

# Welcome to the 4th Nordic-Baltic Conference

17. – 19. September 2008  
Hotel Laulasmaa Resort  
Laulasmaa, Estonia



## Exchanging ideas and experience

Transnational cooperation around professional work with children

### Conference Lecturer:

**USA, Scott D. Miller, Ph.D**

**England, Elspeth McAdam, Consultant Child and Family Psychiatrist**

**Denmark, Allan Holmgren, adj. Professor, Clinical psychologist**

**Denmark, Preben Brandt, Psychiatrist, Dr.Med.**

**Island, Pall Olafsson, Master in Social Work (MSW)**

**Estonia, Aleksei Turovski, zoologist**



Norway



Sweden



Denmark



Iceland



Faeroe-Island



Greenland



Estonia



Latvia



Lithuania

# The 4<sup>th</sup> Nordic-Baltic Conference

We are happy to invite you to the 4<sup>th</sup> Nordic-Baltic Conference. The idea about this cooperation between our countries is based on the fact that our societies are complex and many of our children suffer. Some of the problems are similar in our countries, and we need to learn from each other and share methods and skills as well as to learn different ways of organizing the helping system. Our professional groups have a lot of competence and it is of vital interest to maintain this. We want to assist the different groups so they feel less alone and our hope is to prevent people from getting “burned out” in their struggle to help children. We also need to focus on ethical aspects of the work and to bring our competence and knowledge to the politicians and other decision makers. The program has a very high standard; this is because the lecturers are so eager to participate, and they do this without any charge!! We are very thankful for this and hope this conference will be as good as the previous ones.

Lars R. Lund, on behalf of the board of NBO

## “What Works” in Therapy [Wednesday 1415-1800 Opening Lecture](#) / [Thursday 1400-1800 Topic A](#)

### **Translating 40 years of Outcome Research into Strategies for Effective Clinical Practice.**

For today's practitioner, finding reliable information about “what works” in therapy—separating fact from fiction—can be challenging. Since the 1960's, the number of treatment approaches has exploded, going from 60 to over 400 at last count. During the same time period, over 10,000 books and 100,000 articles and research reports have been published. Without exception, developers and devotees to particular methods claim superiority in conceptualization and outcome of their chosen approach. Meanwhile, governmental bodies, professional organizations, and third party payers are assembling, mandating adherence, and in some instances limiting payment to lists of treatments considered “evidence-based.”

**Lecturer: Scott D. Miller, Ph.D.** is a co-founder of the Institute for the Study of Therapeutic Change ([www.talkingcure.com](http://www.talkingcure.com)), a private group of clinicians and researchers dedicated to studying “what works” in mental health and substance abuse treatment. He works as a therapist providing all clinical services pro bono to traditionally under served clients. Dr. Miller conducts workshops and training in the United States and abroad and is known for his engaging and humorous presentation style. He has presented for many professional audiences. Most recently, he served as an invited faculty member at “the Evolution of Psychotherapy Conference”. He is the author of numerous articles and co-author of a lot of articles and books. The most famous ones are maybe; *The Heart and Soul of Change: What Works in Therapy* (1999), and “*The Heroic Client* (2000-2004).

## Appreciating and Dreaming the Future [Friday 0900-1145 Lecture](#) / [Thursday 1400-1800 Topic B](#)

### **Where Psychobiology Meets Psychotherapy**

Recent research is beginning to look at the neurobiology that is present in different attachment and emotional states. These neurobiological states have been found to determine different sorts of behaviours and ways of reacting to others. What we do and how we act as therapists of course has a neurobiological consequence. How can we maximize the effect we have, being aware of the possible neurobiological status of our clients so as to increase their sense of safety and growth. Appreciation and imagination have been found to be ways that people can re experience attachments and further growth.

