



# The Joint Newsletter

of the Association of Therapeutic Communities, the Charterhouse Group of Therapeutic Communities, and the Planned Environment Therapy Trust

Number 1

March 2001

## Dear Readers...

We are delighted to welcome you to our first newsletter. It is a joint venture between three registered charities all of which support the development of therapeutic community practice and therapeutic environments. It is especially exciting in that it brings together the worlds of adult and child social care and education and thus has the potential to promote and encourage practice developments across the sector.

We hope that the newsletter will become central to our discussions and developments so that we can continue to inform and learn from each others' work and to explore what works and what doesn't. We would like to encourage all readers both within and outside membership of our organisations to use the newsletter to contribute and debate issues that arise from our work at a grass roots level and from research and other initiatives as they arise. In true therapeutic community fashion this newsletter is what we all make it.

**Happy reading!**

**John Cross**, Planned Environment Therapy Trust; **Rex Haigh**, Association of Therapeutic Communities; **David Lambert**, Charterhouse Group of Therapeutic Communities

A WELCOME FROM THE CHAIRMEN:

### AND FROM THE EDITORS...

What would YOU call a newsletter that sets out to bring together the business, news and thinking-out-loud of three very different organisations, albeit ploughing a common field? Something that suggests movement, growth, talking, introspection, sharing, advocacy, thought, identity. We're stymied, and are offering prizes for the best suggestions. First prize will be a place on the editorial team for the next issue!! Or -??

This is a newsletter intended for everyone involved in or concerned with therapeutic community and therapeutic environments, starting with Britain but clearly - because we all have international associations - more broadly. It will come out three times a year, it will be put out by people with full time

jobs, and families, and it will depend heavily on every member organisation and community, and some which aren't - and on individuals throughout the field - to have the same passionate belief in the field and in the value of sharing our bits of news and experiences with one another. Who can read about the Ley Community/ Earthwatch collaboration and not be excited? How many of us have known about it?

In recent years we have rightly been challenged to explain ourselves and to justify our work - to name it, and to underpin it. Lots of initiatives have been undertaken with this in mind. Many of us are preoccupied with developing research methodology, standards of practice and ways of training which combine a sense of connection to the real and often messy world of human relationships with a belief that out of an ability to live together in a boundaried and yet sometimes

chaotic and murky world we can together find a real sense of connection and purpose and take up our lives with authority and vision; with respect for all our diversities and differences. Hence this newsletter, the next issue of which will zero in on issues of research and training; we would be especially grateful for news and contributions in those areas.

The deadline for the next issue is June 22. If things can come in digital form, or scanner-friendly, it will help a great deal. If every community could appoint an individual to take responsibility for sending us reports, publicity releases, newsletters, news, cartoons, annual reports - anything of and/or by the community - it would be wonderful.

Thankyou!

Craig Fees & Jane Pooley

# “THERAPEUTIC COMMUNITIES AND ENVIRONMENTS ARE STARTING TO GET NOTICED.....”

*says ATC Chair Rex Haigh*

**In the last three months in at least three corners of the TC movement there have been important events which seem to signify official recognition of what we are up to. These are in the residential childcare field, the prison service and the NHS.**

*In Residential Childcare* new national minimum care standards have been commissioned arising from the new Care Standards Bill. The Charterhouse Group was represented on the steering committee and many members took part in the consultation process. The Department of Health has encouraged us to write standards of practice that reflect the ‘added value’ of therapeutic community environments in childcare practice. These standards have been widely circulated and both NCB and the DoH have given positive feedback. The principles embedded within our add-on standards will now be able to support our dialogue with inspection teams and support our training and residential development in the field. (Contact Sheila Gatiss and Jane Pooley at [chg@btclick.com](mailto:chg@btclick.com) for more information)

*In the world of Prisons*, Jan Lees and Rex Haigh were invited along to the Prison/Probation accreditation panel in September. The process here is also about writing standards for therapeutic programmes in Prisons. Jan and David Kennard are involved in the official audit of Grendon, and the principles from that will be incorporated into a regular process. We have been invited to contribute to the development of that process through the Prison and Probation accreditation

panel in future. More information from Jan Lees, Mark Morris or David Kennard ([Jan.Lees@nottingham.ac.uk](mailto:Jan.Lees@nottingham.ac.uk)/[d.kennard@virgin.net](mailto:d.kennard@virgin.net)/[mgamorris@yahoo.co.uk](mailto:mgamorris@yahoo.co.uk)).

Many of you are probably aware of the high priority given to evidence based commissioning *in NHS services*. The Department of Health published its official guidelines on psychological treatments on February 20<sup>th</sup>, at a conference in Brighton that several of us attended. Therapeutic Communities are mentioned as evidence based treatments for personality disorder, based on CRD review undertaken at Nottingham the year before last. In the recommendations it says “available therapies include dialectical behaviour therapy, psychoanalytic day hospital programme, therapeutic communities, cognitive analytic therapies, schema-focused cognitive therapy and psychoanalytic therapy. In a client group that is difficult to research, we located control trial evidence to support the first three of these, although research is underway or planned in other approaches”. As this document is likely to become the seminal text of what psychological treatments the NHS is willing to support this is good news indeed. It is available on the DoH website at [www.doh.gov.uk/mentalhealth/treatmentguidelines](http://www.doh.gov.uk/mentalhealth/treatmentguidelines).

“...a really important milestone in the recognition of psychological therapies as central to what the NHS does.”

- David Kennard  
ATC List

“We have known this good evidence of TC work for a long time ... now it’s official. The history of the TC movement has been one of oppositionalism for the most part...what happens when the many agree with us...how do we retain the radical edge?” - Gary Winship, ATC List

# Standards of Practice for Therapeutic Community Childcare, Education and Health settings.

*Jane Pooley, Director of Strategic  
Development, CHG.*

Charterhouse Group are pleased to announce that, after extensive consultation, this document has now been published. It is written as a 'value add-on' to the new National Minimum Standards for Childcare settings and therefore focuses on the particular additional Standards that define a Therapeutic Community model of practice in children's services. The National Minimum Standards framework is accepted as an important baseline for all residential practice and the documents will need to be used together.

It is hoped that the Standards will support staff and young people in developing their services, draw out the training implications, and offer a schema for service review.

The next stage is to develop an audit tool that can be used to assess practice, peer review and to use as a basis for discussion with inspection bodies and other interested agencies. To this end Cumberland Lodge, Windsor, has been booked for a 2 day event to explore the methodology of using an audit tool that will help us operationalise the standards in

a meaningful way. A 'how do we know we are doing what we say/think we are doing?' approach. In good TC style it is hoped that we can develop a tool that supports knowledge and development in an ethos of sharing and growth.

So come along if you can and help us shape this next phase of our work. The 2 days will cost £155/per person. Pretty cheap for a lovely setting, good food, and the opportunity to really inform and develop our practice in ways that we can talk about and feel proud of.

To reserve a place for 30-31 August please contact: Sheila Gatiss at Glebe House, Friends Therapeutic Community, Shudy Camps, Cambridge, CB1 6RB or tel 01233 357957

*To receive a copy of the standards please send a cheque for £5.00 made payable to Charterhouse Group to:*

Administrator,  
Charterhouse Group, 150  
Waterloo Road,  
London SE1 8SB  
Tel 0207 803 0550

## IN BRIEF

### HAPPY BIRTHDAY DOC'S GROUP!

Thirty friends and members joined together in Wimbledon on March 8 to remember Dr. Josephine Lomax-Simpson ('Doc') and to celebrate the second anniversary of "Doc's Group".

