



Relating for a Change

A 1980s Micro-project

Introducing
Therapeutic Community Practice



Micro-project

Guiding Principles and Assumptions

Pretested by TC Pioneer
Dr Neville Yeomans at
Fraser House Therapeutic
Community
(1959 – 1968)



Relating for a Change

- **Exploring Possibilities**
- **Guiding Principles and Assumptions**
- **Evolving the Relational Mode**



Exploring Possibilities

Stacking and juxtaposing **every**
micro-aspect of the Micro-project
with transforming possibilities



Exploring Possibilities

Seemingly Naive Simplicity

Given such a carefully
worked-out structure,
evolution is an *inevitable*
consequence

Maxwell Jones



Exploring Possibilities

Having volunteer participants
accept being members of a
psychotherapy group



Exploring Possibilities

*‘Hominising’, meaning:
‘evolving and realising human potential’*

Pierre Teilhard de Chardin (1955)



Exploring Possibilities

Having Participant's
tapping into their
Potentials



Exploring Possibilities

Having Participants Increasing
Individual & Group Agency



Exploring Possibilities

**Evolving & Enriching
the Quality of Participants'
Social Relating**



Exploring Possibilities

Evolving the full spectrum of the self

Examples:

self respect
self worth
self image

self confidence
self identity
self agency



Exploring Possibilities

Increasing Participants' *general* stock
of knowledge

and their psycho-social and emotional
resource states and competences



Exploring Possibilities

Increasing the Participants'
role-specific stock of knowledge and
competences

Examples of Roles Explored

Being:

