Relating for a Change

A 1980s Micro-project

Introducing
Therapeutic Community Practice
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.htm