

TCTC NEWSLETTER

Dates for your Diary!

The Lived Experience Network

Monthly drop-in meetings on the **last Thursday** of every month (except December)

10.30am – 12.00pm

Online via Zoom

Understanding Group Work and the Community Meeting

Dr Chris Nicholson

Friday 21st November 2025

11.00 – 14.00

Online Seminar via Zoom

The International Group

5th December 2025

11am – 12.30pm

Online via Zoom

The TCTC 3rd Virtual Conference

Save The Dates!

Wednesday 29th April 2026

Thursday 30th April 2026

More details announced soon!

Online via Zoom

For more information about our working groups, training workshops or events, please visit our website or send an email:

🌐 <https://therapeuticcommunities.org/training>

✉ admin@therapeuticcommunities.org

Dear TCTC Members,

Welcome to the third edition of our newsletter! As we approach the end of another transformative year, we are thrilled to connect with you once again, sharing updates, reflections and aspirations for our shared mission of fostering healing and growth within therapeutic communities.

We extend our heartfelt thanks to all member communities for your unwavering commitment and invaluable contributions. Your innovative practices, shared expertise and dedication to supporting individuals in their journeys of recovery continue to strengthen our collective impact. From insightful research and case studies to collaborative projects, your efforts are the heartbeat of the charity, and we are deeply grateful for your partnership.

A special highlight of this year was our in-person conference, held in September. It was a remarkable opportunity to come together, exchange ideas and celebrate the resilience and creativity of our communities. The workshops, keynote addresses and networking sessions sparked meaningful discussions and laid the groundwork for future collaborations. For those who attended, thank you for making it such a vibrant and inspiring event. For those who couldn't join us, we look forward to seeing you at future gatherings!

Mark your calendars for our next major event: the **TCTC Virtual Conference on 29 and 30 April 2026!** This online gathering will provide another opportunity to connect, learn and share best practices across our global community. More details will be announced on our website soon, so please stay tuned and save the dates!

As the festive season approaches, we wish you all a joyful and restorative holiday period. May this time bring warmth, reflection and connection with loved ones. As we wind up the year, we celebrate the progress we have made together and look forward to the opportunities that 2026 will bring. We cannot wait to reconnect with you all in the new year, continuing to build a brighter future for therapeutic communities worldwide.

Warmest regards,
Neels - Editor, TCTC Newsletter



The Consortium for Therapeutic Communities

Come and Join Us!

TCTC Consultancy

TCTC is a rich network of practitioners, academics and researchers, often with many years of living and working experience in a variety of contexts. We are able to offer access to consultants to support organisations with a wide variety of tasks. TCTC acts as the umbrella organisation, holding DBS, proof of qualifications and relevant insurances.

We have a straightforward approach to contracting, where the scope of work and the time and schedule are agreed at the beginning of projects.

TCTC is the invoicing organisation and consultants offer their time to the charity at heavily reduced rates to support modest income generation whilst also sharing their expertise, both of which help the charity achieve its aims.

TCTC Commissioning

In response to the national challenges for Local Authorities (LAs) in the commissioning of sufficient volume and diversity of specialist provision, TCTC is now working with the public sector either on individual LA or regional/sub-regional clusters to support commissioning and placement activity.

What is 'therapeutic': how do we know what models we should be considering, what features and structures might we expect to see to ensure robust delivery? In parallel, increasing numbers of LAs are seeking to encourage specialist provision, perhaps through 'specialist' or 'therapeutic' lots or tiers on frameworks or Dynamic Purchasing Vehicles (DPVs). Yet there are challenges in knowing how to approach these, what to specify, how to assess governance.

email: admin@therapeuticcommunities.org
for more information



[linkedin.com/in/tctc-consortium-for-therapeutic-communities-5a9b33123](https://www.linkedin.com/in/tctc-consortium-for-therapeutic-communities-5a9b33123)

Meet the Board: Peter Clarke

Please share your name, organisation, how long you have been a Trustee and your role (if any) on the Board.

My name is Peter Clarke. I spent many years working at Glebe House and then Peter Clarke Training and Consultancy - I have been on the Board since the start, in July 2011.

Can you share a few details about your professional history, where you studied, organisations you have worked with, paid/voluntary roles you've had, details of any published work, presentations, interviews?

I studied MA in research from the School of Social Work at the University of East Anglia, worked at Glebe House (Therapeutic Community for young men) for 30 years - 20 in senior roles - and I have written a few book chapters.

What do you consider to be your greatest achievement?

Parenting two very fine children.

What is your most treasured possession?

My health.

Is there a quote that you identify with, or that reflects your mood today?

Be more kind.

Who do you admire the most?

The young people I worked with who built something from chaos.

What do you like most about being on the TCTC board?

It keeps me connected to TCs

What are your hopes for the future of TCTC, and how would you like to see the membership grow?

I would like to see TCTC develop its services to help a wider range of organisations to develop their relational thinking.

Make the most of TCTC



**Consultancy and
Commissioning**



**Lived Experience
Network**



**Newsletter
Contributions**



**International
Group**



**Training and
Conferences**



**Research and
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<https://therapeuticcommunities.org>



'Adventures in Therapeutic Communities' *A Reflection on the TCTC Conference and Connecting with other TCs for the First Time*

Having always been aware that there were other TCs out there but having only been a part of NESTS – it didn't feel real. Often being told "you're so different to other children's homes" and hearing stories of colleagues' experiences in other TC's felt like listening to old war stories, but like a familiar of my own experience.

Knowing there were others like us, I felt a pull to connect. Our little community is too modest, and I get frustrated wanting to shout from the rooftops and celebrate us. I felt that it was my role. But first, I had to overcome my own self-doubt and put myself out there for our community. So, I responded to a call for papers, and before I knew it, I was speaking at the annual conference!



High Leigh Conference Centre

For months, my nerves where overwhelming, but that changed once I arrived at High Leigh. Once settled in and speaking to a few people, I instantly knew that this was a safe space, full of people who really get it...

Having never been at a conference before, I didn't know what to expect. Reflecting on it now, there was an overall sense of acceptance, belonging and community, which I hadn't anticipated. I found it so reassuring to be around people who really understood and knew that it's not just us, and we are a part of something amazing.

*Lauren Huntley,
Deputy Manager, NESTS - The Oaks*



Gardens at High Leigh Conference Centre

Being able to see the bigger picture, and that our way of working is not just valued but is shared by others really stuck with me. I now find myself thinking about what's next, how can we keep connecting and be part of the ongoing conversation, and wondering if there are others like us, in small TCs, feeling isolated.

I proudly told our children that I had been talking about how wonderful we are. I was met with them rolling their eyes and telling me that I'm always telling everyone, so they must all know by now! I'm glad they feel that way, but I'm not done yet!



The Lounge at High Leigh Conference Centre



Meet a Member Community:

Mosaic:

Mosaic is an online therapeutic community (TC) hosted by Hank Nunn Institute (HNI), offering clinical learning and a deep understanding of relational practice and group processes. It began in 2017 in Bangalore and was designed by the co-founders of HNI, based on their experience working with TCs in the UK. Initially, it was a weekly in-person training space for HNI staff, later expanding to include non-HNI staff. We also had remote members joining via Skype (affectionately called "Skyple"). During COVID-19, Mosaic shifted fully onto Zoom, allowing the community to continue meeting and for membership to extend beyond India.



