



The Consortium of Therapeutic Communities Manifesto

The Consortium of Therapeutic Communities (TCTC) is a charity which represents and promotes Therapeutic Communities and other psychosocial environments which aim to enable people who have suffered adversity, emotional trauma and mental health difficulties to recover and lead fulfilling lives.

TCTC believes that:

- It is only through active engagement with their environment and with others that recovery can be achieved. Relationships are central to the process which transcend any specific theoretical or treatment approach
- To recover the ability to enjoy life, and live to the full in the confidence of one's own capacities and contribution, human beings benefit from a psychoanalytically informed, psychosocial approach in the helper, and not merely a biological or medical focus
- Our [Core Values](#) offer a template for the development of a psychosocial approach to working collaboratively with people
- The outcome of any attempt to help or to treat a person is not best measured merely by changes in symptoms and problem behaviours, although these are helpful, but also by an improved capacity for engagement and increased social activity for that person
- Recognition and understanding of the unconscious and its role in individual, group and organisational functioning is critical to effective practice

TCTC will:

- Support and inform the development of standards to ensure the quality of services working with individuals suffering from emotional trauma and mental ill health
- Educate and consult to the specialist community sector and wider public sector providers on therapeutic community and relational practice, to highlight, promote and support good practice
- Increase awareness and understanding of therapeutic communities and psychologically informed environments amongst health professionals, service providers and the public
- Promote and campaign for a relational approach in all organisations working with adversity, trauma and mental ill health
- Promote research and disseminate the results of that research
- Influence government and social policy, locally, regionally and nationally about relational practice and its efficacy