Begun as 'THE LARGE GROUP' in February 1975, it was founded by Dr. Lomax-Simpson to provide 'Continuity of Concern' for members of the Messenger House Trust and for Doc's network of connections in the wider community. The Messenger House Trust was founded in 1970 for homeless young women with babies, and homeless young men.

### Surviving the Founder

The group has continued without a break, and through many changes, for over a quarter of a century. Following Doc's death in May 1999 it re-established itself as a 'self-help group' and renamed itself 'Doc's Group' in recognition of Dr. Lomax-Simpson's life and work. The focus remains firmly with 'Continuity of Concern'. For more on Dr. Lomax-Simpson, see:

<http://www.pettarchiv.org.uk/tcp-lomax-simpson4.htm>

# WEBB HOUSE:

## A SIBLING IS BORN

*By Phil Hartley*

*Adult Psychotherapist at  
Webb House Therapeutic  
Community*

Webb House therapeutic community opened in Crewe, together with its sibling, Main House in Birmingham, during September 2000. Together with the Henderson Hospital they form a national service for the treatment of severe personality disorder. As siblings, Webb House and Main House have the same parentage, as they replicate the Henderson Hospital. It does not feel clear whether the Henderson is parent, or an older sibling. If it is an older sibling then the question of who is the parent remains to be answered. Despite being centrally funded by the National Specialist Commissioning Advisory Body - meaning there is no cost to the referrer - Webb House has not been inundated with referrals. There are enough, but not as many as you would expect for a free service. Existing services, it seems, are not desperate to refer all their 'heart sink' patients. The reasons for this are unclear.

Webb House now has 22 residents with enough in preparation to be full by mid March 2001. Drop out rates from the residential service and the preparatory group make this difficult to exactly predict. The

residents have acknowledged they want to maintain the community at a size that is comfortable enough for them and do not want it to expand. Interestingly, the status quo is maintained by residents leaving.

They are quite able to select new residents.

The period before Webb House was born, and just after, felt like getting ready for a new baby. Numerous preparations and negotiations, all done with good will and effort. The imminent birth being enough to focus minds on the celebration. The immediate post birth phase was remarkable. The first cohort of residents were able to work together to get the unit going and develop its infra structure. As with a new baby the older it gets the less sleep it needs and the more active it becomes. The pace, never slow, feels frantic with constant activity. Staff and residents move from one meeting or session to another. The more mobile the baby gets the harder the work becomes.

Despite the frenetic pace, and the success of the birth, there is still a need for both routine tasks to be done, and strategic issues and system to be developed. The space to think feels almost impossible. The lack of a history because of being so new means there is not the sense of routine over time that creates a rhythm in which space can be found. Issues that seem pressing are the development of administrative procedures such as the care programme approach, and developing staff training. The pace and the parallel need to think, feel as if life is lived on the edge. Tensions exist in the staff group - who is working the

hardest, who is not pulling their weight. For a time the 'older' residents, those in the first cohort, rested and did not want the responsibility of running the community.

Webb House has used an organisational consultant both before and after opening. This space for thinking and planning as well as validation, has gone a long way to giving just enough space to remain grounded.

Despite the pace, Webb House feels as though it is developing its own personality. It has got through the most critical stage of the birth, and is mobile and exploring its environment. As a consequence it is constantly meeting its own limitations, whether real or imaginary. Unlike the Henderson, Webb House does not have a history on which to look back and evaluate its current state. The anxiety of not knowing and having to learn is difficult. The dependency on those 'who know' within the community is a difficult issue.

The corresponding ambivalence at being dependant and the limitations of those 'who know', threatening. The fear of failing is constant, but each day is another that creates a history from which to grow.

There are initiatives that indicate a growing self-confidence. Visitor days are planned, which will expose the community to scrutiny. Developments by the Outreach Service will hopefully provide satellite services that will link Webb House to more of its catchment area and work in partnership with existing services. Webb House is beginning to feel permanent and established.

## What price professional boundaries - Seventy pence?

As we move into a new year, after our “first Christmas,” there is time to reflect. Things have calmed down since the kidnaping of baby Jesus from the crib, just before the break. The ransom paid, he was returned to the static psychodrama of the nativity scene unharmed. This short piece focuses not on this, but on one of the other many dilemmas being faced by the staff at Main House in Birmingham, one of the newly opened Therapeutic Communities.

Whilst struggling to replicate the Henderson model of working, the staff team at Main House became aware of something that happens in that ‘*other place*’, something that provoked strong feelings and much animated discussion. It is something quite shocking; members of staff at the Henderson give money to the residents.

They contribute to a fund, which is used to provide for things, or activities that staff and residents can enjoy or make use of together.

It was recently suggested that Main House have such a fund, that staff contribute seventy pence a month, and one of the residents has started to ask us for our money. As it stands, some weeks later, some staff members have handed over the cash, some don’t want to and some have put their money in an envelope stuck on the staff room wall. This “dodgy brown envelope” obviously represents a transitional space that is difficult to negotiate.

Speaking for myself, I found the experience of getting some coins out of my pocket and putting them into the hand of a resident a very odd one. It was unsettling. It was almost touch. I was aware of thinking there was a subtle shift in the power dynamic. It was obviously a symbolic as well as a material transaction. The tokens I was handing over looked suddenly unfamiliar, not the mundane fifty pence and two ten pence pieces they had been in my pocket.

For me it was an acknowledgement that I am getting something for my money; the same money that I get for being here. I am what the Trust gets for its money.

The debate in our staff team has centred on “Who am I, at work?”

Should I, as a professional, pay for an activity that is part of my work? Don’t I give enough as it is? Do staff come with needs? Are we paying our therapists? Isn’t this a clear boundary issue? How can I refuse to give if you give? Do we have to be the same? Doesn’t this feed into splitting? Can I enjoy myself and have fun at work? But isn’t that still work? Is this blackmail or some sort of ransom?

Returning to the structured therapy programme after the difficult Christmas break, staff and residents alike are doing the difficult work of re-engaging with each other, the ones who stayed and the ones who left, and re-engaging with the work and the play of the Therapeutic Community.

***Graham Mackay,***  
***Senior Nurse Therapist, Main House***

# PEOPLE

# FOCUS ON TRAINING

## IN BRIEF

Dr. John Hopton, author of the Nuffield Foundation-funded report "The future of therapeutic communities in adult mental health services" completed last year, and co-author of the book *Critical Perspectives on Mental Health* (Routledge, 2000) has been promoted to senior lecturer in the Department of Applied Social Science at the University of Manchester.

Before joining the Department of Applied Social Science John was in nurse education, having trained and worked as a psychiatric nurse until 1984, and he has published widely about mental health care and the its politics. Therapeutic communities for people with mental health problems is now one of his major research interests.

He is particularly interested in therapeutic communities as a living tradition, and says that "the TC movement has a lot to offer, but what I am *really* interested in is the role that the ATC has to play in wider debates about community development and democratic mental health care."

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At 92, therapeutic community pioneer Harold Bridger has just come back from working with the staff of CeIS in Italy, both in the adolescent development and the adult drug and selected prison member programmes. He's about to leave for Australia, to do some more consulting there.