A POEM BY THE COMMUNITY

The fear and joy of being known
 She scanned across the virtual room.
 Each box that framed a face turning into a colour, a
 pattern, a piece of a puzzle- all creating a new world inside
 her.
 Too old, too new, too big, too much
 We're lost, we're found..... it's confusing
 It's warm yet demanding, it's scary and real
 When people can be who they are
 It's overwhelming to be seen
 It's bigger than myself but it's also about and for myself
 It's pottery- I'm held and slapped. What would I become- a
 mug or a vase?
 I swim through these thoughts,
 assuming a boat will be near,
 but I feel a shore is far out of sight,
 and I am drowning in self-reflection.
 A safe, contained, relational process, is the community in
 the mind?
 Moments of connection tucked away in time,
 A sense of belonging to something larger

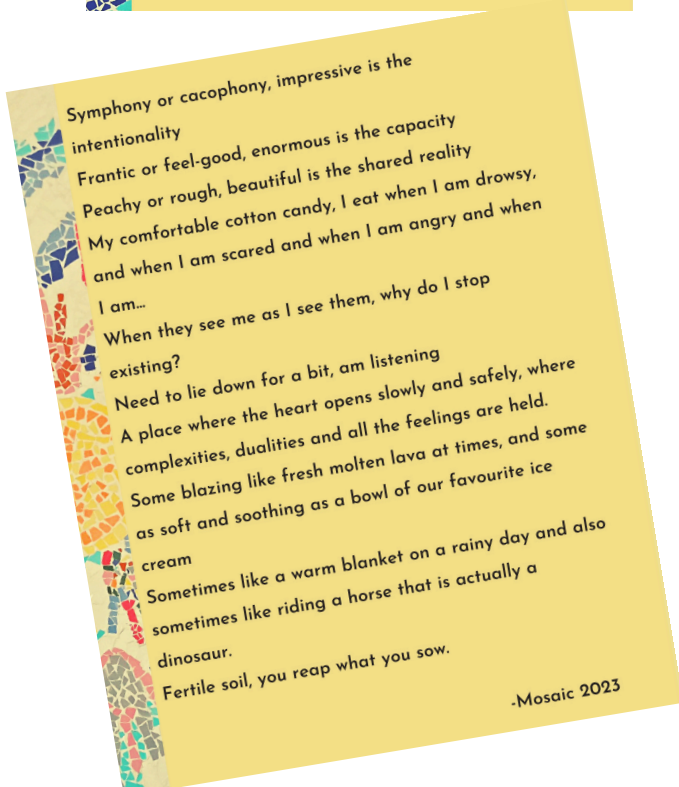
The current structure of Mosaic has evolved beyond its initial academic roots to become something more relational and experiential. The day begins and ends with Community Meetings. The rest of the day involves members presenting different themes and coming together to reflect on our continued experience of working and being together. Mosaic's roots continue in sections such as the Creative Clinical Space, Academic Seminars and Experiential Trainings - spaces where members take turns to present and lead the community in reflecting on topics revolving around mental health, relational practice and group processes. Every month, we invite professionals and experts with lived experience from the wider TC world to come in and share their journeys in a knowledge-sharing space. The day also includes time for Shararat (a hindi word meaning mischief), Shared Expressions, and Mosaic Room where the community comes together to spend time with each other in various ways, be it through play and art, holding space for difficult conversations that need a supportive environment or when we need to think about and make decisions on the functioning of the community as a whole.

Every six months, we also suspend the day's timetable and have an online 'Away-Day', where we discuss the larger questions around the community and how it serves the needs of the members.

It has not been an easy journey to learn how to connect with each other through a format that inherently leaves us distant, as much as it may bring us together. Mosaic's identity has grown over the years, shifting from an in-person training space to an online community of people looking to learn about mental health, understand themselves, form connections and build relationships that go beyond just the day we spend with each other.

To visit Mosaic, write to mosaic@hanknunninstitute.org.

To join us as a guest speaker, write to mosaictc.kec@gmail.com.





Why I Joined the TCTC Board By Brian Hogan

I am honoured to have recently joined the Board of TCTC. For me, this step feels like a natural continuation of my lifelong commitment to relational practice and to creating environments where care, safety, and growth can flourish.

Over the past 36 years working in the public sector, much of my focus has been on secure residential care, leadership, and team development. In that time, I have seen just how powerful therapeutic communities can be when they place relationships at the centre of practice. Joining the Board gives me the opportunity to contribute to strengthening that culture of care across the sector.

What excites me most is the chance to support TCTC in providing a platform where practitioners, leaders, and organisations can share learning, develop skills, and deepen their commitment to relational ways of working. I am particularly passionate about supporting emerging leaders—whether in academic settings or on the frontline of care—because I believe they hold the key to the future of social care practice.

I look forward to working alongside my fellow Board members and the wider TCTC community, contributing my experience while continuing to learn from the incredible work happening across our field. Together, I believe we can help ensure that therapeutic communities remain a vital force for change, growth, and healing.

To contact Brian, or any of our other Trustees, please email:

admin@therapeuticcommunities.org



An impression *Bob Hinshelwood* had at the High Leigh's Conference of TCTC

I came for one day (more a half-day really) to our annual conference at High Leigh on September 8th. I have one impression I thought I could make one point about.

I thought, from the general group discussion, that there may have been a bit of an unspoken (or hardly spoken) rivalry between individual dynamics and social dynamics. I guess we all agreed on those dynamics relevant to TCs being unconscious ones. But as a psychoanalyst I am always a bit sensitive to being slotted into a role of being only interested in internal dynamics.

In fact, I think that opposition (if it is an opposition) is false. We should see the internal and external as both relevant. It is a multi-factorial system. As a psychoanalyst I do see the external pressures of society and politics as having an extremely important bearing on individual mental health. However, I do see those external pressures being interpreted by each individual in ways which may be realistic or (very often) not realistic.

As I have been outside the practice of TCs for some time, I do not know if this point is actually relevant. But I do know that there was no open discussion on communities (and individuals) being multiple systems of external plus internal dynamics, during the part of the conference which I was able to attend.

Of course, it might be objected that such a multi-factorial system is taken for granted in TCs. And therefore does not need much discussion; but I don't believe it. It is the kind of system which always needs attention and work. It is a system which can always fall apart into two pieces and is something which should be at least present in all discussion about TCs (in all discussions in TCs?). Without it there is always the possibility that discussion becomes superficial.



I met Elly Jansen in 2017, soon after I began working with Community Housing and Therapy. Already in her late 80's Elly was still passionate about therapeutic communities and deeply interested in CHT's work. She had founded CHT (originally the Fellowship Charitable Foundation) 25 years earlier but had parted ways with the organisation shortly after.

Born in Holland in 1929, Elly grew up during Nazi occupation. She witnessed the impact of trauma firsthand, and then found herself on the front line between German and Allied armies, recalling a harrowing escape through a live battlefield with her siblings, mentally praying for God to keep them safe: she promised God that if he kept them safe she would dedicate her life to helping others.

After the war, Elly studied psychology, trained as a nurse, and worked with disturbed children before moving to England in 1955 to train as a missionary. Elly recognised the need for support for people recently discharged from mental hospitals, and decided to refocus her energy to helping people in this way instead.

With £100 she had saved for her theological studies, Elly rented a house in Richmond and advertised it in the local psychiatric hospital as somewhere to live where those leaving hospital could find support. She waited six weeks for her first applicant, marking the beginning of her first therapeutic community.

Its success led Elly to establish the Richmond Fellowship, which grew to over 50 therapeutic communities in Britain and around another 50 internationally. She went on to found several other charities (including what became Community Housing and Therapy) and involved herself with the theory and practice of therapeutic communities for the rest of her life.

