

Editorial

*Fabio Vanni**

I met Jaakko Seikkula during a training weekend a few years ago. On that occasion I was involved in the simulation of an *Open Dialogue* meeting where I played, needless to say, a difficult teenager from a problematic family.

Seikkula was our therapist, and this was a particularly intense moment of that weekend, which also included frontal training and round tables in which Jaakko was always an active protagonist.

I was struck by his gentle and attentive style, which did not prevent him from defending his approach against the critical remarks of some discussants, but instead fostered a serenely constructive, non-muscular atmosphere in the audience, who, I believe, left the hall with an overall perception of having viewed things from a new and promising perspective.

I then had the opportunity to participate in other training sessions as part of a course organised by the Emilia Romagna Region, during which I met other Finnish colleagues whose listening skills and curious interest in others I once again appreciated.

I discovered a world that others before me were obviously already familiar with, and which I found very interesting for several reasons. Not least the ability to work in a psychologically oriented way with serious patients and situations, with high relational complexity, sometimes with intense expressiveness, also manifested aggressively.

The language used by Jaakko and his colleagues to recount human experiences, even the most complex ones, was unlike the forms I most often observed within the 'real psychiatry' I frequented, and the practices they proposed were very different.

But here, in the experience of the Finnish colleagues, which originated in a remote village near the Arctic Circle, and which has now spread across all continents, there was also the capability to show that the approach they proposed worked. Dozens, now hundreds, of studies have shown its effectiveness, cost-effectiveness and applicability in very different organisational and cultural

*Psicologo, psicoterapeuta, Dirigente AUSL Parma, Direttore RP, Direttore Scientifico 'Progetto Sum', Italia. E-mail: fabiovanni@progettosum.org

contexts (from the USA to Japan, from Australia to Latin America, as well as Europe).

It was on that occasion, during that weekend in Parma, that my Open Dialogue with Jaakko began, followed shortly afterwards by the proposal to write a text for *Ricerca Psicoanalitica* that would tell us what *Open Dialogue* means today, more than thirty years after its inception. It is therefore with satisfaction that I welcome the publication of the current issue, which is an attempt to recreate a dialogue on Jaakko's paper with the help of three colleagues, Carmine Parrella, a psychotherapist and SIPRe member who works in the Mental Health Service in Lucca; Giuseppe Riefolo who attended and directed one in Rome for a long time and who, as an SPI analyst and supervisor in many services, is well acquainted with the criticalities of the most difficult clinics; Enrico Vincenti who, besides being a SIPRe member and an expert on institutional issues, has been working in a psychiatric context in the Milan area for years. I believe the dialogue they produced with Seikkula amply deserves to be read and perhaps further developed in the future.

After an article by Fulvio Frati that diachronically sketches the concept of conflict, which has accompanied psychoanalytic thinking from the very beginning and which today perhaps has a more peripheral collocation, or in any case a very different one from the one it had in the past, we present a second appointment with the column '*Dialogues on the relations of care*', in which Carmine Parrella writes the story of a psychotherapeutic treatment to be submitted to the reflections and comments of three colleagues (Roberta Giampietri, Gianfranco Bruschi and Susanna Porcedda), leading to considerations which are, I believe, as productive as the comments themselves.

We conclude this year's third issue with two further comments. The first, by Maria Zirilli, on Maria Luisa Tricoli's book on supervision. The second, by Ilaria Giannoni, on the film '*Perfetti Sconosciuti*' by Paolo Genovese.

An issue, therefore, that has dialogue and exchange as its *fil rouge* without in any way renouncing depth and relevance of content, that I hope will be of interest to many colleagues.

Conflict of interests: the author declares no potential conflict of interests.

Ethics approval and consent to participate: not required.

Received for publication: 6 November 2021.

Accepted for publication: 8 November 2021.

©Copyright: the Author(s), 2021

Licensee PAGEPress, Italy

Ricerca Psicoanalitica 2021; XXXII:601

doi:10.4081/rp.2021.601

This article is distributed under the terms of the Creative Commons Attribution Noncommercial License (by-nc 4.0) which permits any noncommercial use, distribution, and reproduction in any medium, provided the original author(s) and source are credited.