Enablers

Process Observers

Researchers

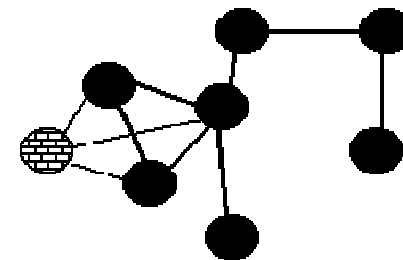
Networkers

Initiators

Innovators

Exploring Possibilities

Evolving the size and richness of
Participants' Normative
Networks





Guiding Principles and Assumptions

Nothing happens unless the
Micro-project Participants
want it to happen

Inter-Cultural Sensitivity Informed from
Yeomans engaging with Indigenous folk

Nothing will be imposed



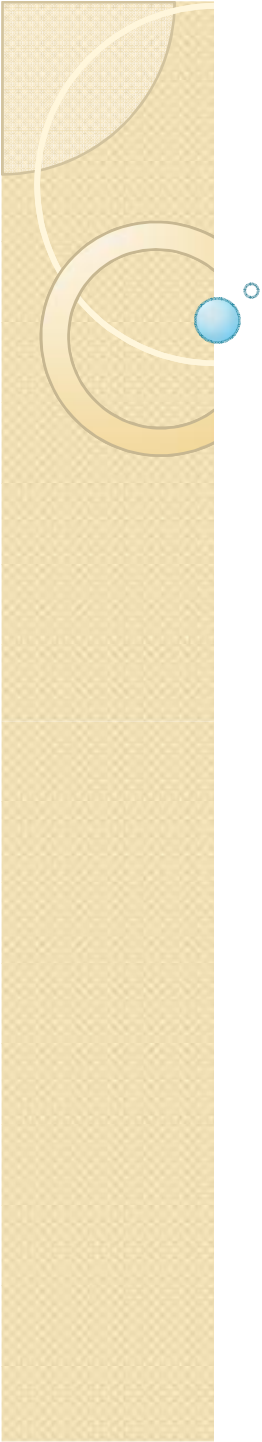
Guiding Principles and Assumptions

Participants in the Micro-project know what is missing in their lives



Guiding Principles and Assumptions

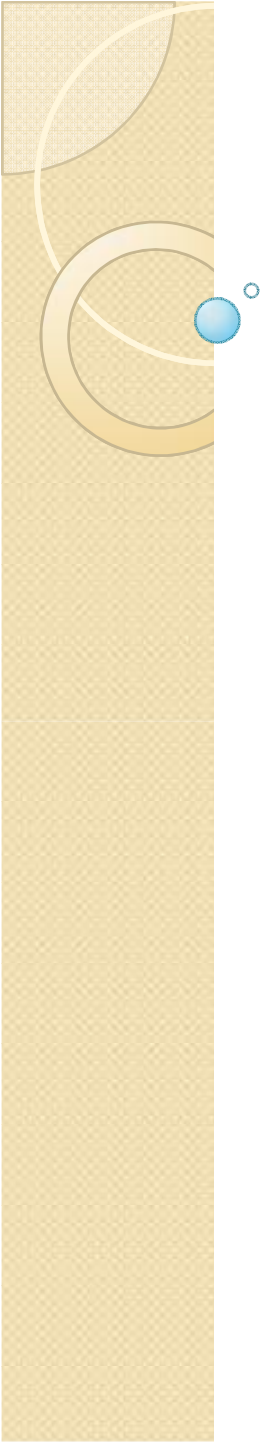
Participants have the say in what happens
during our time together
within an
‘increasing individual and group wellbeing’
framing



Guiding Principles and Assumptions

‘Community’ of a very particular kind
is the therapy

Resource people are available



Guiding Principles and Assumptions

Participants are supporting each other
in re-constituting their own lives
together



Guiding Principles and Assumptions

Participants in the Micro-project
get on with their *own* change-work
of their own making

Nothing is imposed



Relating for a Change

First Act

**Participants Forming a
Behavioural Contract
Governing the Group**



Participants' Behavioural Contract

- Only themes that Participants come up with and consensually agree upon are used
- No shifting theme without consensus; and a theme stops if any resident requests it
- Nothing about anyone's life is to be mentioned unless the participant(s) agree
- What comes up in the group stays in the group
- The Resource people sign the contract as well



Relational Mode

Participant's are cooperating and relating well with each other



Relational Mode

Participant's experiencing
enhanced awareness of context
and changes in context
and are being guided by
context



Relational Mode

Participant's have commenced networking with each other both inside and outside the TC Group meeting



Relational Mode

Participant's have been taking steps ensuring nothing happens unless participants want it to happen and mutually agree that it happens

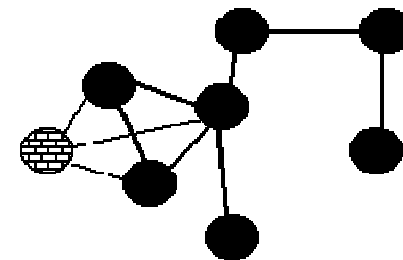


Relational Mode

Participant's are identifying with what is missing in their lives and taking their *own* action to be able, with support of their *own* choosing, to experience what is missing

Relational Mode

Every aspect of the processes that Participants are evolving is contributing to expanding and enriching the participants' networking





Relational Mode

Participants are tapping into their *own* and their *collective* potentials



Relational Mode

Participants are beginning to realise that the wisdom is in the group – together we can do things that we would have little chance of doing alone



Relational Mode

Participants are engaging in
peer-to-peer mutual support



Relational Mode

Participants are evolving
processes and practical action
increasing their agency – their
sense of, and experience of
‘We can do’ and ‘We can do well’



Relational Mode

Participants are sensing themselves as different - as a small collective – and sensing each other as changing



Relational Mode

We reciprocate in doing this.

We choose *what* we do and *how* we do it, and we engage in acts guided by norms of our *own* making



Relational Mode

Participants are evolving the full spectrum of their self - examples:

- self identity
- self worth
- self respect
- self image,
- self confidence
- self agency



Relational Mode

Evaluating is a pervasively embodied aspect of process; participants are evaluating outcomes from moment-to-moment



Relational Mode

Participants are relationally acquiring practical ways of increasing their general and role-specific stock of culturally fitting knowledge and competences, and ways to use these competences that are functionally fitting in context



Relational Mode

This is the participants' group
wherein they have the say as to
what happens



Relational Mode

Resource people may suggest roles and processes, though it is the Participants that are doing the doing



Relational Mode

The Participants use resource people on their terms, and they receive from resource people what they collectively agree upon



Relational Mode

Participants are highly valuing and recognising that this process of their *own* making and sustaining is of very high value



Relational Mode

And all of this is happening ‘on the fly’
without Participants having much, if any
awareness of the aspects mentioned in
this list

Hence Participants are not sabotaging
their own changework



Relational Mode

Participants are fully immersed in the flow of relational engaging

They have little insight. They just know it all feels right and that they are very keen to continue involvement



Relational Mode

‘Community’ is the therapy
in the therapeutic community



Relating for a Change

Full Paper:

www.laceweb.org.au/rel.pdf

www.laceweb.org.au/rel.htm