She and I met regularly since our first encounter, sharing many conversations about therapeutic communities then and now. It was her idea to create an Award to celebrate original research and articles on therapeutic communities. And so, the Elly Jansen Award was born, and is a legacy to her remarkable life.

The 2026 Award, will open officially on 1 November with a new website. www.ellyjansenaward.org.

Dr Peter Cockersell



Elly Jansen, 1929 - 2025



Geese Theatre Company

At Geese Theatre Company, we specialise in using theatre to engage people in the criminal justice system and other social care settings. For nearly 40 years, we've worked across the UK and internationally, using performance and drama-based groupwork to explore themes of identity, choice, and change.

Over the past five years we've increasingly been invited to work in prison therapeutic communities, including those at HMP Send, Grendon, Warren Hill and Gartree.

When we step into a therapeutic community, we're always aware that we are coming in from the outside - as guests. That perspective carries responsibility—to listen, to reflect, and to offer something meaningful. We hope that our use of theatre provides a useful and powerful tool to do that.

We use theatre as a one-step-removed mirror, inviting participants to explore their behaviour, emotions, and the impact they have on others—often through characters they recognise or relate to. Through scenes and exercises, we create space for people to examine personal responsibility and the choices they make. It's not about telling people what to think—it's about provoking insight and conversation.

One of the most striking tools we use is the mask. For us, masks represent identity—the front we show the world, and the parts we keep hidden. By exploring the concept of mask, participants are encouraged to examine the roles they play, the defences they rely on, and the vulnerabilities they often protect. It's a way of looking at ourselves from a new angle, and sometimes that reflection can be revealing.

Working in these communities is never about performance for its own sake. It's about connection, honesty, and the possibility of change. We don't come in with answers—we come in with questions, with curiosity, and with respect. And in that shared space, theatre becomes more than a mirror. It becomes a conversation, a challenge, and sometimes, a turning point.



As one resident of a therapeutic community we visited recently put it so beautifully:

It was incredibly engaging, entertaining and useful. I learnt a lot about myself in terms of the masks I often put on, sometimes consciously, sometimes automatically as a form of defence. The play really helped us visualise the inner thoughts behind our external behaviours. It was highly informative, very funny and I want to thank the Geese staff – it was much appreciated.!



Andy Watson is the Artistic Director / CEO of Geese Theatre Company and can be contacted on andy@geese.co.uk

Shame...

As someone in the beginning of my career within children's services, one area I believe we must talk about more is **shame**. Shame is the mind's version of physical pain. When experienced frequently, without reharmonisation, the child could develop core shame: a chronic, debilitating feeling that, regardless of circumstance, they are the problem.

It is imperative to separate core shame from ordinary shame, which is a necessary emotion which teaches and guides us into remaining a part of our tribe. Core shame, however, is an emotional illness we must learn how to recognise, respond to, and prevent. Just as we would approach a child with a physical injury gently and carefully, we must treat the emotional wounds caused by core shame with similar delicacy.

Shame can be compared to an emotional infection, something that spreads and festers unless it's addressed. Our role is to help alleviate that shame by replacing it with feelings of connection, acceptance, and belonging. We need to be authentically present with them, to tell and show them that they matter. Verbalise it, write it down, remind them, even when they've done something wrong. Remove the shame associated with having an emotionally vulnerable conversation for ourselves as adults, and prove to them that they matter.

Building connection, showing empathy, and offering a deep sense of belonging is, in the end, the most powerful antidote to chronic shame. It's through that emotional safety and attunement that we help children heal from their wounds and build resilience for the future.

By Libby Moore



Gold: The Ultimate Duke of Edinburgh Achievement

Two of our boys at Amberleigh Care have embarked on an epic journey over the past 3 years, completing their Bronze, Silver and Gold Duke of Edinburgh Awards. This is the first time anyone has ever completed their Gold Award while at Amberleigh Care. The boys have committed to months of volunteering, developing a skill, and regular physical activity. The highlight for these boys was volunteering at Welshpool and Llanfair Light Railway, where they helped to restore train carriages. The residential section of the Gold award saw them spend 5 days at the Field Studies Council in Preston Montford; where they explored the local area, had a go at outdoor climbing activities and planted over 200 trees as part of a conservation project.

The final part of the Gold Award was the expedition section. The practice expedition lasted 3 days and the boys covered 55km. This pushed them to their limits and prepared them for the qualifying expedition. Two months later the boys completed 71km over 4 days hiking along the Anglesey Coastal Path. The boys displayed strong navigation skills, resilience and teamwork throughout a challenging and varied coastal environment. They demonstrated all the qualities expected at this level: independence, resilience, teamwork and effective expedition skills.

Gold DofE is more than an award; it's a journey that shapes characters and creates memories for life.



By Sarah Wilkinson,
Nurture Intervention Lead, Amberleigh Care



It was time for a change
A time of renewal
A time for growth
A time for searching.
And seeking for truth.
So I'm here, what do I do?
Everyone is friendly, but I'm so very scared.
Fear rising, should I speak?
Will they laugh or think I'm sick?
Is the risk too great or not?
Trust the process, I've been told
I don't know what that means;
Will it cause me to die inside?
Or inflate my shrivelled soul?
I don't think I can do it!
Ice-cold fingers crush my will;
My strength deserts me
My resolve crushes underfoot;
What the hell is wrong with me?
I feel defeated, stupid, and dumb
My silence screams inside my head;
My heart is racing, fit to burst,
It grows and fills my throat;
I'm going to die in this room,
And everyone will know
What my smile is trying to hide:
Shame, guilt, and failure,
Disgust, weakness, and pain
But wait, what's that I hear?
Someone's doing what I should've done:
They're trusting in the process
Being open with their pain,
Exposing their deepest frailties
Risking rejection and judgement,
Putting themselves on the line.
I see despair, anguish, and fear
I see courage, struggle, and strength
I see determination and trust.
I witness the response of the group
Their love, compassion, and care.
There is empathy and understanding
There are outreached arms and engagement;
Gentle challenges and words of hope.
And the process starts to make sense.

I prepare to strip my soul bare
To share my demons and hell
To break the bars of my cell.
But the words won't flow
My speech is clumsy and muddled.
My brain is like clay.
I feel like I'm trying to conceal,
To hide the worst of myself
And avoid the inevitable hate.
Words appear, and travel to ears
Ears hear and brains comprehend.
The worst of my soul
And my struggles in life,
Find sympathy and compassion,
Understanding and connection,
Kindness and relief.
Why was I frightened?
Why did I fear?
I feel so open,
Vulnerable and exposed,
As if a surgeon with a scalpel,
Has extracted my very soul
And shared it online.
But I am also relieved,
Lighter in mind
And beginning to heal.
Still so far to travel
Still so far to go;
My ending is so far off
And my journey's now begun
My path is still uncertain
My destination is unclear.
I've taken my first big step
Will my next stride now be as quick?
Will I 'sit with' emotions
That for so long have been concealed?
So I'll 'trust in the process'
And try to share more;
And rely on the Community
Building hope and confidence
Learning the value of me.

Derek Pond



Thank you to the members of The Brenchley Unit, for sharing these lovely creations of art from their Personality Disorder Specialist Service.





Polyfonia: A New Chapter for INDTC

International Network of Democratic Therapeutic Communities



Within INDTC, we created the Reading Group, an international online space for critical thinking, shared learning, and meaningful dialogue with participants from across the world. As we transition into Polyfonia, the Reading Group will evolve into an even more inclusive forum, adapted to embrace cultural differences and amplify voices from countries worldwide.

