Therapeutic Communities ‘Inside’

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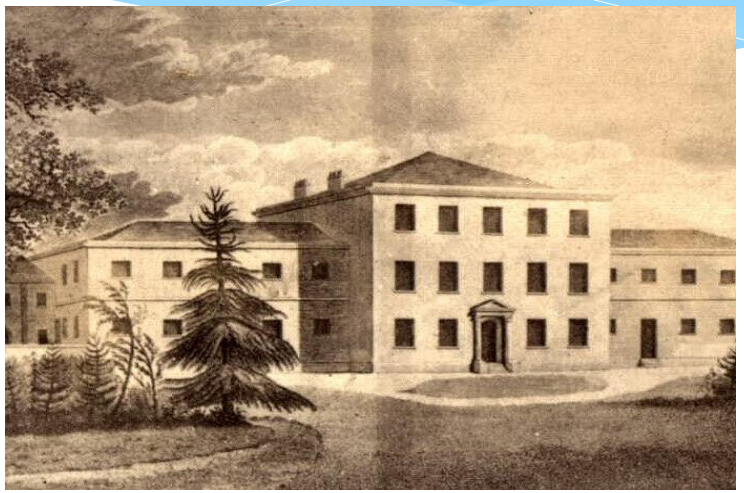
QICJ Conference

What is a TC?

* A planned environment which uses the therapeutic power of social and group processes
* It promotes equitable and democratic group-living in a varied, permissive but safe environment
* Interpersonal and emotional issues are openly discussed and members can form trusting relationships
* Mutual feedback helps members confront their problems and develop an awareness of interpersonal consequence of their actions

A bit of Quaker History

* The Retreat (1796): reclaiming our humanity
* 'Moral Treatment'



* 'Insane' treated as far as possible as if they were well
* The importance of engagement in meaningful activity
* Recovery as a reasonable expectation

History

* Trauma as an explanatory model
  * WW1 – ‘shellshock’
  * WW2 – ‘peer treatment’
  * ‘Therapeutic Communities’ in post-war MH services
    Henderson Hospital; Cassel Hospital; Dingleton Hospital

TC's in Prison

* HMP Grendon 'psychiatric prison' for those with Antisocial Personality Disorder 1962 – now a TC prison with 6 TC's. Includes 'TC+'
* Dovegate Prison, 5 TC's
* Gartree, Blundeston 1 each
* Aylesbury, 1 TC for Young Offenders
* Send Prison, 1 TC for women
  * Around 600 residents in all
* Addiction TC's for men, 3
  * Around 190 residents

TC's in Prison

* Barlinnie Special Unit. 1973 – 1995
* Max Glatt Institute (addictions TC, Wormwood Scrubs) 1975 - 2005

Why all these new units?

* 2000 - ‘Dangerous and Severe Personality Disorder’ program in English Prisons. NHS England and HMPPS initiative
* 2010 - Offender Personality Disorder Pathway
  * ‘PIPE’s: residential services in prisons and probation approved premises
  * Intended not as treatment but as environments adapted to contain people with complex needs and/or PD
  * Enabling Environments

Punishment vs. Rehabilitation

Alienation vs. Engagement

Tom Main coined the term TC -

'An attempt to use a hospital not as an organisation run by doctors for their greater technical efficiency, but as a community with the immediate aim of full participation of all its members in its daily life and the eventual aim of the resocialisation of the neurotic individual for life in ordinary society… a spontaneous and emotionally structured organisation rather than one which is medically dictated'

On Becoming a (Changed) Person

Culture of Change	Technology of Change
Coping vs. Learning Alienation vs. Involvement Exclusion vs. Participation Incompetence vs. Competence	Emotion Regulation Salience: what is attended to? Priming: what is valued? Validation/'marking': what is new? Modelling/mirroring: what am I like?
Leading to: • Engagement in Change • Responsibility • Reciprocal, not transactional, Friendship	

Structures and Containment

* Regular Timetable
* Community meetings, therapy groups
* Shared creative and work activity
* Emergency Meetings

Nothing is compulsory but everyone must take part

Rapoport (1960)

* **Democratisation**
  * Authority vs Power, Individual vs Group:
  * How does a community organise itself?
* Recognising what makes a constructive Community

Rapoport (1960)

* **Communalism**
  * Living together as a Community
  * Openness vs Confidentiality
  * ‘Grassing’
* Seeing yourself as others see you

Rapoport (1960)

* **Permissiveness**
  * Participation vs Spontaneity
  * All Behaviour is tolerated if it is not damaging to the Community: conformity is not the goal
  * Everything is open to scrutiny or challenge ('interpretation')
* Rediscovering Creativity and Self-Expression

Rapoport (1960)

* **Reality Confrontation**
  * ‘Living-Learning’
  * A Culture of Enquiry
* Addressing offending behaviour and its causes

The Quintessence of a Therapeutic Environment
Haigh (1999)

- **Attachment** Joining; mentoring; building relationships; rituals and Ceremonies
- **Containment** Boundaries; Rules; Timekeeping; Confidentiality; Non-judgemental discussion
- **Communication** Expectation of talking freely; everything is open to scrutiny; discussion of non-verbal communication; treating behaviour as communication
- **Inclusion** Everything is part of therapy; humour; playfulness; shared space; fluid hierarchy
- **Agency** Decision-making/voting; participation in admission, suspension and discharge; responsible roles; mentoring

Becoming a Person is a Creative Process

* Be yourself without being overwhelmed by Shame
* Love and Be Loved
* Act in the world

What can go wrong?

* Agency vs Conformity
  * Bullying and Scapegoating
  * Subgroups
  * ‘Antigroup’ phenomena
* Learning not transferable: **the rest of the world is not a TC**

TC's are prone to precipitate closure

* TC's are for worrying people
* Non-conformist staff ?
* Breakdown of external relationships
* Fears of loss of control: Moral Panic

Look after those who send people to your service

Do TC's Work?

We shall not cease from exploration
And the end of all our exploring
Will be to arrive where we started
And know the place for the first time.

from Little Gidding by T.S.Eliot