## The Caldecott College

*by Andrew Collie*  
*Vice Principal, Caldecott  
College*

The College is part of the Caldecott Foundation, and was established in 1995 to provide specialist training in therapeutic child care. Initially the courses were not academically accredited and were aimed primarily at staff from the Caldecott Community. The courses have been developed over the years, and are now accredited both academically and professionally. The aim has been to provide a range of courses appropriate to staff at various stages of development, ability and experience.

Now, the majority of students are from Local Authorities, private and voluntary sectors, especially therapeutic agencies. What they have in common is a commitment to providing therapeutic child care aimed at addressing the emotional difficulties of children, young people and their families. Students are based mainly in residential settings, though a number work in family centres and field social work teams.

The training is provided in response to a widespread perception that existing professional social work training is not sufficiently relevant to the

task of those working therapeutically with children and young people, particularly in residential care. Residential social work is still regarded as a low status sector of social care, a perception supported by the persistent low percentage of residential social workers with professional qualifications. The courses provide a knowledge base in therapeutic theories linked to practice, which gives students excellent academic qualifications.

The College runs courses at a number of 'satellite sites' across London and South East of England, in order to make training more readily accessible.

### Learning Pathways

Foundation Programme lasting two terms (20 taught days) and leading to NVQ 3 qualification, or a 'stand-alone' NVQ 3 (12 taught days).

Graduate Certificate Programme lasting one year (36 taught days) leading to a Graduate Certificate qualification. Students may undertake NVQ 3 if they wish, as part of the programme.

Post Graduate Certificate lasting one year (36 taught days) leading to a Post Graduate qualification. Completion of the Graduate Certificate is a prerequisite.

PQSW is awarded to students who successfully complete both Certificate programmes, *provided* they hold a Dip.S.W. qualification or equivalent before they start the programme.

# FOCUS ON TRAINING

## “Citizens in Dialogue”: A Diploma in Dialogical Group Therapy for Therapeutic Community Practitioners

### Therapeutic Communities in the Community

*CHT (Community Housing and Therapy) runs therapeutic communities for people with mental ill health. The people referred typically suffer from schizophrenia, depression, anxiety, an obsessive compulsive disorder or an eating disorder. Others come with substance misuse. CHT provides group and individual psychotherapy in residential community households. Referrals are usually made by psychiatrists, social workers, other professionals or family members.*

### Citizens in Dialogue

Citizens in Dialogue is a 3 year Diploma course suitable for mental health practitioners working in the context of a therapeutic community

approach, in residential, day centre or outreach settings.

The course trains practitioners to work with clients with mental health and emotional difficulties using a distinctive method of group therapy within the therapeutic community. Staff are trained to enable clients to become active citizens, to access their vocal power, to ask questions, to engage meaningfully with their psychological issues, their community of peers and with the practical tasks of every day living.

This method is taught within the context of the practices integral to contemporary care in the community such as the care programme approach.

The Diploma will enable practitioners to attain accredited recognition of their professional development as therapeutic community practitioners. In addition the Diploma offers practitioners a recognised and accredited basis upon which to develop a career in psychotherapy, psychosocial nursing or social work.

At the heart of the course is the idea that learning to be a therapeutic community practitioner is an experiential process and for this reason the course is specifically designed for practitioners to learn in an on going way within their working settings.

The course is taught with a mixture of lectures, seminars, reading groups, practical

workshops, case studies and experiential groups, group and individual supervision.

### Accreditation

The Citizens in Dialogue Diploma is accredited by Middlesex University.

CHT is working closely with the Association of Therapeutic Communities to gain clinical accreditation for the Diploma.

CHT is in discussion with the Mental Health Foundation about creating a complementary pathway for qualifications in Mental Health. CHT is also in discussion with TOPPS, the National Training Organisation for Social Care with the aim of developing links between the Diploma and modules of NVQ courses.

### Further information

For further information on the Diploma, and on Workshops, University Student Placements and Therapist Apprenticeships please contact:

Sarah Tucker  
Training Co-ordinator  
Community Housing and Therapy  
Bishop Creighton House  
378 Lillie Road  
London SW6 7PH  
Telephone: 0958 937 967  
Fax: 020 7610 0608  
Email:  
sarahtucker\_uk@yahoo.co.uk

**Accredited by Middlesex University**

# The Hellenic Institute of Group Dynamics and Communication

by *Markos Skondras and Fotis Giotakis*

The Hellenic Institute of Group Dynamics and Communication is a non-profit organization established in 1999 by mental health professionals specialising in Group Analysis. It is based in Athens and has offices in Ioannina and Salonika.

The Institute aims to:

- \* Provide knowledge and information on Group Psychotherapy and Group Analysis to Psychiatrists, Psychologists, Social Workers and other professionals interested in Group Dynamics;
- \* Promote research in all areas of mental health and in particular in Group Analytic Practice;
- \* Contribute to the application of Group Dynamics in other

fields such as companies, organizations, schools, etc.

- \* Create a common ground for the scientific study and application of Group Analysis in Greece

Among the activities of the Institute are: Seminars on Group Analysis and Group Psychotherapy, Study Group Meetings on particular subjects of clinical applications, Lectures, Conferences, Supervision, etc.

HELLENIC INSTITUTE OF  
GROUP DYNAMICS AND  
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129, KIFISIAS AVE ,  
ATHENS 11524, GREECE  
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## IN BRIEF

### New Kingsley Hall Film

Artist Luke Fowler's new film on Kingsley Hall, "What you see is where you're at", is showing at Dundee Contemporary Arts until April 16 as part of a show called "Beyond".

### New Therapeutic Community: HMP Dovegate

Premier Prison Services is opening Dovegate Prison near Uttoxeter, Staffordshire, in July 2001 for 600 prisoners. A Therapeutic Community for 200 prisoners is on course to open in November 2001 within the same site. Interviews for 3 heads of operation, 5 therapy managers, and an activities and development manager to join the therapeutic community team in April were taking place as we went to press.

### New Mary Barnes Film?

Overheard, but is it true?: Is a Hollywood director really planning a new film based on Mary Barnes' life and Kingsley Hall?

## Dingleton Hospital "Closes"

Dingleton Hospital in Melrose, Scotland - home of some of Maxwell Jones' most radical work - has closed its doors, its archives are off to Edinburgh, and its inpatient work to nearby Huntlyburn House. Built in 1872 as Melrose Asylum, Dingleton pioneered its way to closure in 2001 - a cauldron of the early A.T.C., it was the first

mental hospital to open all its doors, the first local mental hospital to operate completely as a therapeutic community, the first to develop a community programme, in close consultation with local GPs. David Anderson - Head Social Worker at Dingleton from 1965 to 1971 - says: "it is what has been worked for during 130

years - the return of Borderers to their own homes." Essential reading:

**THE STORY OF A COMMUNITY: Dingleton Hospital, Melrose**, edited by Keith Millar, published late last year at £12.00 by Chiefswood Publishing (Melrose) **ISBN: 0-9539770 0 5**

# Menninger Closes

The world-famous Menninger Clinic, publisher of the 1946 Bulletin in which Tom Main influentially used the term “therapeutic community”, and a pioneering exponent of “milieu therapy”, is leaving Kansas. Founded in 1925 as the Menninger Sanatorium in Topeka, Kansas, and once one of the most powerful psychiatric institutions in the United States, it has fallen victim to “the tidal wave of chemical treatments” and American insurance industry-led funding cuts in which the average length of hospital stay has fallen from four months to four weeks and Medicare has imposed revenue caps.