Polyfonia aims to be an inclusive global meeting point, drawing greater attention to countries outside Europe. These communities have much to contribute to global conversations on mental health, yet their perspectives have too often gone unheard. Polyfonia seeks to bring their experiences to light and ensure their voices are integral to the collective dialogue on democratic, community-based, and relational approaches to mental health.

For several years, the International Network of Democratic Therapeutic Communities (INDTC) has brought together people from around the world working in a wide range of democratic, community-based and relational practices. We have become more than a consortium of therapeutic communities, we are an international network of individuals and organisations committed to creating humane, participatory, and relational approaches to mental distress.

Mariana Cardoso Puchivailo

To find out more information, or to join Polyfonia, you can email: info@polyfonia.org

www.polyfonia.org

(website will be live from April 2026)

Recognising this, the International Committee has decided to relaunch INDTC as what it has truly become: an inclusive global network. We are therefore establishing a new international charity under the name Polyfonia – The International Network of Democratic and Community-based Relational Practice.

Polyfonia's aim is to:

- Connect people worldwide who are committed to democratic relational practice in mental health.
- Provide a platform for diverse voices, fostering a polyphony of ideas, creativity, and perspectives.
- Host online and in-person events to share and develop practice.
- Produce and disseminate resources – papers, videos, and reflections – to amplify voices from all over the world.



Official Launch of Polyfonia on 2nd October 2025, Sicily from L-R: Neelam Khawani-Connett, Mariana Cardoso Puchivailo, Peter Cockersell, Hena Faqurudheen, Angelita Volpe, Raffaele Barone, Luca Mingarelli



Protecting Identity Through Digital Life Story Work

For our children in care, their story of what has been, what is now, and what is possible for their future too easily becomes fragmented across different schools and care settings.

The Storyteller platform from After Cloud offers digital memory box and life story work, emerging as a powerful tool to help young people reclaim ownership of their journey, creating continuity for them and for the adult they'll become.

Partnership with Amberleigh Care has already witnessed transformative outcomes through Storyteller. Staff describe acceleration of therapeutic work. One young person reports: "It's really nice to have... I look back on that picture now and... I see someone completely different. It's nice to see how I've...grown, to be the person I am today".

Digital platforms offer richness and resilience; secure, accessible space where memories are preserved and revisited throughout life, not lost during transitions. When children contribute directly to their own story, capturing photos, video, voice notes or text, they become active authors rather than passive subjects. Speech-to-text functionality removes barriers for those who struggle with written communication.

The team around the child benefits enormously from this collaborative approach. Social workers, daily carers and specialist practitioners all contribute. When a child records their feelings about a significant event, or photographs something meaningful to them, it opens windows into their emotional world that traditional assessment tools might miss.

The technology becomes invisible when the focus shifts to storytelling, relationship-building, and healing.

The chronological organisation of content creates a coherent timeline, helping children understand their journey and growth over time. Embracing tools that effectively preserve our children's stories, amplifying their voices amidst and alongside those of trusted adults around them, isn't just innovative practice, it's an investment in their future sense of self and belonging.

To explore the Storyteller platform contact Jane Keenan jane@aftercloud.co.uk



How lovely that you support Liverpool too!! 🍷❤️🍷🍷

We went and stayed overnight in Liverpool for the team's victory parade through the city centre, for winning the Champion's League!

Watch the video, then check out your memory box for some of the pieces of paper that flew everywhere! 🗞️

- Amazing stadium tour 🍷 Photo ...
- Trent A-A Photo ...
- Quite the day! 🗞️ Video ...
- We went to Crosby Beach too 🗞️ Photo ...

Add content

Text	Photo	Video	Audio
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Our Recent Ofsted Inspection - *My Tribe Homes*



Ofsted inspections are hard, not because there was any doubt about our statutory compliance, Sophie the home manager is forensic in her approach to satisfying her regulatory duties, but because we don't always trust that they will "get it". Will Ofsted understand why we spend so much of our time in reflective practice, sitting in a circle, trying to make sense of why we feel so "stuck"? Or why we insist that every practitioner gather every quarter to read and reread each child's early life history? Why the manager must chair a meeting for the children at the same time every week, in which they are forbidden from including "menu choices" as an agenda item?

They certainly "got it" this time. Sophie Marsh, the manager for Nova House, had the following to say to her team after her first inspection at the helm of My Tribe Homes' newest therapeutic community.

"I want to take a moment to share my pride and gratitude with each of you following our Ofsted inspection yesterday and today.

"What stood out most was how strongly our home's culture came through. The inspector was particularly struck by the high aspirations we hold for our children and the equally high standards we expect of ourselves as adults in the home. She saw in every conversation the evidence of curiosity, understanding, and care that is at the very heart of Nova House. The warmth, consistency, and therapeutic practice that define our culture were clear for all to see, and that is something we should all feel incredibly proud of. Our young people themselves played such a positive role, with [young person] especially rising to the occasion and celebrating some of the amazing progress we've made together.

This achievement is not just an Ofsted judgement, it is a reflection of the consistent, loving, and therapeutic care you provide every day. While this is a milestone worth celebrating, it is also just the beginning for Nova House as we build on this strong foundation and keep pushing our practice forward."

Harry Lukens

Therapeutic Lead, My Tribe Homes

<https://www.linkedin.com/company/my-tribe-homes/>





The Impact of Being Part of a Community in the Community



At SUN, we are a therapeutic community rooted in Surrey, offering facilitated peer support groups alongside opportunities for social connection and member involvement. Many members have faced isolation, fractured relationships, and disconnection from wider society. SUN provides a space to rebuild trust, relational safety, and a sense of belonging.

“Since coming to SUN I’ve found a sense of purpose, routine, and made strong connections. It’s grown my confidence, self-worth, and happiness. There’s lots of member involvement opportunities, in which I’ve played an active role and the use of online involvement has helped me grow despite my agoraphobia, which has helped me grow as a person.” – Mia, SUN Member.

Our SUN Socials are designed to foster creativity, joy, and meaningful connection. These events go beyond activities—they’re about celebrating self-expression and community.

“This Christmas social was particularly special for me as I had planned it with members in mind, and to see everyone so happy and enjoying themselves was heart-warming” - SUN Facilitator.

Members play an active role in shaping the service. From outreach to service development, they gain new skills and share their experiences with professionals and potential members. These opportunities allow members to showcase talents and be part of something larger, beyond the support groups.

“After leaving work due to mental health, I struggled with the loss of structure, identity and belonging. SUN helped me rebuild through small steps—meetings, creative projects and co-presenting outreach. The greatest impact was feeling genuinely heard and empowered. I wasn’t just attending - I was restoring a sense of agency and purpose.” - Elle, SUN Member.

SUN is more than a support system - it’s a place where lived experience is valued, growth is nurtured, and members rediscover agency and purpose, within a living/learning environment.



*Co-written with our
SUN members*





Ash Eton

Therapeutic Community Journeys

On the occasion of World Mental Health Day on the 10th of October 2025, our community members decided to co-create a collage of art work on a theme of journeys into the TC, and life beyond it.

We are a non-residential Therapeutic Community for up to 24 members, meeting for three days each week. Folkestone is a vibrant coastal town with a thriving arts scene and stunning natural beauty, with the White Cliffs of Dover nearby. Inspired by our surroundings, we aspire to be an equally diverse and creative community of members and staff working together in our different living-learning, formal psychotherapy, creative and occupational therapy spaces.