**Lecturer: Elspeth McAdam, Consultant Child and Family Psychiatrist.** Has worked for the National Health Service in England for the last 30 years. With her experience as a Systemic Therapist and Consultant she has been on the cutting edge of developments in both the therapeutic and organisational world. She has worked as a consultant, supervisor and innovator in the UK, Scandinavia, Belgium, Holland, South America and Africa. She has a passion to encourage children to realise their potential and really live their dreams and to realise they can create their futures by what they are doing today. She has developed some innovative ways of working with children who have been abused and who are living on the edge

## Narrative freedom in a therapeutic context [Thursday 0900-0945 Lecture](#) / [Thursday 1400-1800 Topic C](#)

The focus of narrative therapy is the stories that those who ask for help bring into the therapy room. People cannot live without a story. The meaning of life is always formulated in stories. People who come to therapy and ask for help have a thin story - not thick. Stories are dominated by thin conclusions about identity are not the full stories of people's life's. The task of the therapist is to look for gaps in the stories, to look for initiatives and for episodes that do not fit with the dominating thin story those who come to see us have about their own life. Is it not that the dominating problematic story is wrong, but the task for the therapist is to ask questions to put the spotlight on other stories related to actions that can be told about the persons life(s) and relationships.

Freedom comes as a result of not being what we are told to be, as a result of going against the power of dominating stories. Freedom is an ongoing process; freedom is a feeling. Freedom is the twin of both discipline and power. Power can only work when there is freedom to do something else. The concept of power we meet in the culture sometimes wants to form us in other ways we ourselves want to become.

**Lecturer: Allan Holmgren, adj. professor Clinical psychologist.** Has worked in the psychiatric field for 30 years. Hi is adjunct professor in coaching and leadership at the Copenhagen Business School. Has been director of a psychiatric institution for twelve years. Is founder and director of DISPUK – the leading training institute for narrative therapy, leadership, consultancy, supervision and coaching in Denmark. Allan has written extensively on both therapy and leadership. He is one of the leading figures in narrative therapy and poststructuralist practice in Europe.

## The life must be understood backward [Thursday 1000-1045 Lecture](#). [Thursday 1400-1800 Topic D](#)

More young people are severe excluded from the "normal community" today than ever before. Even we try to help those young persons back to what we find a good life many (most maybe) continue to be marginalized with no home, no job, poor network and less good health than rest of the population.

We often forget to take in consideration that a great number of these grown-up marginalized people has as children been neglected and mistreated born into families with many social, addictions and mental health problems. I interviewed 129 young homeless people half of all those interviewed said that one or both of their parents abused alcohol and/or drugs (most commonly prescribed drugs). Most (about 80%) described growing up under insecure conditions combined with a severe lack of emotional support and a rigid or tyrannical upbringing. About half described their childhood homes as characterised by such economic need that they regularly experienced a lack of food and were normally without the means to acquire new clothes or other necessities. Moreover, about half claimed to have suffered various forms of psychological distress during childhood.

**Lecturer: Preben Brandt, Psychiatrist, dr.med.** Has been working with homelessness and health during the last 30 years, both directly in the streets and theoretical. Founded 10 years ago project UDENFOR ([www.udenfor.dk](http://www.udenfor.dk)) a NGO doing street work, research, developing new programs and being involved in international network.

## "How should I behave?" [Thursday 1100-1145 Lecture](#) / [Thursday 1400-1800 Topic E](#)

Pall has been one of the pioneers in introducing "Restitution" to the Icelandic community. His main interest and what he emphasizes in his lectures is how people communicate and how people behave toward each other. Diane Gossen is the founder of Restitution but Pall has added to her ideas his own experience and knowledge as a professional in social work as well as a family man. In his lecture he gives an insight in to what Restitution is and how to communicate with other people as a professional as well as a parent communicating with ones child.

