



# Community Housing and Therapy

Providing Psychologically Informed Recovery Communities

'where relationships are the treatment'

# Peter Cockersell

- ▶ Psychoanalytic Psychotherapist
- ▶ Chief Executive of CHT since April 2017
- ▶ > 25 years' experience working in mental health and complex needs

# CHT

CHT provides a therapeutic programme and specialised housing in recovery communities with integrated therapy and therapeutic activities to adults and young people (16+) experiencing emotional, psychological and mental health problems, including psychosis and personality disorders, often compounded with challenging presentations including drug and alcohol use, self-harm, suicidal preoccupation etc



Happy  
25<sup>th</sup>  
BIRTHDAY

# Where we do it

CHT currently operate in seven (eight) locations in the south east:

Fairhall Court, Surbiton, Surrey - Supported Living, Flats

George Dooley House, Ealing, London - Supported Living Community

Onkar House, Southall, London - Supported Living Community

Highams Lodge, Waltham Forest, London - Residential Community

Lilias Gillies House, Croydon/Surrey Borders - Residential Community & Crisis Service

Mount Lodge, Eastbourne, Sussex - Residential Community

Richmond Lodge, Kingston, London - Young Persons' Community

(Lancaster Lodge, Richmond, London - Young Persons' Community)

# How we do it

CHT uses a model derived from:

Therapeutic Communities (TCs)

Psychologically Informed Environments (PIEs)

Relational Psychodynamics

Recovery

# Therapeutic Community

- ▶ Attachment: a culture of belonging
- ▶ Containment: a culture of safety
- ▶ Communication: a culture of openness
- ▶ Involvement and inclusion: a culture of participation and citizenship
- ▶ Agency: a culture of empowerment
- ▶ Challenge: a culture of responsibility

# Recovery

CHT's approach emphasises individual recovery within a social community framework by:

- ▶ Encouraging activities inside and outside CHT housing
- ▶ Promoting participation in groups
- ▶ Providing individual psychotherapy
- ▶ Creating individualized recovery programmes within a social and community framework
- ▶ Stimulating reflection, learning and self-development
- ▶ Employing staff committed to belief in the capacity of people to recover
- ▶ Enabling clients to achieve more of their potential and more of their aspirations



# Psychologically Informed Environments Model

## ▶ Psychological Framework

Insights from psychology and relational neurobiology are used to create formulations that underpin the therapeutic work within the residential and supported living services, and to help create an emotionally safe space in which developmental processes can flourish

## ▶ Client Participation

Through graduated participation and decision-making as clients develop within the communities and beyond, CHT offers clients opportunities to take increasing control of their own lives

## ▶ Managing Relationships

Central to recovery are positive relationships, and relationships are the main tool that clients, staff and psychotherapists have to enable development and recovery

## ▶ Access to Psychotherapy

Many clients have experienced significant trauma in their lives before coming to CHT, so formal psychotherapy provides a safe space with a fully-qualified professional to work through some of the issues and relationships that trouble them

# Psychologically Informed Environments Model

## ► Social Spaces

We aim to create a physical space in which people feel safe emotionally and physically, a space which facilitates positive social interactions and 'groupishness', and also allows individuality and privacy; CHT's projects aim to provide a range of therapeutic relationships within a therapeutic space

## ► Staff Support

The staff are crucial to the successful delivery of recovery and therapeutic services, so CHT is committed to providing high quality in-house staff training, and Skills for Care training for staff and managers; we are working on developing an accredited Diploma in Psychosocial Care. Staff also receive regular supervision and weekly reflective practice facilitated by the service psychologist/psychotherapist

## ► Evaluation

To be able to learn from our work and to evidence its effectiveness, we need to evaluate what we are doing. CHT uses continuous client feedback and participation, systematic outcomes measurement through Honos, Core, and Warwick-Edinburgh, individual client achievements, and an organisational learning culture

# Psychological framework

Evidence from clinical practice and from neurobiology shows that the experience of trauma arising from, or compounded by, damaging relationships lies behind mental distress and what has become known as mental illness.