In the following, we wanted to give you an impression of this creative process, which made some of us think of transformation and renewal traversing multiple seasons, so to speak, with life taking shape in different ways, finding a temporary home by way of belonging to this community.



The Journey

You've been plonked in what feels like a vast forest, with a tribe you've never met. You sit around a fire, in a circle, to keep warm and speak of journeys past taken, voyages sailed, each relating and connected with the battle scar acquired along the way to the here and now.

We've all been adrift with no foot holding.

We don't know it yet, but amidst this calamity and confusion, this is the setting, this is the space, where we can discover and reclaim ourselves again.

In this state, we learn new skills, how to forage and nourish our bodies and soul. We find tools and work with them.

We can find shelter together.

We learn there is a different way to be.

At times, it is painful, full of obstacles and pitfalls. Sometimes you'll get lost for days, weeks even, from the tribe, then return. Sometimes there'll be moments of no visible progress. There'll be regression, then advancements, then regression again.

Nothing is straight-forward, but we know this. Past hurts resurface and play out, but this time we can choose to carve out a different path, a different outcome for ourselves.

Together, on this journey, we can lay a foundation of change.

JP



The following poem goes along with the TCTC values taking shape:



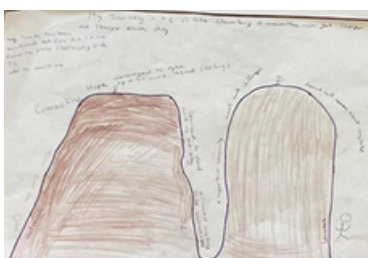
My Cosmic Journey

Travelling through time and space
 Desperately trying to find my place
 It feels so strange and weird
 But is it everything I had feared?
 Perhaps it's ok
 Maybe even nice
 Can I belong here?
 What is the price?
 Slow down, sit with it!
 Speed up, take space!
 Always getting it right
 Always getting it wrong
 It's ok because you do belong
 Extra-terrestrial, alien, freak!
 Dare I even take a peak
 You're not alone
 You will be held
 Just like the aliens before you
 And those yet to arrive
 We will travel through this
 And remember the ride
 The TC is eternal
 It will live on within us
 To the stars
 And beyond

RS

If you are curious to find out more about our work at the Ash Eton TC on a Wednesday, do get in touch.

*You can email, kmpt.pdsadministration@nhs.net if you would like to visit:
 please tell our community a little bit about yourself and your interest in spending a day with us.*





Children's TCs Make Innovative Funding Transition

After 20 years of operations, earlier this year independent specialist service Amberleigh Care, which operates two accredited TCs for teenage boys, made a conversion of structure into an Employee-Owned Trust (EOT). In the immediate day-to-day there has been no change whatsoever – it is all the same people, engaged relationally, working together to meet the needs of the young community members.



In beginning to plan for the medium- and long-term security of the service, the Directors, who all work full time in the service, were seeking a route to protect the values and principles into the future: listening to children and staff, reinvesting, commitment to TC working and use of the C of C standards, sharing practice, engaging in charity work and research. Often, when there is a change in ownership in children's services, these can be lost or not understood for the essential impact they have on the day-to-day experience of children, staff and to commissioning authorities. Amberleigh wanted to take a longer and more sustainable approach to future succession.



In approaching the conversion (which was just over 6 months work behind the scenes), the organisation discovered the 'TC-ness' of Amberleigh, and its existing status of Gold Investors in People, meant that the level of transparency, involvement in decision making, consultation, voice, participation etc was already at a very high level, and these are exactly the sorts of principles that new EOTs need to embed and demonstrate. TCs are well placed to become EOTs if that suits their situation.

In this conversion, 100% of the ownership has been transferred to an Employee-Owned Trust which 'holds' this on behalf of the employees as collective 'owners' – readers may have heard of the 'John Lewis' model, probably the largest EOT in the UK. There is a new Board of Trustees to oversee the governance. This includes a Staff Representative and also an Independent Trustee (with experience of how these trusts operate). The Trust Board holds the operational leadership team to account, ensuring the culture and principles are retained.



The combination of this 100% transfer, the principles and values of governance, and the nature of public service/social good delivery, means that the service is now categorised as a social enterprise.

In children's services, there is a wider debate about the financial sustainability within the system, with questions being asked about the role and influence of private equity-backed services. Whilst it is important to focus on these (typically large) organisations and how they are financial structured, smaller/medium sized services, which provide diversity and greater localism, still make up about two thirds of the organisations in the system. EOTs provide an alternative route for the funding of these services, which enables continuity of leadership and management, supports slow and planned succession, and importantly maintains the specialist provision and diversity of settings which young people and local authorities need access to.

EOTs operate more like a charity than a business (in terms of their governance), and so the foundation is built on a Trust Deed. It is here, in this legally binding framework, that the values are 'baked in', thus protecting the service into the future. This is also a way of repositioning services within the independent sector towards a more explicitly socially-focussed mission, more purposeful and more conscious.

*Dr Kevin Gallagher
Amberleigh Care*



Fevaca: Where Every Intervention Matters

Since opening our doors in 2011, Fevaca has been driven by one simple but powerful aim: To provide high-quality, caring homes for young people. We launched to offer an alternative to the harrowing use of Bed & Breakfast accommodation for vulnerable 16 and 17-year-olds in care. Our clear vision – to offer more than just a place to stay – was only the beginning and we’ve grown into a trusted provider known for our relational, therapeutic, and child-centered approach.

From the very beginning, we’ve operated with a strong ethos of family and a belief that “Every Intervention Matters.” That guiding principle continues to shape our work today.

Our multi-disciplinary team – including social workers, teachers, health professionals, nurses and experienced, well trained support practitioners – is passionate about understanding the lived experiences of young people; helping them heal, grow, and achieve their aspirations.

As a small, private organisation led by a dedicated husband-and-wife team, we have embedded a culture of relational and reflective practice throughout everything we do. This culture underpins our current provision, which includes:



FEVACA
EVERY INTERVENTION MATTERS

EVERY INTERVENTION MATTERS

15 YEARS ANNIVERSARY

Supported Accommodation & Children’s Homes

A small family run organisation ensuring young people have a safe, loving home to be happy and become the best version of themselves.

Conference: ‘Developing the Workforce’ 14th November

Three children’s homes – all rated GOOD

Seven supported accommodation homes – (First Ofsted inspection Sept 2025, and eagerly awaiting to share the outcome when published)

We are proud to have developed our own evidence-based model of care, and we are actively working towards embedding the Therapeutic Childcare Standards across all our services. Continuous improvement and reflective learning are at the heart of our work.

As part of our commitment to supporting the wider sector, we now also facilitate an annual conference of learning. In 2025, we’re excited to host an event focused on Workforce Development in Residential Child Care – bringing together professionals from across the sector to share, learn, and grow together.

Tickets available through [Eventbrite](#).

CONFERENCE 2025 14th NOVEMBER 2025
CHILDRENS HOMES + SUPPORTED ACCOMMODATION

DEVELOPING THE RESIDENTIAL WORKFORCE **TRAINING EDUCATION LEADERSHIP**



REGISTER YOUR INTEREST **FEVACA** WWW.FEVACA.CO.UK

Caroline Fonjock

Every year, the Inpatient Department for the Treatment of Personality Disorders and Neuroses at the J. Babiński Clinical Hospital in Krakow organises a conference. On September 13, the 21st conference titled, "The Unbearable Lightness of Being, Young Adults in Turbulent Times", took place.



