



Manifesto of The Consortium of Therapeutic Communities (TCTC)

TCTC is the organisation for people who work in or use all aspects of social care and education and who see relationships as central to that work. Therapeutic Communities are places where this understanding is turned into clinical practice.

TCTC holds that:

- To feel safe in the world, and free to participate on equal terms with others in your community, is a basic human right which everybody should enjoy
- This is true for everyone, including those who are marginalised or seen as being in need of help
- The outcome of any attempt to help or to treat a person is not best measured by changes in symptoms and problem behaviours, but by an improved feeling of engagement and increased social activity for that person
- To recover the ability to be a happy and well adjusted human being requires a psychosocial and not merely a biological approach in the helper
- These things are not currently recognised in Social Policy

Therapeutic Communities are where these things happen

The Core Values of TCTC are:

- **Attachment:** *Healthy attachment is a developmental requirement and a basic human right.*
- **Containment:** *Everybody needs a safe and supportive environment to develop, to grow, or to change.*
- **Respect:** *People need to feel respected and not defined or described by his or her problems alone.*
- **Communication:** *All behaviour has meaning, and represents communication which needs to be understood.*
- **Interdependence:** *Personal well-being arises from relationships which recognise mutual need.*
- **Relationships:** *The quality of relationships determines one's quality of intimate, family, social and working life.*
- **Participation:** *Ability to influence one's environment and relationships is necessary for personal well-being.*
- **Process:** *It is often better for individuals, groups and organisations to reflect than to act immediately.*
- **Balance:** *Positive and negative experiences are necessary for us all.*
- **Responsibility:** *Each individual has responsibility to others, and others to him or her.*
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Human beings who care about being human – help us all and join our organisation.

TCTC will help you speak for a human understanding of human beings, and human treatment for human problems.