



Empowering people, family and community with Open Dialogue

Join Hunter Primary Care and local services in our community for an **Open Dialogue Discovery Day** to learn more about how the approach could be transformative for our community.



Open Dialogue is a way of listening and reflecting, of shared decision-making and supporting. It empowers people with immediate access to a network of support in their community – when and where they need it.

Open Dialogue is an approach to mental health and wellbeing that changes how services plan, organise and interact with people and families.

It is also a way of empowering young people experiencing distress to activate their own recovery journey with a social network of support including family, friends, peers and service providers.

The approach creates the conditions that young people need to thrive in their community through:



Agency and voice so that people can develop their own route to healing and recovery.



Connections and dialogue with family, peers and social networks.



Compassion and continuity in care that brings together all the supports that are available in a community in a coordinated way.

The approach creates a safe space where people can come together and each person's view is listened to and respected. It also opens the door to youth and mental health services to collaborate.

Discovery Day facilitators

Keith Bryant, CEO of Open Dialogue Centre

After working at the stock exchanges in London and Johannesburg in the 1980s, Keith was appointed a partner of Bain and Company in 1989, and subsequently a Director at Deutsche Bank Australia for a decade. Keith previously held leadership positions at Wentworth Community Housing, the Constellation Project, and the Benevolent Society. He is currently Chair of the Board for the Foyer Foundation (a non-profit organisation that addresses youth homelessness), and CEO of the Open Dialogue Centre.

Tilly Reid, Open Dialogue trainer

Tilly has been instrumental in designing training to support how teams plan, collaborate and foster culture change. She is a clinical practice lead who brings extensive experience as a registered mental health nurse. She develops ways to strengthen the understanding of how Open Dialogue can be transformative for organisations and the workforce, with deep knowledge around Peer Supported Open Dialogue, organisational clinical processes, and person-centred approaches.

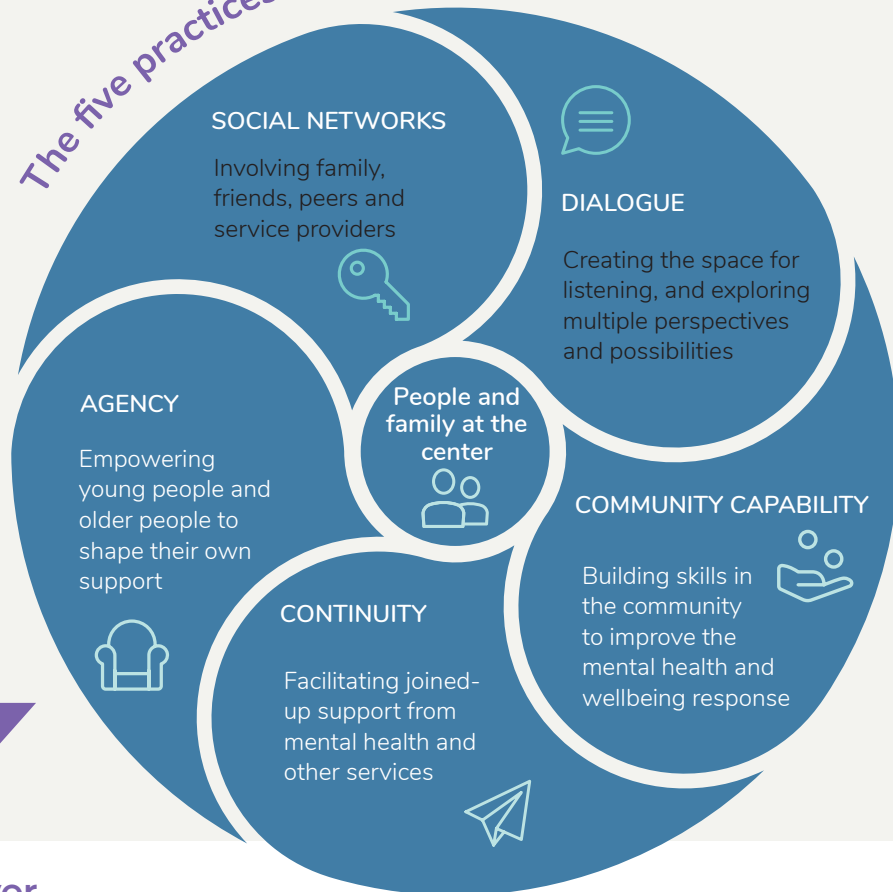
Tilly led the implementation of the ODDSSI trial in Devon – a large randomised control trial within the National Health Service in the UK.

History and context

Open Dialogue is recognised by the World Health Organisation because it enables family and community support to be part of each person's recovery journey.

The approach was first developed and trialled in Finland in the 1980s. The original cohort showed significant improvement in symptoms after five years and many participants were able to return to work or study.

The five practices of Open Dialogue



Join us!

For a one day event to discover more about how the Open Dialogue Approach could be transformative for our community.

When: Tuesday 18th November, 2025

Time: 10-3pm AEDT

Location: Hunter Primary Care
7 Warabrook Boulevard, Warabrook, NSW

RSVP: by Tuesday 11 November
Register here: <http://bit.ly/4hcEmVn>

More about the social network

Open Dialogue enables mental health services, local community services, people with lived experience and peer-support workers to become facilitators of a social network by training in the Open Dialogue Approach.

Facilitators engage in deep listening, build relationships and adopt every-day language.

'Nothing about me without me' is core to the approach.

About the Open Dialogue Centre

We now have an independent Centre (ODC) where the practice of Open Dialogue is being fostered.

The Open Dialogue Centre (ODC) was established with the support of philanthropy to enable the widespread adoption of Open Dialogue in Australia.

We are committed to an evidence-informed approach to embed, learn and grow the approach.



To find out more contact:
info@opendialoguecentre.org.au
www.opendialoguecentre.org.au

ODC Founding Partner: GrantFamily Philanthropy.

The Open Dialogue Centre is registered as a Charity with the ACNC and has deductible gift recipient status. The Open Dialogue Centre is Company Limited by Guarantee.