244 employees in Kansas city have already lost their jobs, and another 918 will go as the Topeka facility winds down to closure in 2002. Their Southard School for emotionally disturbed children, with 25 local students and 44 Menninger patients, will not reopen in the autumn, involving local school districts in a crisis made worse by the closure of the Topeka State Mental Hospital only five years ago, in 1996. “It is getting more and more rare for institutions to provide services to

children and adolescents”, said Dr. Walt Menninger, president and CEO of the Menninger.

An attempt by the state of Kansas to keep the Menninger Foundation in Kansas was too tangled in bureaucratic red tape, was too little and too late.

Instead, in a deal involving two key elements of the University of Texas Southwestern Medical Center, the name, prestige and work of Menninger are moving to Houston, Texas. Together with the Baylor College of Medicine and the Methodist Health Care System, Menninger will build an endowment of more than \$200 million to support joint research. The Baylor Department of Psychiatry will be renamed the Menninger Department of Psychiatry, and Menninger’s training and education programs for psychiatrists and other mental health professionals will be tied into those at Baylor. Its clinical programmes for the treatment of children, adolescents and adults will also be affiliated with Baylor College of Medicine and Methodist Health Care System.

The deal involves the rights to the name “Menninger”, one of the most famous within the history of American psychiatry.

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## COMMENTS

Ruth Bradley, Harward House, Fulbourn Hospital

We have said that we envisage an organisation with a wide membership but we have not been very explicit about qualifications for membership...I would like to see an association which rejects elitism and encourages participation and involvement at grass-root level, making sure that all sections of therapeutic communities and the people concerned with them are represented fairly. Without such representation I believe that one of the main advantages of an association and journal - namely the expression of a comprehensive spread of opinion - would be extremely limited.

An exciting possibility is the idea of starting smaller study groups involving a few therapeutic communities located in the same area. Ongoing discussion, research, and most important, the pooling of both problems and progress would seem invaluable at this level. With such contact perhaps we would all feel somewhat less defensive about the problems we are faced with and with co-ordination we could provide an articulate and informed pressure group at both a local and national level.

I see the main aim of the potential association and journal as EDUCATION in its widest sense - our own education and the education of groups and individuals who are not necessarily “psychiatrically involved” (e.g. Schools). We have no right to regard our experience in therapeutic communities as “private property” - perhaps we can begin to emphasise the sharing.

- *FROM THE FIRST A.T.C. BULLETIN, Spring 1972, one of a number of seminal comments on the formation and nature of a proposed association and journal for therapeutic communities.*

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*Therapeutic Communities for the Treatment of Drug Users*

Edited by Barbara Rawlings and Rowdy Yates

Therapeutic Communities Series No. 4

*Thinking About Institutions: Milieux and Madness*

R.D. Hinshelwood

Therapeutic Communities Series No. 5

## Construction begins!

The Ashcroft Project in Wymondham, Norfolk, was founded in 1986 for women suffering severe and enduring emotional distress and long term mental health problems. It began in the shared home of Cynthia Robinson and Jim and Sue Lynch - Cynthia was a Qualified Social Worker and Jim a Probation Officer - who were acutely aware of the lack of suitable residential facilities for women who were suffering severe and enduring emotional distress, including those with children. In 1992, with the support of South Norfolk Council, Ashcroft was bought by Orbit Housing Association, and four move-on bungalows were built in the Ashcroft grounds to enable residents to progress to more independent living. In total the Project currently provides fourteen residential

places, two of them reserved for younger women aged between 16 and 18, as well as two day places.

After many delays construction has now begun on six new flats in the centre of Wymondham itself, for women who have suffered severe and enduring emotional distress and who have continuing mental health needs for safe supported housing. Due for completion in October, there will be two housing support workers involved seven days a week, who will themselves be supported by the Ashcroft Residential Home and will form part of a wider care and rehabilitation programme unique to each individual and involving social services and health care professionals and volunteers as appropriate.

**The Ashcroft Project is a Registered Charity, No. 328221, Company No. 2369588.**

### Community Housing and Therapy (CHT)

an offshoot of the Richmond Fellowship, is a small charity with five Hostels, one of which is in Lancaster Park, Richmond, and is called Lancaster Lodge. CHT's Training Co-ordinator, Sarah Tucker, has recently edited a book about CHT's work, entitled "A Therapeutic Approach to Care in the Community: Dialogue and Dwelling", published by Jessica Kingsley (2000) **ISBN 1 85302 751 0.**

### A Poem by Tobias O'Connor

**Sit on a hot day, colleens on poteen  
Propaganda for Daytime Banshees  
Robin Redbreast emigrates with the  
King of Leprechauns  
Beautiful pigeon pie from foreign lands  
A Fat Man masked by the long grass  
Canapes of unrequited love  
The sadness of the people's policeman.**

- From the Lancaster Lodge Newsletter, September 2000

According to Nick Wolff of CHT, this poem is particularly interesting "as each of the words, bar the prepositions, was chosen at random in turn by three different people and put together by Tobias in about 5 minutes."

### Lancaster Lodge

has been around for over 50 years, and now runs as a therapeutic community with a staff of 8 and up to 11 residents aged between 20 and 65. It published its Newsletter in September as a way to help develop the understanding, support and involvement of the local community, a role shared by its Project Action Committee which includes three neighbours, the local anglicanparish priest, a member of Richmond mental health advocacy, a resident here, and some members of the staff team.

**http://www.beratungsstelle.org**

**The Freie gemeinnützige Beratungsstelle für Psychotherapie e.V.**

in Düsseldorf, Germany, is a therapeutic community based on sheltered living for people with psychological problems. There are four group houses, and an active web-site which is organised by the people living in the therapeutic community. It is in German, but there are plans for an English language version.

The organisation regularly organises a symposium bringing professionals together to work on specific themes in therapeutic community work. Stuart Whiteley was special guest at last year's symposium. The Sixth is being held this year from June 29 to July 1, with the theme:

Visionen in der  
Psychosentherapie

“Auf der Suche nach dem  
inneren Bild”

Betreutes Wohnen als  
Therapeutische Gemeinschaft in  
der Gemeinde: Ambulante  
Möglichkeiten der  
Psychotherapie von  
Schizophrenie, Depression und  
Manie

**For more information,  
Contact:**

Beratungsstelle für  
Psychotherapie, Berliner Allee  
32, 40212 Düsseldorf, Germany  
Tel: 0211/8800099  
Fax: 0211/8800097  
info@beratungsstelle.org

**http://www.charterhousegroup.org.uk**

The Charterhouse Group (CHG) website is being actively developed as an interactive tool, providing information about CHG and its member organisations. Recent additions include:

1 [/positionsvacant.htm](#) - as the name implies, a 'positions vacant' section to assist recruitment

2 [/events.htm](#) - details of forthcoming 'training events' hosted by CHG and member organisations

3 [/articles.htm](#) - again no surprise in the name, 'articles' related to the work

We hope to encourage further use of the possibilities and flexibility of communication made possible by the Internet revolution by creating, for example, a series of special-interest email discussion groups for internal professional discussion - a 'teachers' group, for example; a group for heads of care....

The numbers of 'hits' on the Charterhouse Group web-site increases every month - from 268 in February 2000 it has soared to 2109 in February 2001. It is clearly contributing significantly towards informing external agencies about the work of CHG, as an aid to those concerned with the placement of children and young people, and as a significant factor in referrals to CHG members.

