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.
**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.”