Many sources - see for example:

Felitti et al, 1998, Adverse Childhood Events study; Bessel van der Kolk, 2005, Developmental Trauma Disorder; Allan Schore, 2015, Affect Regulation and The Origin of the Self; Calligor, Kernberg et al, 2018, Psychodynamic Therapy for Personality Pathology

# Who we are

Our sense of ourself coalesces around the experience of self-in-relation-to-other

- ▶ Self-regulation and managing frustration
- ▶ Managing feelings of love and destructivity
- ▶ Thinking, processing, being calm



Learned processes













# Psychological framework

CHT aims to support our residents along the developmental process from reactive individualised interactions based on traumatised experience and damaged concepts of relationship to creative prosocial interactions based on self-determination within relationships informed by self-and-other awareness

‘Relationships are the treatment’

# The Individual in the Social

The objective is to enable people to self-manage better,  
and to have more integrated egos

This enables them to function more effectively in the  
social world, which enables everything else

# Process

- ▶ Encouraging interoception and self-regulation
- ▶ Encouraging a sense of self-in-relation-to-other
- ▶ Encouraging participation
- ▶ Encouraging care-seeking and care-giving
- ▶ Encouraging mature dependency

# Process

- ▶ Being with
- ▶ Doing with
- ▶ Enabling
  - doing together
  - being together
  - being-with-self

# Process: Formulation, therapy plans, recovery plans

- ▶ Staff reflective practice, individual supervision
  - ▶ Management 'parental dyad'
- staff support
- ▶ Resident participation
  - ▶ Individual rooms and individual activities
  - ▶ One-to-one psychodynamic psychotherapy
  - ▶ Group and community activities
  - ▶ Community meetings
- the individual in the social

# Staffing structure

- ▶ Recovery Practitioners
- ▶ Senior Recovery Practitioners
- ▶ Community Psychotherapist
- ▶ Service Manager/  
Supported Living Lead
- ▶ CEO
- ▶ Lead Psychotherapist
- ▶ Head of Services
- ▶ Head of Finance
- ▶ Head of Relationships
- ▶ Part-time Psychiatrist
- ▶ Admin staff

# Effectiveness

- ▶ Client profile - Honos and Core-34 scores above mean level for psychiatric hospital admissions; histories of ACE and trauma; primary diagnoses psychoses, personality disorders; many with destructive behaviours (alcohol/drug misuse, self-harm, suicidal preoccupation, withdrawal, aggression)
- ▶ Decrease in hospitalisations, decrease in self-harm
- ▶ Increase in social engagement, increase in self-awareness
- ▶ 67% moved on to less supported accommodation
- ▶ 26% engaged in regular external activities, including college, voluntary work etc
- ▶ 11% in paid employment

# Other people's perspectives

“My chancing on CHT came at a time when I was directionless and waiting for death, it was a revelation to be treated so well, like a human being - this was not always the case in this field. I've lived in some terrible places...I think anyone with mental health concerns could do a lot worse than be referred to CHT services.”

CHT resident

“My individual therapy has helped me. It is good to have space to chat, a listening, non judgmental ear and guidance to help me in my recovery process. Another thing that helps is living and being part of a community. We all live so close together, and see each other in the group everyday, which has really helped me to make some good supportive friends. Overall an okay organisation to live in.”