**atc@psyctc.org**

In July 1996 Chris Evans - who is Consultant Psychiatrist in Psychotherapy at Rampton Hospital as well as Associate R&D Director for the Tavistock & Portman NHS Trust - and who readily admits he has never worked in a "true TC" ( 'though I've researched around the edge of one and worked in a milieu therapy unit that had some elements of TC function in it which was brilliant' - ATC List) - created an email discussion group for anyone interested in or involved in any way with therapeutic communities.

With a continually changing membership of something over 200 members - who come from all over the world, and who include psychiatrists, psychologists, students, child care workers, academics, ex-residents, researchers and at least one major publisher - it is a diverse and sometimes lively forum which handles everything from mundane requests for bibliographical information to full-blown debate, discussion and reminiscence on sometimes very highly charged and trenchant issues, as well as the latest information on conferences, publications, what's going on.

It is unmoderated, open, and friendly. And unlike most communities, easy to join: Simply send a blank email with the word "subscribe" in the Subject field to atc-request@psyctc.org. A must for anyone in the field.

## “Can Volunteering Enhance Rehabilitation?” Yes...

says a report to the NatWest Charitable Trust by Dr. Marian Small and Karen Nolan of the Ley Community, and Philippa Roberts of environmental charity Earthwatch. In a unique and challenging collaboration funded from 1997-1999 by the NatWest Charitable Trust, 36 Ley Community residents became “Earthwatch Fellows”. Statistical analysis presented in the report showed a 95% reduction in crime rates, a 65% increase in self-confidence, and a 62% increase in self esteem as a consequence of the scheme. 78% of participants rated the field experience as good or excellent. 87% rated the programme overall as good or excellent.

The Earthwatch Institute is an Oxford-based, global environmental NGO “which uses paying volunteers as scientists’ field assistants.” It is real work, for which volunteers from all over the world pay up to £2000 for the chance to take part. The Ley Community runs an intensive therapeutic programme for men and women who have developed serious difficulties with drugs or alcohol. In the latter stages of their 12 to 14 month programme, Ley Community residents “are encouraged to undertake voluntary work in the local community”, according to the Ley’s Chief Executive, Paul Goodman. For a number of years they have been helping in the Earthwatch offices, learning and sharing office-based skills. “The creative leap “ writes Goodman “was to propose that

each year a number of residents should also have the experience of participating in an expedition.”

Earthwatch Executive Director Dr. Robert Barrington recalls that when the Ley Community office volunteers “heard about the possibilities of joining the field projects” they “were always enthusiastic about the idea. But when they left the Earthwatch office in the evening, they would return to the confines of the Ley Community, as they were still undergoing the rehabilitation programme. It seemed unrealistic to ask people who had been through this, and usually had minimum schooling, to take part in a post-doctoral scientific expedition alongside volunteers from all around the world...”

But Earthwatch Office Manager Valda Uden felt it would work, and convinced the management team it could; Ley Community Education Director Diane Thompson and the Ley’s Deputy Director Steve Walker felt it might, and joined in the design; and NatWest took the risk and funded a three year trial, 1997-1999. In Dr. Barrington’s words, “The statistics speak for themselves”.

Projects included an archaeological dig in the Outer Hebrides, and another on an internationally unique Roman fort near Newcastle; a paleontological study in North Yorkshire involving Jurassic dinosaur footprints; a survey of birds of prey on the Isle of Mull;

and an investigation of an Iron Age Fort in Shropshire using pioneering surveying techniques and geo-fizz. Fellows went in pairs, accompanied in the first year by a member of the Ley Community staff; but due to staff shortages ex-residents who were themselves former Earthwatch Fellows went along instead in 1998, and this was so successful it was continued into the final year of the trial.

Earthwatch, in partnership with the Ley Community, is now actively seeking Lottery Funding to extend the programme. Meanwhile, Diane Thompson says, the project keeps growing. As the newsletter went to press, Fellows were about to embark on a badger watching expedition.

The Report makes it clear that the success of the programme was built on the creativity and flexibility of two very different organisations. Both were challenged by the programme, and changed. Does the fact that they are seeking to extend the project tell us they think this change was for the better? We look forward to an in-depth study. If not a book, perhaps a paper (a special issue?) in the journal Therapeutic Communities.

*The report, “Can Volunteering Enhance Rehabilitation” is available from the Ley Community, Sandy Croft, Sandy Lane, Yarnton, Oxford OX5 1PB, Tel: 01865 373108, Email: [enq@ley.co.uk](mailto:enq@ley.co.uk); <http://www.ley.co.uk>*

*or from*

*The Earthwatch Institute, 57 Woodstock Road, Oxford OX2 6HJ, Tel. 01865 318838, Email: [info@uk.earthwatch.org](mailto:info@uk.earthwatch.org); <http://www.uk.earthwatch.org>*

### **THERAPEUTIC COMMUNITIES**

#### **The International Journal for Therapeutic and Supportive Organizations**

Editor: Adrian Ward, School of Social Work and Psychosocial Studies, University of East Anglia, Norwich, Norfolk, NR4 7TL Email: [adrian.ward@uea.ac.uk](mailto:adrian.ward@uea.ac.uk)

# VISITORS DAYS AT GRENDON

*John Shine,*

*Director of Research, HMP Grendon*

Readers who would like to find out about prison TCs might be interested in attending a visitors day at Grendon therapeutic prison. They are run about four times a year and are organised by a committee of staff and residents.

The usual format is for the day to start with some short presentations by staff and residents on the history of the prison, the treatment philosophy at Grendon, the therapy programme, research findings followed by personal accounts of therapy from residents and of working in a prison TC from staff. Visitors then split into groups and are escorted to one of the therapy wings for a

shared lunch with residents. Visitors then have time to meet with staff and residents informally and participate in an "any questions".

The afternoon period is usually on a theme, e.g. "Life after Grendon", and takes the form of keynote presentations by residents followed by an open discussion. We have had a few visitors from other TCs in the past; some staff from the Henderson came to recent events and seemed to find them useful.

There is usually some Grendon literature given out and an opportunity to purchase

Grendon books at a discount rate.

The visitors days are popular and tend to be over-subscribed so if anyone is interested it is best to book early.

The days planned for this year are on 6th April, 20th July and 19th October.

If you are interested, contact the planning department, HMP Grendon, Grendon Underwood, Aylesbury, Bucks, HP18 OTL, tel. 01296 770301 ext. 459 or email for more info.

*Grendon is situated off the A41 between Aylesbury and Bicester.*

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## PRISON DRAMA FOR JACQUES HALL THREE

***CHG Member Scales New Heights:***

*JAILBREAK 2000*

Jacques Hall in Essex is a therapeutic community for adolescents. They recently entered a team of two members of staff and a student in the *Jailbreak 2000* competition run by the Essex Boys' Club, raising sponsorship money for Essex Boys' Club and *Homestart*, a charity that supports young and struggling families in the local area.

Teams of three began the event with a dramatic breakout from Chelmsford prison and then, on sponsorship alone - without using money or breaking the law - they had to get as far away as possible in 15 hours. The Jacques team, struggling through stress and hardship (not to mention the stigma of wearing prison uniforms!) made it not only to New York but also to the top of the Empire State Building within the last hour! Utterly exhausted they stood and gazed at America.

The Jacques Hall team was snipped into second place, but only by a short distance, although they definitely won by height. They had a thoroughly wonderful time thanks to the backing of Direct Communications, who sponsored the team the whole distance.

And well done Stuart, Shaun and Terry!



