

Jaakko Seikkula. Open dialogues as embodied action – new vision for dialogicity.

We participate in dialogue with our entire bodies and all deeds, said Mikhail Bakhtin. In our practices the spoken – and sometimes written – part of dialogue has been the main emphasis and the embodied part of dialogue has not yet been paid enough attention to. According to Bakhtin, however, the main part of dialogue happens outside spoken words. We participate in dialogue at least on five different domains. In addition to (1) spoken and written dialogue in words we participate in dialogue (2) with facial expressions; (3) with body gestures and movements; (4) with Autonomic Nervous System (ANS) responses and with (5) experiences of the dialogue. Especially interesting is to become more familiar, how do we respond to each other in our ANS, since it is mainly non voluntary part of response to each other and the most sensitive way we as humans become connected to surroundings. In this way our bodies respond to each other before we realize that in our mind. In this pre conference I will open up the embodied elements of dialogue and describe some of the results of our Relational Mind research project, in which we have followed couple therapy session with two therapists by looking at all the above mentioned domains of communications.