Over the last decade, inspired by systemic family therapy and narrative approaches, Glenda Fredman’s team in the UK has found ways to bring families, practitioners and communities together to respond to medical, mental health and social care crises. This work has taken place with children, adolescents, older people and people affected by intellectual disability and their families. This workshop share inspiring stories of this work and train participants in how to ‘conduct’ and ‘weave’ networks of hope.

When families are in crisis, Glenda’s team conducts meetings with the referred persons, their families, ward staff involved in their care, including nurses, psychiatrists, social workers, occupational therapists and psychologists, community practitioners, and significant members of their local communities. These ‘network meetings’ create opportunities for enhanced communication and planning but they also offer therapeutic opportunities for all who participate.

Practitioners who were initially demoralised by lack of progress or overwhelmed by the enormity of their tasks, have moved from expressions of despair towards hope. And clients give very positive feedback to family or staff about these meetings and the renewed possibilities that they bring.

This workshop is relevant to those working in a range of different contexts. Glenda’s team has experience in working with:

**MENTAL HEALTH**
- parents diagnosed with mental health problems
- younger adults admitted to an inpatient psychiatric service with ‘a first or second episode of psychosis’

**PHYSICAL HEALTH**
- children and young people affected by illnesses that affect their bodies (not all these conditions have a medical diagnosis)
- older people affected by ill heath

**DISABILITY**
- people affected by intellectual disability

Glenda Fredman is the author of ‘Death Talk: Conversations with Children and Families’, ‘Transforming Emotion: Conversations in Counselling and Psychotherapy’, and co-editor of ‘Being with Older People: A Systemic Approach’. She currently works with children, adults, older people and people with intellectual disabilities, their families and staff teams in hospitals and community settings within the National Health Service in London UK where her practice is informed by systemic, narrative and appreciative approaches.