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Proposal for workshop, 4 th International Conference on Dialogical Practices, Torino

Title: *Being moved*

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In what ways does dialogues facilitate change for those involved? Is it about creating new understanding? Is it about opening space for new expressivity, vitality and movement? Is it about attention and responsibility towards the other? Is it about what goes on between us? Is it about what is evoked inside us?

In Southern Norway, dialogical practices have been implemented and developed within diverse services for more than a decade. In mental health, community services, schools, and in work with families in high conflict situations. Dialogue is viewed both in the abstract - as a philosophy for cooperation and co-creation, and as a practice - a specific way of *doing* helping initiatives.

We would like to present findings from two qualitative studies exploring dialogical approaches as used in a mental health service for adolescents and their families. Findings from these studies suggest that *ethical* and *vitality* aspects in the dialogues are perhaps more important than the aspect of creating common *understanding*. In other words, dialogues may generate change through the way they can contribute to a space where the interlocutors feel welcomed by each other. The experience of being welcomed, so as to be free to speak and to be responded to, is seen as a fundamentally *ethical* aspect of dialogical practice, which implies that participants dare to express themselves (*vitality*). When ethics and vitality are in motion, new understanding may also arise. This richness and complexity of dialogue seems to point to the importance of the movement of the body in dialogical practice; face, voice, gestures, breath, heartbeat...

The studies have also explored the relation between the outer dialogue of therapeutic conversations with the inner dialogues of each interlocutor. Findings suggest that it is only by taking this interplay between inner and outer dialogues into account that one can understand the emergence of significant and meaningful moments in therapy. One of the main reasons that inner dialogues are essential, is that they allow many different movements, both in time and between positions.

We will also present further research projects, taking these ideas into new terrain.

We want to invite to this workshop to discuss experiences and findings, and to explore together how the ideas of ethics, vitality and bodily movement might lead to further developments of practice.