At each conference, we present work with patients, groups, or the therapeutic community.

This year, three nurses presented their work. The topic of their lecture was: "On Accompanying Patients in Their Search for Maturity within a Therapeutic Community." One of the nurses – Małgorzata Król, presenting the team's work, said: *The ability to sustain thinking while in contact with the patient's raw emotions is one of the most challenging aspects of this work. Maintaining the boundaries between what is professional and what is private is crucial in this context. Patients observe our behaviour, facial expressions and gestures closely. They are curious about our life outside of work and are quick to spot inconsistencies, mistakes, or signs of being overloaded.*

Two other nurses – Barbara Bieniek and Zofia Norys – presented their work as nurses managing patients, while also cooperating with the community. A passage from Zofia Norys's description: *From the beginning, Ms B. had difficulty integrating into the community.*

Piotr Biernacki

She felt alienated as the youngest person on the ward. She tried to dominate other patients, surrounding herself with people of a similar age. She displayed loud, provocative and often vulgar behaviour. She was distinguished by her impulsiveness and a strong need for influence.



At the same time, she gradually became involved in the life of the ward – she ran a travel column in the ward newsletter and took part in cooking classes. In conversations with the therapist and with me, as her primary nurse, she was reluctant to talk about her relationship with her mother, whom she described as cold and demanding, dictating how she should dress and study. There were also numerous recollections of not being accepted by her peers...

The other speakers at the conference were psychoanalysts: Catalina Bronstein, who gave the lecture "Violence in adolescence: the power of the image, to be, to see, to be seen," and Agnieszka Humięcka, whose lecture was titled "'I'm Hopeful" - Reflections on the Nature of Hopeful Thoughts."





Mosaic Foster Care: Fifteen Years Flowing *The Way the River Moves Us*

A note from Aly:

What follows is my own reflection on where we are, a year into being an APPCIOS Affiliate organisation. It is written from my perspective as someone who has been part of shaping Mosaic's reflective culture and also shaped by it. Others might hold different views or stories, and I hope this sits alongside them, not over them. Like the river I speak of, there is room for many ways in, many places to pause, and many ways of being part of its flow.

As we near the end of our first year as an Affiliate Organisation of APPCIOS - The Association for Psychodynamic Practice and Counselling in Organisational Settings - I have taken a moment to reflect. Not just on what we have achieved, but on how we have grown. Becoming an affiliate meant that all the training we offer within our own team and out in the wider world is now kitemarked by APPCIOS and recognised by the British Psychoanalytic Council. But I am writing about something deeper than accreditation. It is a gentle pause to give space to the culture we are building together, the people who have shaped it, and the depth of what it means to think, feel, and stay present in the work.



APPCIOS acknowledges that we have not just developed training materials, we have grown a therapeutic culture. The word "therapeutic" is easy to say but much harder to live. At Mosaic, we have not just used the word; we have worked at it. We have tested it in real moments of care, returned to it when things were messy, and continued to ask what it really means. In our tone, in our timing, in how we hold one another and the children we walk alongside. It is not a label we wear, but a value we live out quietly, consistently, and with depth. One that shows up in our language, our values, our supervision spaces, our relationships, and in how we sit with complexity.

For me, it says something about who we are and how we think.

It says:

- We value thoughtfulness over haste, and curiosity over certainty.
- We believe in thinking together, not just acting alone.
- We pay attention to the emotional life of organisations, and the internal lives of those within them.
- We reflect not only on what is happening out there, but on what we carry internally as individuals, teams, and systems.



Fifteen Years Flowing: *The Way the River Moves Us (Cont...)*

Mosaic has been flowing for 15 years now, shaped by values that have steadied us from the beginning. It took five of those years to reach the point of APPCIOS affiliation. And we have not sought it as a badge or credential, but as a quiet testament to the commitment, containment, care, and depth that underpin the work and to the way we continue to think, feel, and grow together.

I feel that our therapeutic culture is not a surface-level model. It is a way of being, one that stays with feeling, makes room for unknowing, and keeps hold of what matters, even when things are hard. And none of this has meant smooth sailing.

Because growing a therapeutic reflective culture brings not only depth, but friction, moments of difference, discomfort, and misalignment. But we have tried not to turn away. We have stayed with the tensions long enough to see what they might reveal about ourselves, our systems, and what matters most.



But it does tell the world and perhaps reminds us too, that Mosaic is a place where: Children are not puzzles to fix, but stories in motion waiting to be heard, held, and understood. Adults carry weather systems too, and deserve spaces where feeling is allowed to surface, not just be managed. Reflective practice is what keeps us buoyant even when the waters turn cold, the current pulls, or we find ourselves swimming in someone else's storm.

A river has a source. Ours may be the ideas, values, and emotional truths that first gathered and began to flow. It has tributaries: places where each of us can wander, think alone, or step away for a while. And it allows for pauses: sitting on the bank, watching the movement, catching your breath, or deciding when or whether to re-join the current. And while our own river has long been flowing, joining APPCIOS has allowed us to meet a wider river: a community of shared depth and direction, enriching our experience and reminding us that we are not alone in this work.



Sometimes, fresh water enters not from the main flow, but from unexpected springs: those moments of shared reflection that seem to bubble up from somewhere deeper than any one voice. A single thought, offered by someone in a group, can stir something in the rest of us releasing an internal movement, a flood of associations, feelings, and new ways of seeing.

Rather than overwhelming us, these moments seem to nourish the river. Ideas begin to circulate, not as fixed interpretations, but as living offerings carried downstream, picked up, reshaped, and added to. What began as one person's observation becomes something more: a current of shared thinking that belongs to everyone, and no one. These are the sources we keep returning to where something new begins, not in certainty, but in connectedness.



Fifteen Years Flowing: *The Way the River Moves Us (Cont...)*

And it is in that spirit that Greg, our Registered Manager, has stepped more deeply into the confluence, joining APPCIOS as a Senior Associate Member (SAM). His commitment is not just to professional development, but to the emotional depth and integrity of our shared culture; one where leaders, too, think, feel, and grow. He brings with him a grounded presence, a willingness to reflect, and a belief that staying in the river especially when the current strengthens; matters.

Diane is already a SAM. Her path has had its tides, but she stays with the movement, guided by curiosity, reflection, and a deep commitment to what matters beneath the surface.



Emily has just begun her journey as a SAM, entering the water with care and quiet strength, attentive to what this step might ask of her.

Shareen and Callum remain nearby: thoughtful, observant, sensing the river's rhythm and taking time to consider when, and how, they might step in.



Each of these movements - tentative, steady, or emerging - subtly shapes the waters we all travel in. The river becomes what it is because of those who join it, those who pause beside it, and those who carry its depth with care.

But this is not a closed river. Anyone in Mosaic - whatever their role, whatever their pace - can find their own way in. Into APPCIOS, yes. But also, into our reflective groups, into the practice of processing and wondering, into the shared waters of thinking and feeling with others. Because this is something we all hold. Everyone at Mosaic contributes to the feel of the river - the safety, the containment, and also the courage to stay when the flow becomes strong or uncertain.

And none of this has happened by accident. Our reflective groups, now such a vital part of our rhythm, have become places where the internal weather can be noticed, named, and shared without judgment. Our SMILE model, now at the heart of how we think about care, grew from a seed planted by Jenna; an early gesture of curiosity and hope that has now taken root across our work. And throughout, we have been encouraged by Andre, our director, whose belief in this way of being has given space for it to grow not as a top-down initiative, but as a shared, living culture.