# CHG PEOPLE

## Comings and goings -

### Welcomes and goodbyes.....

**Lydia Beckler** has joined the Cumberlow Community as their Director. Cumberlow is a London based unit for adolescents age 15-21 years. Lydia was born in small village called Ambo in Ethiopia, her mum English and dad Ethiopian. She came to the UK in 1970 'on holiday', so her mum said! Having lived in various parts of the country she began her working life as a volunteer when 17 working with young people with learning difficulties. In the ensuing years she became involved and trained in youth and community work and then moved on to work for Centrepoint and began to explore how therapeutic community ideas could be brought in to her work in managing two projects and then as area manager for Centrepoint, West London.

Her interest was complemented by her studies at the Tavistock Clinic on the MSc in Institutional and Community

Care course. Lydia says that: "getting the job at Cumberlow Community was a bit like a dream come true as I visited Cumberlow Community back in 1995 to see a TC working with adolescents. I was really excited at the prospect of working in a psychodynamic environment and not having to persuade others of its relevance to the work. Moving from being a new director to being the director takes time and is at times funny, sad, lonely, satisfying, frustrating and enjoyable and a whole range of other feelings but I would not change jobs with anyone...well maybe!!!!"

After 16 years, **Brian Bishop** retired in March as Southern Regional Director of the Peper Harow Foundation. He will continue as a Consultant to the Foundation.

Meanwhile, **Richard Rollinson** will be leaving his post as the Director of the Mulberry Bush

School in Oxford this summer, after 10 very successful years at the helm. He has guided the school through a large redevelopment programme and has inspired us all with his ability to look and converse outside the parameters of the Bush in order to inform practice with very troubled and unintegrated children. His loss to 'the Bush' is Peper Harow Foundation's gain as Richard will be taking up the post as Southern Regional Director vacated by Brian Bishop. The current Deputy Director at the Mulberry Bush, John Diamond, will become the new Director following Richards departure.

**Billy Pughe** arrived at the Cotswold Community 3 months ago to take up the post of Head of Group Living. Billy has a background in children's therapeutic communities and in CAMHS teams and is currently nearing completion of her Group Analytic training at the IGA.

## With a Special Welcome for....

# LITTLE ACORNS

Little Acorns Therapeutic Unit in Tenterden, Kent, is the newest full member to join the Charterhouse Group of Therapeutic Communities.

Little Acorns is registered under the 1989 Children's Act as an independent children's home, and is provisionally registered with the DfEE as an independent special school.

Care is provided on a 52 week a year basis for seven boys and girls aged up to twelve years old at admission, and it has a professional staff to child ratio of 2:1. Building work is set to start later this year on new classrooms, offices, toilets and an assembly hall for the on-site school.

According to manager Keir Bracken, "Our philosophy

provides a psychodynamic therapeutic approach that draws mainly from 'Object Relation' Theorists such as Bion, Bowlby and Winnicott. Understanding and working with concepts e.g. Containment, Pre-occupation and Unconscious Processes, forms an essential part of meeting the needs of and caring for our children. We believe that we can offer the Charterhouse Group and its members many of the experiences that have contributed towards the establishment and development of our therapeutic organisation in a mutually beneficial way."

# Report From the Mulberry Bush School

## *THE FAMILY TEAM*

*by Lindsey Stevenson  
Principal Social Worker*

When care workers are taken on at the Mulberry Bush, they are asked to commit to three years. I have often thought of this commitment in relation to the lifespan so far of the Family Team. By the time you read this, the team will have been in existence for three years, though not fully staffed for that long. It is difficult to believe that we have come this far: time obviously flies when you're enjoying being in the Mulberry Bush School!

In last year's report, I mentioned the satisfactory flow of new referrals. This year that flow has turned into a torrent. At the start of this academic year, we had thirty-five children resident, with another child on her way. With so many referrals, we have been more able to prioritise children at the younger end of the age range. Seven children moved on to Fourth Group House last year, consequently Rainbow House is now populated entirely by children of eight years or younger.

Since last year the referral process has culminated in an admission meeting, which has proved an important innovation. It gives the teaching, care and family work staff at the School an opportunity to hear from family

members, foster carers, teachers and social workers about what it has been like to live and work with that particular child. These meetings are an excellent way of making a good handover.

Perhaps a sign of the times is a new phenomenon: many more social workers move on from their jobs quite soon after making an initial referral to the School or after the child has been admitted. Making relationships with professional staff in the child's local authority is an important part of our work and so our hearts sink when a child's social worker tells us she or he is moving on. Not surprisingly, the children at the School put great importance on their social worker, so they are often distressed to hear that their social worker will no longer be working with them. This is why consistency of care at the School itself is so important.

Every child at the School has a family worker whose main task is to work with that child's networks. Interventions with the families may range from talking about difficult feelings aroused by having a child away at residential school, to more formal therapeutic input in relation to the child's place within the family. A good deal can be carried out over the phone, but it is important to have face-to-face meetings, too.

I wrote in last year's report about our hope that we would be able to set up parents' support groups. We still want to, but at the moment the practical hurdles remain too great. Although we met once with parents of children who were in their last term, we had hoped to meet more often.

This proved impossible and we still have not been able to find a way to provide a reliable group experience for parents.

I have been meeting regularly with staff in other Charterhouse Group communities to talk about the School's experience of increased family contact. Designated family work teams are still a fairly new concept in residential schools, and discussions have focused on their value. However, it sometimes feels as though the climate of "too much to do, too little time to do it in" makes it very hard for many communities to join in the support that these regular meetings offer.

At an away-day recently we decided to try to find ways to manage our heavier workload. It would have been easy to have felt overwhelmed by the lack of time. Instead, we came out of it inspired by the good feedback we received, so that our enthusiasm for the work was renewed.

My two family team colleagues, John Agudelo and Margaret Eynon, and I feel satisfied with the way the year has gone and the work we have done during it. Alison Shaw, our secretary, without whom the team would not run so smoothly, has ably supported us. I would also like to mark John's successful completion of the Oxford Family Therapy course, which he passed with merit. To have managed this while also working full-time is a considerable achievement. I thank them all.

*Reprinted, with permission,  
from the Mulberry Bush School  
Annual Report, 2000-2001*

# THERAPEUTIC RENEWAL AT THE CALDECOTT FOUNDATION

*By Peter Sandiford  
Deputy Director, Caldecott Foundation*

Caldecott has recently renewed the group of professional therapists that support the Foundation's work with the most troubled of children and young people. Whilst remaining consistent with its long standing commitment to psychodynamic principles it is currently putting into place a spectrum of therapies that will contribute to Caldecott remaining at the forefront of therapeutic practice.

Caldecott now has the following therapists actively working with children and young people

Sarah Armitage	Art Therapist	RNMH; BA (Hons); Postgraduate Diploma in Art Psychotherapy
Andrew Fryer-Kelsey	Environmental Therapist	Certificate in Social Care; Diploma in Therapeutic Story Telling
Beverley Hodson	Drama Therapist	NNEB; CSS; Certificate in Using Art and Play Therapeutically; CCTSW Accredited Practice Teacher; Post Graduate Diploma in Drama Therapy
Dr. Hilary Jones	Psychotherapist	MB BS
Anne Man-Cheung	Counselor	Certificate in Psychodynamic Counseling in Practice; Postgraduate Diploma in Psychodynamic Psychotherapy
Jane Mayhew	Music Therapist	MA M ThDip

As well as the above the Caldecott Foundation is currently planning with Professor Andrew Cooper, Dean of Studies at the Tavistock Clinic, various models of therapeutic intervention drawing on the Tavistock's psychotherapeutic approach. A therapeutic input from the Tavistock into the staff teams would be an important element of this collaboration.

