

Democratic Mental Health *Relational Practice & Therapeutic Communities: future directions*

Saturday 14 September 2019
at The Cassel Hospital,
1 Ham Common, Richmond, London TW10 7JF

Many people and organisations are now recognising that ‘something has gone missing’ in many mainstream mental health services, and this conference explores the idea that it is relational practice, and more genuinely democratic ways of working.

Therapeutic communities, and their subsequent modifications, have a long history of being based on these fundamental principles.

Other approaches based on these underlying ideas have also been developed more recently. This one-day event will bring together several speakers and discussions to illustrate this.

Cost: £75 – or free to those from low income countries (must still register)

The morning will include four short presentations of these ideas in different settings, with discussion time and a Q&A panel.

The afternoon will include lunch in the lovely gardens (weather permitting), a dramatised performance to illustrate the theme, followed by a presentation to illustrate the work of the Cassel, and wider discussion in a closing community meeting.

Booking through EVENTBRITE: www.indtcconference2019.co.uk

Enquiries: info@indtcconference2019.co.uk



PROGRAMME

0930	Arrival and registration	
0950	Welcome and introduction	Rex Haigh, INDTC board
1000	Relationships as Treatment: CHT's model of 'Psychologically Informed Recovery Communities'	Peter Cockersell, CHT Chief Executive
	<i>CHT has developed a unique model of working with young people and adults experiencing severe mental distress to support them in achieving more of their potential - 'to get a life worth living'. We provide community, housing and therapy, weaving together the principles of Therapeutic Communities, Psychologically Informed Environments (PIEs) and Recovery, with the thread of modern psychodynamic formulation, to create 'psychologically informed recovery communities'.</i>	
1030	Slough: An Enabling Town. The Whole-Town Therapeutic Community	Natasha Berthollier, Psychologist Geoff Dennis, Head of Slough MH
	<i>Slough is developing a whole-system preventative mental health approach based on TC ideas. It includes 'EMBRACE', the weekly 2½ hour modified TC, to connect many different activities across the whole town. 5 years ago, it started as an 'assertive engagement and stabilisation programme' to provide social and therapeutic alternatives to repeated hospital admissions, and to use asset-based community development as a wider public health initiative. The TC members have co-created new elements of the 'whole town TC' by designing and running new groups and activities, and using 'circle works' methodology to write a borough-wide mental health strategy.</i>	
1100	Coffee break	
1130	Open Dialogue: putting relationships at the heart of a public mental health service	Nick Putman, London Founder of Open Dialogue UK
	<i>The Open Dialogue approach is both a philosophical/theoretical approach to people experiencing a mental health crisis and their families/networks, and a system of care, developed in Western Lapland in Finland over the last 30 years, such that they now have the best documented recovery outcomes for people experiencing psychosis in the Global North. Around 75% of those experiencing psychosis for the first time return to work or study within 2 years and only around 20% are still taking antipsychotic medication at 2 year follow-up. Nick Putman will introduce the Open Dialogue approach and the values/philosophy that underpin it, as well as the work that is being done internationally to develop the approach.</i>	
1200	Multi-Family Psychotherapy Groups: experience of the Argentinian model in Sardinia	Simone Bruschetta, Group Analyst, Laboratorio Gruppoanalisi, Catania
	<i>In multi-family groups, the shared emotional atmosphere generates a type of symmetry between everyone, whether patients or therapists. The group's core qualities are trust, security, respect and solidarity. This facilitates the listening of the participants, enables tolerance of disturbance and insanity, and allows new ways of relating to each other. The 'mini society' that is formed within the group helps to transfer these benefits to the outside world. It has been shown to reduce readmission rates, and Simone will present his experience of 'democratic supervision' of the Cagliari service, which is an Italian community service and part of state provision there.</i>	
1230	Panel Q&A with all speakers	Chaired by Vicky Gavin, Chair of TCTC
1300	Lunch break	
	<i>Including experience of the 'greencare' elements of the Cassel Hospital gardens</i>	
1400	What we're up against	Melanie Ball and Fiona Thompson
	<i>A dramatisation by actors with lived experience, to give a view 'from the other side' and to raise questions for further discussion about why so many services need to do things differently.</i>	
1530	The Cassel Hospital	Kim Barlow, Simmi Protap, Daksha Samani
	<i>The Cassel is a unique hospital that started by treating 'shell shock' during the First World War, and was incorporated to the NHS in its current location in 1948. Its modern programme has its own elements as well as a framework based on many of the principles of therapeutic communities, with an active research department.</i>	
1600	Tea break	
1630	Community Meeting Closing discussion in a large group.	Chaired by Vicky Gavin and Rex Haigh
1700	End of conference	