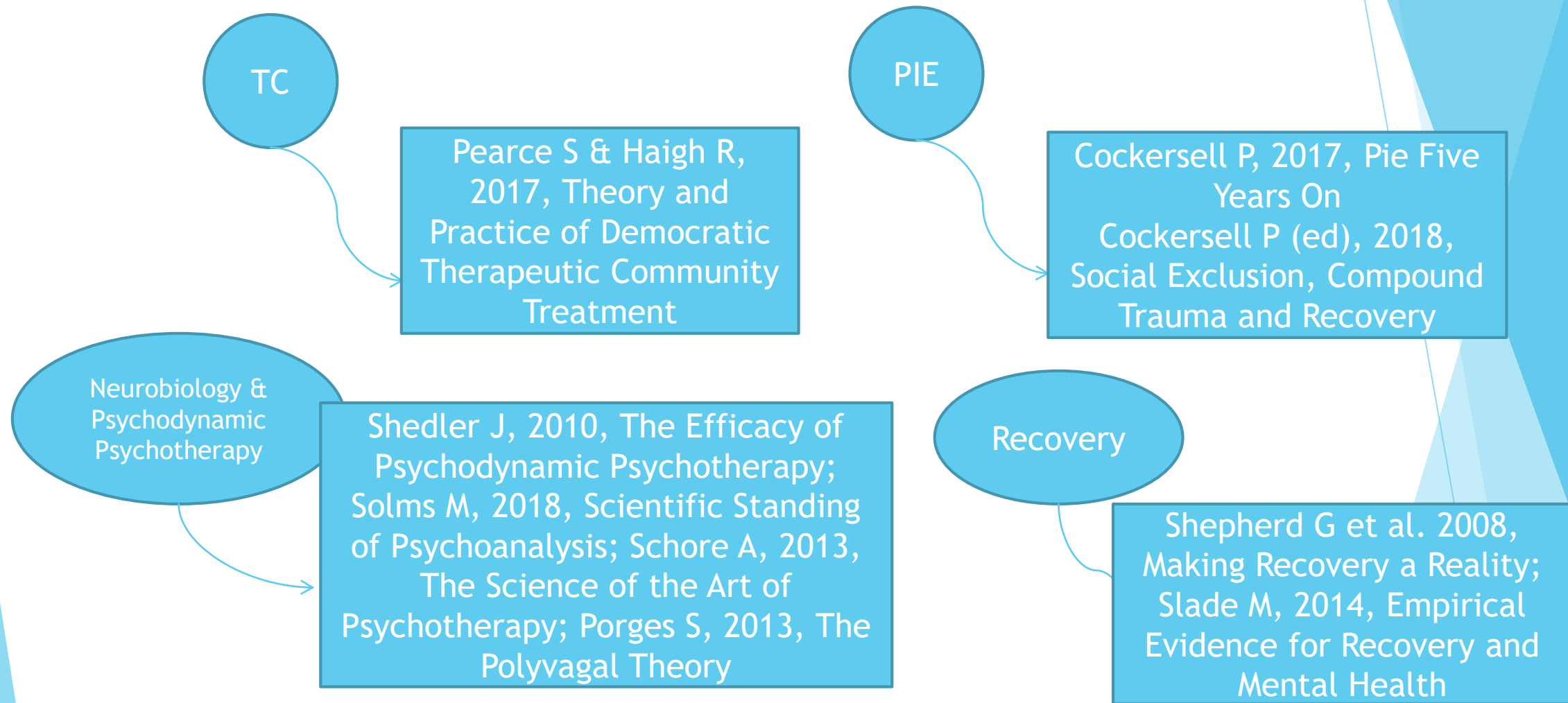
CHT resident

“In my opinion this home provides a unique support service to people with mental health issues and is a good example of how holistic tools can be used as effective methods of treating people with mental ill-health.”

Local Authority Contracts Monitoring Officer



# The 'evidence' base



# Key Texts

Pearce S & Haigh R (2017) Theory and Practice of Democratic  
Therapeutic Community Treatment

Cockersell P, ed. (2018) Social Exclusion, Compound Trauma and  
Recovery

McCluskey U (2005) To Be Met as a Person

Siegel D (2015) The Developing Mind

[peterc@cht.org.uk](mailto:peterc@cht.org.uk)