With a long tradition of the Foundation providing therapy as

part of community living, the new therapists will be providing a link between the Community and the outside world.

They are based in the Foundation's specialist therapy centre on the edge of Ashford, some four miles from Caldecott, which will mean that children and young people will "go out" to therapy, where appropriate, accompanied by their key worker. Hence they will gain experiences that are more

consistent with life in neighbourhoods and communities rather than having their entire needs met on site.

The Caldecott Foundation regards the therapeutic process as being an evolving one with continual development arising from research and reflection into therapeutic interventions and their effects on children and young people and staff teams.

**EVEN MORE BRIEF**

The Retreat's Blue Programme has been renamed the Acorn Programme. "Our evolution is quite interesting..." writes programme director Chris Holman.

**Your news here !!**

Your news, your cartoons, your letters, your concerns, your snippets, your work, your

reflections, your dreams - they could be here!

And remember Therapeutic Communities, the journal for our field. Share the experience. Share the work!

# Association of Therapeutic Communities

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## WINDSOR CONFERENCE 2001

### “HOW WAS IT FOR YOU?”

AN EXPLORATION OF WHAT IT IS LIKE TO BE PART OF A THERAPEUTIC COMMUNITY FROM EITHER  
STAFF OR CLIENT/ RESIDENT/ PATIENT/ MEMBER PERSPECTIVES

10-13 September 2001

This 4-day residential conference takes place in the glorious surroundings of a former Royal hunting lodge in Windsor Great Park, Berkshire, UK. Accommodation and food are first class, with lounges and library for relaxation and informal get-togethers.

The Conference will discuss issues and themes concerning therapeutic communities, including:

- The learning journey, how we progress and the changes that follow
- Staff turnover, slow or rapid, what does that say about a particular institution?
- What, if any, is the most important and defining element in a therapeutic community?
- Making the transition to leaving and re-integrating with the world;
- How to maintain any progress

Fees include Conference Fees, Accommodation, all Meals.

A.T.C. Members: Single occupancy room: £390. Shared room: £340

Non-ATC Members per person: Single occupancy room £440; Shared room £390

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## A LIVING LEARNING EXPERIENCE IN A THERAPEUTIC COMMUNITY

11 -13 May 2001

at Commonwork, Chiddingstone, Kent

This Workshop is for staff working within therapeutic communities, supportive organisations, rehabilitative or residential care settings, and for anyone who wishes to gain a greater understanding of the psychosocial dynamics of residential living.

Participants will:

- have the opportunity to experience and participate in a temporary Therapeutic Community as a resident;
- have the opportunity to explore self in relation to others' cultural diversity
- be involved in community meeting, small, large and work groups, and other activities designed to explore the experience of being a member of this short-lived community;
- meet with colleagues sharing your experience and concerns;
- enjoy the facilities and attractive location of Commonwork, a rural residential centre in Kent.

receive 1 year's free membership of the Association of Therapeutic Communities

**Next Workshop: November 6-8, 2001**

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## UNREPEATABLE STOCK CLEARANCE OFFER!

Complete sets of back numbers of THERAPEUTIC COMMUNITIES Journal are being made available for a limited time only, at a very low cost.

This is an ideal opportunity to stock your Library with this excellent publication.

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Volume 20 comprising  
39 issues for only £95**

plus postage at cost.

We are able to make this offer only as long as stocks last, so please send your order in quickly.

**To apply for any of the above, for further information, or to join the A.T.C., contact:  
Sue Matoff, Administrator, Association of Therapeutic Communities, 13-15 Pine Street, London EC1R0JG  
Tel/Fax: (+44) 0 20 8950 9557 Email: [post@therapeuticcommunities.org](mailto:post@therapeuticcommunities.org)**

# POSITIONS VACANT

(A free service to member organisations)

## EATON HILL THERAPEUTIC COMMUNITY

### PROJECT WORKER

Eaton Hill Therapeutic Community is Residential Unit which aims to enable young people to gain control of their lives by making the right changes and choices within a warm, positive and caring environment. We need staff who are committed to giving young people a real chance in life.

Supporting up to 8 young people between 9 and 17 years old, the Project is continuing to develop an innovative programme of care, including preparation for fostering, independent living, group and individual counseling and play therapy.

As a Project Worker you must have, experience of working creatively with adolescents and/or hold relevant social work qualification and have a full driving licence. You must be flexible and a team player. The duties include working evenings, weekends and occasional sleep-in shifts for which an additional allowance is paid.

Salary £14,535 - £18,588 (Subject to review)

### NIGHT CARE ATTENDANT

The Night Care Attendant must be a mature and sensible person, preferably with experience of child care work, but this is not essential. You will be responsible for the well being of the young people and the building during the night and to carry out agreed domestic duties.

Shifts amount to 59 hours over two weeks.

Pay up to £6.80 per hour - depending on experience (Subject to review)

**All posts are subject to background checks. We aim to be an Equal Opportunities Employer**

**For further details, an application form and job description**, please contact Gillian Hill, Administrative Officer, Eaton Hill Therapeutic Community, Alfreton Road, Little Eaton, Derby, DE21 5AD or Telephone 01332 831236 between 9am and 12noon, Monday to Friday.

Closing date: 6th April 2001

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## Northumberland County Council Social Services Directorate Thornbrae Therapeutic Children's Home

Thornbrae is a member of the Charterhouse Group. It cares for up to 8 children in Alnwick which is in the North Northumberland. Thornbrae provides a therapeutic environment using a psychodynamic approach to practice. The service is supported by a psychotherapist and an external residential consultant.

We are currently looking to attract residential social workers who have experience of working within a therapeutic milieu.

Relocation and traveling allowance may be available to the right individuals.

RSW Level 1, 2 & 3 vacancies currently exist. Temporary for 6 months with a possibility of extension to 1 year.

**RSW Level 1 & 2 £12,741- £17,220**

You must have experience associated with the public care of children and families.

You must be committed to the task of helping children and young people to develop in a flexible and caring manner with a high ethos of high standards of care.

**RSW Level 3 £17, 793 - £19,743**

You must have at least three years experience of looking after children in a residential setting.

You must be committed to the task of helping children and young people to develop in a flexible and caring manner with a high ethos of high standards of care.

For informal discussions and details of how to apply please contact either Yvonne Martin Tel (01670) 785911 or Angela Cox Tel. (01670) 785914

# Planned Environment Therapy Trust

## ***BUILDING WORK FINISHED - AT LAST!***

Working successfully and therapeutically with emotionally and behaviourally disturbed or delinquent children, young people and adults is one of the most difficult but important jobs Society has to offer. In 1989, the Planned Environment Therapy Trust created its Archive and Study Centre as a dedicated home for research and study into the history and future of this work; the first, as far as we are aware, certainly in Britain. With the recent completion of its long-delayed building programme (see newsletters on the web-site for details!), the Trust has more than doubled its existing archive storage capacity while creating a very special residential conference and retreat facility, specifically for the field.