**Lecturer: Iceland, Páll Ólafsson Master in Social Work (MSW).** Pall Olafsson holds a Masters degree of social science in social work from Lund University, Sweden. He has worked in Iceland since 1999 in child protection, mainly with children aged 13 - 18. Pall has worked in three different municipalities. He has created successful tools, based on the Restitution theory, such as "The Circle", "Giant steps" and "The Little group" to work with young people who have difficulties controlling their lives.

## Youth as a challenge in the animal kingdom [Thursday 1200-1245 Lecture](#)

In the social species, there are three big forms of infrastructure existing simultaneously and in interaction:

1. General hierarchic system where there are either the males (in some species) or the females (on others) competing but also supporting each other in cooperation (male or female-centered systems);
2. Fully social systems (eusocial). The so-to-say social cooperation and competition structure of females regardless whether the leaders are males or females.
3. The system of the young ones. From the pubescence to the status of mature animals. All young animals have specific infrastructures. Between those infrastructures, dynamics of an individual operates in the general system – we have younger and older young ones. The issues arise at the point where these two systems – from the status of younger young ones to that of older young ones – meet. For example: at a very young age, the animals are allowed certain behavior that is no longer tolerated when they reach the status of an older young one. Attitude towards them changes because they are older now.

The conference lecture concerns the last one, i.e. the system of the young ones. „For example: when a child happens to be a leader among those of his own age, then reaching adulthood, that person may no longer be a leader because different rules apply in the society of adults and that person is accepted differently by other adults. They regard that person as an adult, regardless of his or her position in the childhood. Such transitions from childhood to nearly adulthood affect young people very much and may result in dramatic events.“

**Lecturer: Aleksei Turovski.** Born in Moscow, he graduated the department of biology and geography of the Tartu State University as a zoologist. Since 1972 he has been working at the Tallinn Zoological Gardens and also for 20 years at the Estonian Marine Institute. Aleksei Turovski has spoken about animal life and behavior on the radio, television and lectures and written several books. His activities as a researcher of animal behavior and in popularizing nature are widely known. He teaches animal psychology and (animal communication) at the University of Tartu and Tallinn Pedagogical University.

## PROGRAM

---

### Wednesday:

1000-1300 Registration  
1300 Opening event  
1415-1800 Opening lecture: **Scott D. Miller**  
1900 Dinner and social arrangement

### Thursday:

0900-1300 Lectures: **Allan Holmgren** 0900-0945 **Preben Brandt** 1000-1045  
**Pall Olafsson** 1100-1145 **Aleksei Turovski** 1200-1245  
1400-1800 Topic: A. **Scott Miller**  
B. **Elsbeth McAdam**  
C. **Allan Holmgren**  
D. **Preben Brandt**  
E. **Pall Olafsson**  
1900 Dinner and social arrangement

### Friday:

0900 Lecturer: **Elsbeth McAdam**  
1200-1300 Closing event and reflections from lecturers and the leaders of the conference.  
Bus to the airport and to Tallinn.

## PRACTICAL INFORMATION

---

### LOCATION

The conference will be held at Hotel Laulasmaa Resort in Laulasmaa, approx. 30 min. from Tallin.  
<http://www.laulasmaa.ee>

### TRANSPORTATION

There will be arranged bus from the airport in Tallinn to the conference hotel. This is included in the conference prices. Those who choose to arrive on Tuesday must pay separately for the first night. We can assist with booking accommodation. (The latest bus will leave Tallinn airport about kl.1230!)

The conference cost in Laulasmaa 17. - 19. Sept.

