

Sample Timetable!

Monday	Tuesday	Wednesday	Thursday	Friday
9.05 - 9.15 Food Prep 9.15 - 10.15 Opening Community Meeting	9.05 - 9.15 Food Prep 9.15 - 10.15 Opening Community Meeting	9.05 - 9.15 Food Prep 9.15 - 9.45 Opening Community Meeting	INDEPENDENT ACTIVITY	INDEPENDENT ACTIVITY
10.15 - 10.30 Break 10.30 - 11.45am Small Group	10.15 - 10.30 Break 10.30 - 11.45 Psychodrama Group	9.45 - 10.00 Break 10.00 - 11.15 Objectives Group	INDEPENDENT ACTIVITY	INDEPENDENT ACTIVITY
11.45 - 12.00 Break	11.45 - 12.45 Lunch	11.15 - 11.30 Break	INDEPENDENT ACTIVITY	INDEPENDENT ACTIVITY
12.00 - 13.00 Small Group Feedback (20 Minutes) & Closing Community Meeting TC Closes	12.45 - 13.00 Business Meeting 13.00 - 14.00 Focus or SCID Group (weekly alternating)	11.30 - 12.00 Activity 12.00 - 12.30 Closing Community Meeting TC Closes	INDEPENDENT ACTIVITY	INDEPENDENT ACTIVITY
14.00 - 16.00 Oxford Options Group	14.00 - 14.15 Break 14.15 - 15.15 Creative Group (with feedback)		INDEPENDENT ACTIVITY	INDEPENDENT ACTIVITY
	15.15 - 15.30 Break 15.30 - 16.30 Thursday & Friday Discussion (20 Minutes) & Closing Community Meeting TC Closes	14.10 - 15.10 STAFF MEETING	INDEPENDENT ACTIVITY	INDEPENDENT ACTIVITY

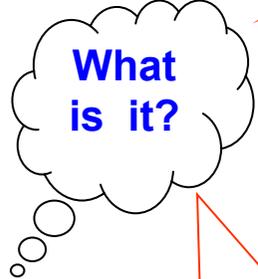
Oxfordshire Complex Needs Service
Oxfordshire Therapeutic Community Timetable - July 2016

THE OXFORD THERAPEUTIC COMMUNITY

The Oxford Therapeutic Community is available 3 days a week for 18 months and includes a Group programme that will run on Monday, Tuesday and Wednesday with individual activity on Thursday and Friday.

The Oxford Therapeutic Community provides a setting for people with a range of emotional and mental health issues that struggle with complex issues in their lives.

Complex issues may include difficulties with: relationships, behaviour, finances, self confidence and employment.



It is a 'Therapeutic Community' because it is based on the idea of collective responsibility citizenship empowerment and mutual support.

The work done in the Therapeutic Community is designed around a range of groups which will vary in size and approach, encouraging members to find new ways of addressing conflict and resolving problems.

The Community offers a safe and secure base in which to explore feelings. Patterns of behaviour and alternative strategies to cope. To help this happen, confidentiality is essential.



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WHAT HAPPENS IN THE THERAPEUTIC COMMUNITY?

Community Meetings:

Twice a day, the Community meets all together. This meeting is chaired by a member, with the help of a secretary (also a member) and the meeting attends to attendance, new members, visitors, feedback from previous sessions, announcements, case conferences and members progress.



The Objectives Groups/Large Groups:

These groups focus on learning skills and ways of helping individuals control their moods and looks at developing more successful ways of dealing with problems and alternative strategies of coping.

Psychodrama Groups:

This group uses an active approach to explore current relationship problems and how they developed in childhood, in order to make helpful changes in the future.

Creative Groups:

These groups allow members to express themselves using a variety of media (art, clay, collage, writing etc) and an opportunity to discuss their work with the whole group.

Medication Groups:

This group offer the opportunity to explore medication and other physical and health related issues.

Small Groups:

These take place twice once a week, with consistent membership of up to eight members and two staff and they encourage members to explore their emotions and confront their difficulties.

Activity and Work Groups:

In these groups, members undertake projects that are beneficial to individuals and the Community.

Diagnostic Work Group:

In this group, members explore their personality difficulties and their problematic patterns of behaviour in the context of diagnostic interviews (SCID II).

Wind Down:

These groups offer members the chance to relax at the end of a busy week.



“Since coming to TC, I have enjoyed the experience, empowerment and support from members and staff and I hope to continue to grow and learn and cope with the ups and downs of life and all my various problems.”