The need for the Archive and Study Centre was evident: starting with a vision, a single archive collection and a handful of books in 1989, the Centre has grown through hard work and the generosity and vision of many people to the point where it has a specialist library of well over 5,000 books, journals and articles; looks after many hundred unique and irreplaceable archive collections; manages a web-site of several hundred pages; runs an active oral history programme;

regularly welcomes students and researchers from Britain, Europe and North America (and, indeed, Japan); answers queries from all over the world; has an active involvement in outreach and education; organises and takes part in conferences, workshops and seminars – in short, seeks in every way it can to support and foster public and academic knowledge and understanding of this vital but extremely difficult area of work, and of those who do it.

With the new facilities, which include a 12-room accommodation block and new seminar/meeting rooms, as well as dining room and kitchen, the Trust has taken the vision a major step forward, creating a home where people involved in therapeutic community can meet, discuss, teach and learn, or simply retreat and reflect, whether by themselves as individuals, or with their families, or in groups. The new accommodation can be self-catering, or not. It can be used as a venue for organised events, or through our new conference administrator, Joanna Jansen, the Trust can help with organisation as well as with hosting. It is a unique facility - of the therapeutic community, and for it - and we hope people within the therapeutic community world will feel able to make it, in a very real sense, a home for work and reflection, or simply as a place to drop in on journeys elsewhere.

## **Archive and Study Centre News**

Although the new store and work rooms are completed, and the £11,000 of new shelving mostly up, delays in completing the construction (building was supposed to be complete by October; work was still going on in March) mean that it will be late April or May before the environment has settled down sufficiently to be safe for archives, and to allow us to begin to move things in. We're still crowded.

In the next issue of the newsletter we will report in detail about additions to the collections: there have been 20 separate archive accessions so far this year, important additions to the library,

and the archivist, Craig Fees, and the Assistant Archivist, Teresa Wilmshurst, have each added eight tapes to the oral history collection. If there is space we will also report on the web-site.

Here we would just like to celebrate the opening of the new residential accommodation with thanks to Keith Burnett, Drugs Worker with CAN in Northamptonshire, who spent two days as a volunteer in the Archive and two nights in the new accommodation. The help was very welcome; the room the least we could do in return.

The honour of baptising the new accommodation goes to the six members of a Leaderless Group Seminar on late-war/post-war British psychiatry and

psychology on March 17, who stayed and talked late into the early hours of the night before: Prof. Lawrence Friedman of Indiana University; David Glenister, lecturer in Mental Health Nursing at Hull University; Nafsika Thalassis, PhD student at the University of Salford; Nuno Torres, PhD student in the Centre for Psychoanalytic Studies at Essex University; Kevin Polley of the Henderson Hospital; and Steven Dykes, Head of American Theatre Arts at Rose Bruford College and Course Leader for Performance and Theatre at Goldsmiths College. Prof. Robert Hinshelwood of Essex University, Ben Shephard, author of *War of Nerves* (2000), and archivist Craig Fees drove in for the day.

Planned Environment Therapy Trust, Church Lane, Toddington, near Cheltenham, GLOS. GL54 5DQ  
Tel/FAX: 01242 620125 Email: [trust@pettarchiv.org.uk](mailto:trust@pettarchiv.org.uk)

**<http://www.pettarchiv.org.uk>**

## ***The Charterhouse Group Of Therapeutic Communities***

***Registered Charity No. 1077652***

Station House, 150 Waterloo Road, London SE1 8SB United Kingdom  
Phone: 0207 803 0550 FAX: 0207 261 1307 Email: chg@btclick.com  
<http://www.charterhousegroup.org.uk>

The Charterhouse Group of Therapeutic Communities is a charitable organisation working to promote, support and inform the development of work in specialist care, treatment and education settings for severely emotionally deprived and damaged children, adolescents and their carers.

Our member organisations care for over 300 children and young people in residential settings. All the children and young people in our care have been through multiple placement and school breakdowns in the community with the subsequent disaffection and difficulties in trusting and making relationships with peers and adults. Our members aim to rebuild the lives of the children and teach them that they are of worth and that each has a contribution to make to the well-being of their group and to society in general. The families of the children, and community professionals, are also 'secondary gain' beneficiaries of our work. The Charterhouse Group exists to highlight the needs of these often forgotten and poorly understood children.

The model of therapeutic community care has been refined over many years. It takes account of all aspects of the child's needs, social, emotional and educational. Staff are trained to provide a consistent living / learning daily routine and to work with the child's fear and mistrust across these areas of need so that they can begin to form appropriate attachment relationships and therefore will subsequently be able to maintain life within a family and go on to have a better chance of adequately parenting themselves and of contributing positively to society.

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## ***The Association of Therapeutic Communities***

***Registered Charity No. 326108***

Pine Street Day Centre, 13-15 Pine Street, London EC1R 0JH, United Kingdom  
TEL/FAX : 0181 950 9557 Email: [post@therapeuticcommunities.org](mailto:post@therapeuticcommunities.org)  
<http://www.therapeuticcommunities.org>

The Association of Therapeutic Communities grew up in the 1960s and 1970s as a supportive organisation for professionals who worked in therapeutic communities, who visited each others' units and shared ideas. It acts as a focus for information, debate, training and support - for anybody who wants their milieu to have a therapeutic effect on the residents, patients or clients; or for anyone who works in a therapeutic community.

The ATC also responds and makes representation to appropriate bodies on political and training issues, and liaises with organisations whose interests overlap with ours.

Individual members include nurses, social workers, researchers, psychologists, creative therapists, managers, residential care staff, teachers, psychotherapists, academics and psychiatrists. We also have a user group.

These individuals share the view that the most effective kind of residential treatment or day care is where all members are involved in creating and maintaining the therapeutic environment.

They believe that change occurs through belonging to and involvement in the life of a group or community - in a culture of enquiry and openness. With a secure sense of attachment and containment, the distress behind symptoms of problematic behaviour can be articulated, understood and changed.

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## ***The Planned Environment Therapy Trust***

***Registered Charity No. 248633***

Church Lane, Toddington, near Cheltenham, GLOS. GL54 5DQ, United Kingdom  
TEL/FAX: (01242) 621200 Email: [trust@pettarchiv.org.uk](mailto:trust@pettarchiv.org.uk)  
<http://www.pettarchiv.org.uk>

The PETT was founded in 1966 by Marjorie Franklin to promote research and discussion furthering the support and use of approaches to living and working with unhappy, disturbed, delinquent or disturbing individuals, in which all the resources of a thoughtfully created environment, the shared living experience, and above all the enormous healing potential of relationships, are brought together for therapeutic ends.

The specific objects of the Trust, to quote from the original title deed, are: "To investigate and study, publish results and expositions and train workers and carry out in practice methods of treatment of emotionally disturbed, maladjusted or delinquent children, young persons or adults, by means of a Planned Environment Therapy especially in association with specialist psycho-therapy."

The Newsletter is edited by Craig Fees and Jane Pooley.

Material for publication should be sent to Craig Fees, 'Newsletter', Planned Environment Therapy Trust Archive and Study Centre, Church Lane, Toddington, Cheltenham, GLOS. GL54 5DQ, U.K., Email: [craig@pettarchiv.org.uk](mailto:craig@pettarchiv.org.uk).

Subscriptions are £10/year for three issues. To subscribe, or for further information, contact Jane Pooley, 'Newsletter', Charterhouse Group, Station House, 150 Waterloo Road, London SE1 8SB U.K. Email: [chg@btclick.com](mailto:chg@btclick.com)

**DEADLINE FOR SUBMISSION OF MATERIAL FOR THE NEXT ISSUE IS JUNE 22**

**SPECIAL THEME: RESEARCH AND TRAINING**