Fifteen Years Flowing: *The Way the River Moves Us (Cont...)*

I also hold deep gratitude for our foster parents, our office team, recruitment team, Supervising Social Workers, therapists, support workers, and other professional colleagues, who continue to think with us, grow with us, and help shape the relational waters we all work within. Their presence, care, and willingness to stay in the river even when things are hard has made this culture possible.

Because the truth is: the river is not always gentle. Sometimes there are undercurrents, emotional pulls we do not expect. Sometimes there is an undertow subtle forces that make it harder to stay in place. Sometimes we bring our own storms, our own weather systems, into the flow. And sometimes we are carried by feelings that belong to someone else entirely, passed silently, through behaviour or tone or tension, without words.



APPCIOS was built for those moments too. For the times when a practitioner arrives full of hope, only to find themselves swamped by exhaustion, frustration, or helplessness, not knowing why. For those who want to understand the currents, not just escape them. For those who believe that reflection is not an indulgence, but a form of survival and a route to repair and think differently.



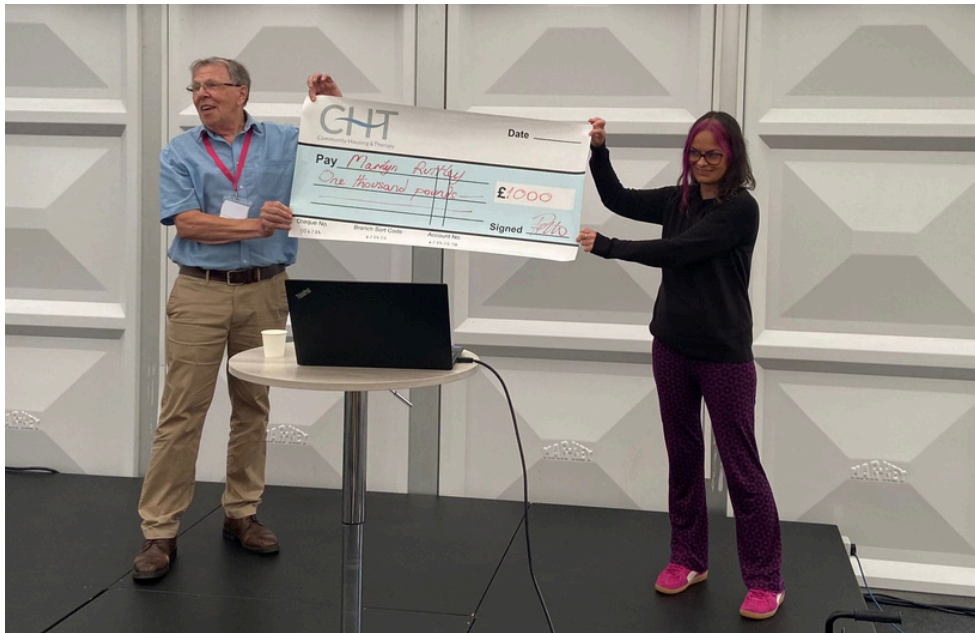
Psychodynamic thinking helps us recognise what moves between people - the unconscious exchanges, the impact, the stuckness and the repetition. It helps us notice what we are swimming in and how we carry it in our bodies, our relationships, and our teams.

And so, it mirrors what we hold dear at Mosaic: That children are not problems to be solved, but stories to be heard. That adults, too, deserve space to feel, not just to function. That thinking with others makes it possible to stay even when the waters feel uncertain.

So yes, it took us five years to get here. But what we have built and what we are still building is not just a service. It is a way of being. And I am proud gently, deeply, to be swimming with all of you.

Aly Thompson



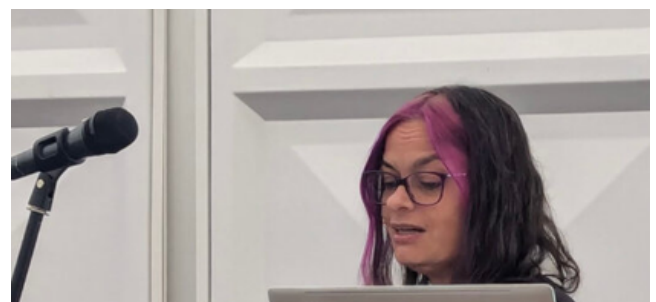


Marilyn Ruttle has been announced as the winner of the Original Article category for the 2025 Elly Jansen Award.

Marilyn is a senior caseworker with expertise in attachment, trauma, and therapeutic communities, and is also an expert-by-experience speaker. Her article, "I had skills to offer; I wasn't just a patient", examines the educational activities and aspirations of former patients at a therapeutic community in England. Through personal experiences, interviews, and focus group discussions with four former patients, Marilyn suggests that involving people with lived experience in research can improve confidence and skill development and act as both an educational and psychosocial intervention alongside traditional therapeutic approaches.

Dr Peter Cockersell, Chair of the Elly Jansen Award Committee, said, "I was personally really excited to read the winning article of the 2025 Elly Jansen Award. There's too much in the article to do it justice here, but if I can take one phrase, it would be from the title: 'I'm not just a patient.' This captures so much of what Elly Jansen held to be important, and what we at CHT believe is important in therapeutic communities (TC) and psychologically informed environments (PIE): every 'patient' is an integral part of creating, containing, sustaining and (in this article's case) evaluating the service."

Marilyn presented her article and received her award at the 46th Annual TCTC Conference on 7-10 September. Marilyn's article will also be published in the International Journal of Therapeutic Communities, the only peer-reviewed journal dedicated to publishing international findings related to therapeutic communities.

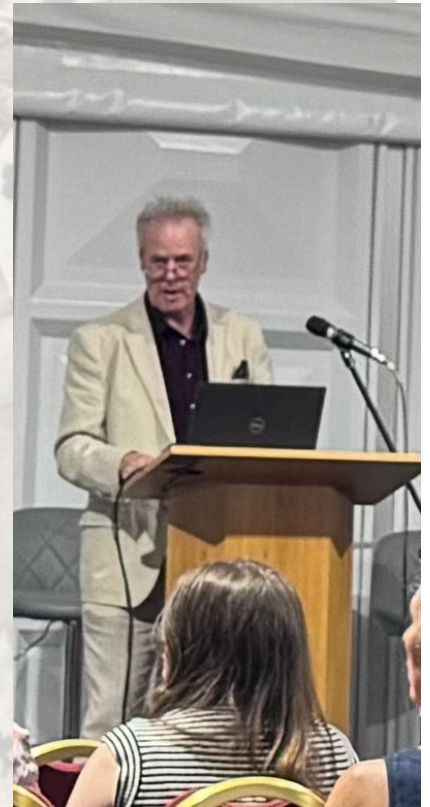




"Adventures in Therapeutic Communities" The TCTC 2025 Conference at High Leigh



*Marilyn Rutley, Winner; Dr Peter Cockersell
The Elly Jansen Award 2025*



*Dr Chris Nicholson, Chair, TCTC
'ADHD & The Medicalisation of
Everyday Life'*



*High Leigh Conference Centre
Hertfordshire*



*Dr Deborah Judge, Birribi
'On Building Belonging, Place & Community - in
Residential Care for Children & Young People'*



*The Conference Team, enjoying a well deserved G&T!
Dr Chris Nicholson, Chair; Peter Clarke, Secretary; Iwona Munia,
Trustee; Dr Kevin Gallagher, Trustee; Jessica Williams Ciemnyjewski,
Volunteer; Carrie Knight, Admin*



