, and the Healing Power of Human Connection (40 min + 10 min Q&A)
15:30–16:30	Robert Whitaker Open Dialogue: Has It Ushered in a Paradigm Shift in Psychiatry? Or Is It Being Adopted as an Adjunctive Therapy to Pharmacotherapy? (50 min + 10 min Q&A)
16:30–17:00	Panel Discussion Questions from the audience with all available speakers
17:00–17:15	Closing reflections and invitation to the remainder of the conference

Saturday, 29 August

09:00–10:30	Plenary
10:30–11:00	Break
11:00–12:15	Workshops
12:15–13:30	Lunch
13:30–14:45	Workshops
14:45–15:15	Coffee break
15:15–16:30	Workshops
16:30–17:00	Closing Session
17:00–19:00	Break
19:00	Festive Dinner & Party

Sunday, 30 August

09:00–10:00	Coffee and snack
10:00–12:00	Summary and closing

Changes to the programme are possible