Conference fee, hotell and all meals, travel by bus from airport to Laulasmaa:

In double room	Nordic contries	€ 380	In single room	Nordic countries	€ 450
In double room	Baltic countries	€ 200	In single room	Baltic countries	€ 270

Kalinka tours have given us the following prices:

The cost for travel and additional accommodation in Tallinn for 2 nights Sept. 19.-21. (includes visit to institution)

From **Oslo** Sept. 17. 0915 - Arrive in Tallinn 1145 - Departure from Tallinn Sept. 21. 1855

Cost: DKK 3200 (single room add. DKK 520)

From **Copenhagen** Sept. 17. 0940 - Arrive in Tallinn 1215 - Departure from Tallinn Sept. 21. 1810

Cost: DKK 2500 (single room add. DKK 520)

From **Stockholm** Sept. 17. 0840 - Arrive in Tallinn 1040 - Departure from Tallinn Sept. 21. 1535

Cost: DKK 2400 (single room add. DKK 520)

You can also arrange travel by yourself, by air or by boat from Stockholm to Tallinn

**NB! Remember to get your participation confirmed before private orders.**

The bills will be sent out after June 8th.

For application look at the attached form,  
download from or apply online at [www.nordiskforening.no](http://www.nordiskforening.no).

The 4th Nordic-Baltic Conference  
Laulasmaa, Estonia

**APPLICATION FORM**

Also available online at [www.nordiskforening.org](http://www.nordiskforening.org)

Participant name: .....

Email: .....Phone: .....

Address: .....

Invoice adr: .....

Whish flight from: Oslo ..... Stockholm ..... Copenhagen .....

I shall arrange the travel and accommodation my self: .....

Arrive in Tallinn: Date: ..... Time: ..... I need hotel on Tuesday in Laulasmaa: ..... Tallinn: .....

Want help/recommendation on choice of hotel in Tallinn: ..... from Friday to Sunday

Request bus from airport Wednesday, September 17th ..... or Tuesday 16th .....

Accommodation: Single: ..... Double: ..... Share room with:.....

Lectures: Participation in lecture on Thursday: A.... B.... C.... D.... E....

Excursion: I wish to participate in excursion on Saturday....

**NOTICE! Closing date for entry: June 8., 2008 NB! It is a limited numbers of participants.**

**For participants from the Nordic countries, forward the application to:**

[bhasvik@broadpark.no](mailto:bhasvik@broadpark.no), Birger Hasvik, Traraberget 2, 1605 Fredrikstad, Fax: 0047 69383161, Mobile: 004792830482

When the application form is received by Birger Hasvik a confirmation of the application will be returned together with an invoice. The application is completed when the payment reaches our account in the bank.

**Remember the payment costs when you transfer!!!**

**For participants from the Baltic countries, forward the application to:**

Estonia: Pille Vaiksaar, [pille@lak.viljandimaa.ee](mailto:pille@lak.viljandimaa.ee), 3725143845 (Estonien organization for children homes)

Latvia: Liene Friesehenbrudere, [apite@tvnet.lv](mailto:apite@tvnet.lv), 37129149387 (Children homes organisation)

Lithuania: Kestutis Razanas, [razanas.k@gmail.com](mailto:razanas.k@gmail.com), 37068619392 (Children homes organisation)

Lithuania: Neringa Garaliene, [neringa.g@hotmail.com](mailto:neringa.g@hotmail.com), 37065773247 (Spec.teachers organisation)

**For applicants from the Nordic countries, the following can help with information:**

Sweden: Ulf Petersen, 70543107, [ulf.petersen@kommunen.varberg.se](mailto:ulf.petersen@kommunen.varberg.se) (Vocational Association of Swedich Sosial workers)

Sweden : Freddy Gustavson, 705102912, [freddy@gustavson.as](mailto:freddy@gustavson.as) (Vocational Association of Swedich Sosial Workers)

Denmark: Ole Hansen, 40783948, [olehansen123@yahoo.dk](mailto:olehansen123@yahoo.dk) (Danish Organisation of Private Institutions)

Norway: Lars R. Lund, mobil: +4791397726, [llundmad@c2i.net](mailto:llundmad@c2i.net) (Mental health care)

Island: Thorunn Oskarsdottir, 3548223099, [thorunn.oly.oskarsdottir@reykjavik.is](mailto:thorunn.oly.oskarsdottir@reykjavik.is) (The Association of Child Care – and Mental Helth Care Institutions.)