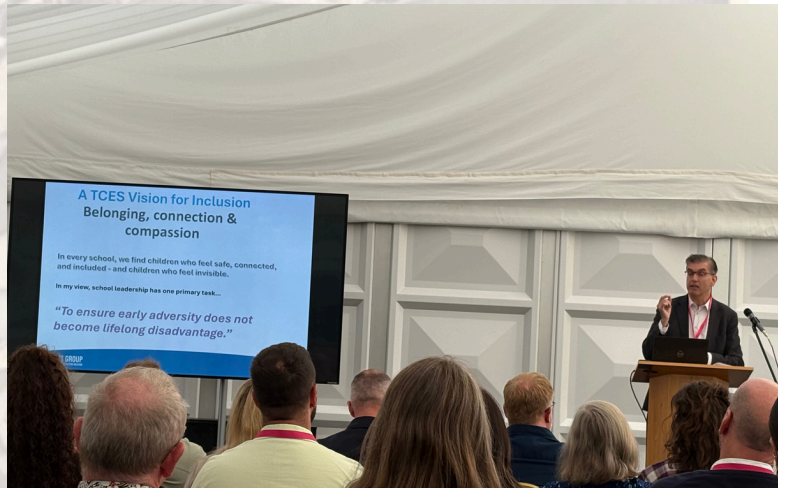
*Brian Hogan, Relationships at Work
'I've Got a Couple More Years on You Baby,
That's All'*



"Adventures in Therapeutic Communities" The TCTC 2025 Conference at High Leigh (Cont...)



Jonathan Stanley and Libby Moore
Unconscious Bias, Intersectionality & Social Identity Theory: Understanding Their Impact on Residential Child Care



Thomas Keaney, TCES
'A Life in the Margins – Building Therapeutic Communities for the Excluded'



Dr Joanne Emmens, Essex University:
'The Value of Inhabiting Impossible Landscapes in The Adventures of Pinocchio & Living & Working with Dissociative Identity Disorder: A Teaching Presentation'



Dr Sue Mizen, Talking Therapies Task Force:
'Who Needs Hospital?'



Dr Chris Nicholson & Prof Bob Hinshelwood
'Therapy for the community: What is Relational Practice in a TC?'



Conference Delegates



Taygen Kelleher & service dog Nikita; John Turberville, Mulberry Bush Organisation; Mike Staines, Trustee & MB3; Neelam Khawani-Connett, Trustee & Lived Experience Practitioner; Hena Faqurudheen, Hank Nunn Institute



Jessica Williams Ciemnyjewski, HMP Gartree & Andy Watson, Geese Theatre Company: 'Through the Looking Glass'



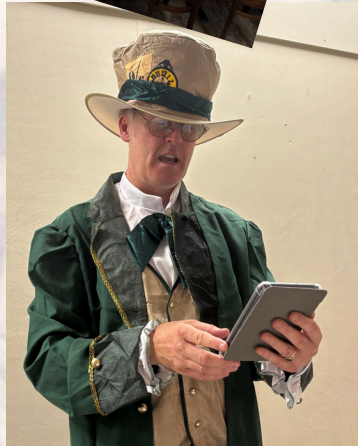
Dr Alida Gersie: 'Storytelling In & Beyond Therapeutic Communities... The Beauties, the Beasts & the Wondrous Creepy Crawlies'



Dr Kimberley Barlow, Paul Stokes, Marilyn Ruttley, Cassel Hospital: 'Adventures of the Cassel Hospital: Why Did it Survive; is it Surviving?'



*The Mad Hatter's Tea Party!
Hosted by Dr Chris Nicholson, Chair TCTC*



*The Mad Hatter's Tea Party!
Cakes Baked by Members of Amberleigh Care*



Poetry Recital



*Alice in Wonderland Quiz!
The Winning Team!*



Mike Staines, Trustee & MB3



*Prince Buster, Tribute to
Suggs & the band Madness!*



*Professor Bob Hinshelwood, Dr Sue Mizen,
Dr Chris Nicholson
'Therapy for the Community: What is
Relational Practice in a TC?'*

SAVE THE DATE!

**TCTC Annual Virtual
Conference**

**29 - 30 ONLINE VIA
APRIL ZOOM**

2026

**More details coming
soon...**

**therapeuticcommunities.org
for more information**





The Adult Mental Health Network

The Adult Mental Health TC group is a meeting of people who work, attend or live in therapeutic communities or mental health services with a social and relational therapeutic approach.

Are you working in an adult TC or keen to learn more about how the model can inform your own practice in any area of mental health work ?

The Adult Mental Health forum is a space where members can bring issues for discussion. Some recent themes have been for support on managing clinical dilemmas, issues of leadership, managing risk through relational practice, outcome projects, service development ideas and training programmes.

The forum works best when members share an active role in bringing something for discussion / proposing a theme ahead of time.

We welcome new and old members to sign up and join us



Established for many years, the TCTC Children's Network is a professional practice and service support group. There are individual and organisational members from a wide range of settings working therapeutically with children – fostering, residential care in different models, education and supported living. We provide a regular programme of reflective discussion, themed presentations from external guests, good practice presentations shared between the members and a space to reflect on and respond to wider issues across the sector – practice, commissioning, staff support, service development etc. The network hosts conference events including the Therapeutic Child Care Conference that TCTC has run in partnership with Wrexham University.

This month the Children's Network recently facilitated a session discussing The use of Social Media to Promote Healthy Relationships in Care, and will soon be releasing information on the Children's Network conference, held in partnership with Wrexham University.

If you would like to suggest a topic, theme or issue for the Children's Network to discuss in 2026, please email admin@therapeuticcommunities.org





The TCTC Networks

Join Now!



The International Group

TCTC International Group started meeting in June 2024 and have been meeting regularly since then. Our group is open to all people interested in the workings of therapeutic communities, whether they are currently working in one or have been in the past. We are welcoming everyone outside of UK, who is interested in exploring the workings of TCs in different countries and cultures.

During our first year of meetings our membership included people from Italy, Poland, Sweden, Japan, Malta, and India.

Our aim and hope is to develop our connections beyond geographical limitations, bring TC practices across the world closer together and learn from each other. Themes and topics that have been emerging so far during meetings have included sharing experiences of working in TC environments, sense of isolation that some TCs might experience, especially in the current sociopolitical climate, and power of sharing and learning from others.

Next Meeting:

5th December 2025, 11.00- 12.30
Online Via Zoom

BOOK NOW



The Lived Experience Network

The Lived Experience Network (LEN) hosts a monthly online drop-in session.

LEN is a space where lived experience is celebrated and highly valued. The network is facilitated by Neels and Vikki.

Together we can build the network, provide peer support and gain a better understanding of ourselves. We can share paid and voluntary opportunities around training, research and publishing, support groups, activities and much more!



To join the LEN please email admin@therapeuticcommunities.org

Next Meeting:

Last Thursday of the month 10.30 - 12.00
Online Via Zoom

BOOK NOW



WE NEED YOU!

DEADLINE: 30TH NOVEMBER 2025

BOOKMARK ARTWORK COMPETITION

We would like you, your community or your members to design a bookmark to be used at all future TCTC events. You might want to paint, draw, take a picture or write a poem.

SIZE

The bookmarks will be 2 inches (5cm) by 6 inches (15cm) when printed, so bear this in mind when creating.

WHAT TO INCLUDE

We would love to be able to celebrate you, so please include your name if possible, or your community so these can be printed on the bookmarks

SENDING IT IN

Please send all entries to admin@therapeuticcommunities.org

