

# COFC 2023 ANNUAL FORUM

06 June, 2023

Therapeutic Communities: an inclusive model?  
Adaptability, diversity, and creativity.



## TIME

9:30 - 16:30



## LOCATION

The Royal College  
of Psychiatrists,  
21 Prescot St,  
London, E1 8BB



## PRICE

£70 for  
members,  
£100 for non-  
members

# 2023 COFC ANNUAL FORUM PROGRAMME

9.00 Arrivals
9.30 Chairs Introduction
9.45 Community Meeting
10.15 <b>CofC Presentation:</b> Bethan Thiabut, Katy Carver, Niamh Roberts and Leyla Ury
10.35 Comfort Break
10.45 Keynote <b>The Wounded Healer</b> by Dr Ahmed Hankir
11.45 Comfort Break
12.00 Workshops <b>1. From Zoom to the Room: A post-pandemic survival guide to joining and belonging</b> by Aylesbury TC <b>2. The Problem of Inclusivity for Therapeutic Communities</b> by Peter Cockersell <b>3. A reflective workshop on how to adapt and meet the needs of autistic members on TC</b> Richard Crisp <b>4. Long Covid: the lingering effects of the pandemic, its impact on therapy and TCs in particular</b> by David Jones
12.45 Lunch
13.30 Presentations <b>1. Metaphor Speaks - The place and role of the core creative psychotherapies (CCP's) in the high intensity prison-based therapeutic community treatment model - Curiosity, Playful Enquiry &amp; the Imagination in trauma informed practice</b> by HMP Gartree <b>2. Polyphony, Transparency and Radical Presence as pre requisites for inclusive TCs</b> by João Pereira, Rex Haigh and Peter Cockersell
15.00 Comfort Break
15.15 Workshops <b>1. From Little Acorns, Mighty Oaks Grow: The Acorn Programme 4 Years On</b> by Ellie Wildbore <b>2. Integrating a learning disability TC in a mainstream prison - Gartree TC+ ten years on</b> by HMP Gartree TC+ <b>3. Relationships Not Labels: - Addressing the educational needs of pupils who have experienced significant trauma, through an epistemic and systemic therapeutic approach to pedagogy and curriculum design within TC schools</b> by Amberleigh Care <b>4. Co-creating co-production: the heart of EMBRACE</b> by Slough Embrace
16.00 Closing Community Meeting
16.25 Final Statements and Goodbyes

# BIOGRAPHIES

## Keynote:

### The Wounded Healer - Dr Ahmed Hankir

*Please note, Dr Ahmed Hankir's talk is theatrical, can be intense and includes references to suicidal impulses.*



Dr Ahmed Hankir MBChB MRCPsych is an NHS psychiatrist, Senior Research Fellow at the Centre for Mental Health Research in association with Cambridge University and Public Engagement and Education Lead at the World Health Organisation Collaborating Centre for Mental Health and Human Rights, Institute of Mental Health, Nottingham University. Dr Hankir identifies as a Wounded Healer and survivor and is passionate about humanising, dignifying and empowering people living with mental health conditions and broadening participation into medical school for people from low income backgrounds. Dr Hankir's research interests include global and Muslim mental health and pioneering and evaluating innovative interventions to reduce stigma and Islamophobia and he has published widely in these areas. Dr Hankir is the recipient of numerous prestigious awards most notably the 2022 World Health Organisation Director General Award for Global Health.

## Morning Workshops:

### From Zoom to the Room: A post-pandemic survival guide to joining and belonging - Aylesbury TC

#### Maz Anderson

I have worked in Therapeutic Communities for over 5 years as a therapist, following many years as a social worker working in the voluntary sector specialising in addiction and domestic abuse work.

#### Don Dorsett

My journey began at Complex Needs in Aylesbury. I learned new skills and developed coping strategies to enable me to progress into the Emotional Skills Group which was then online on Zoom. After gaining many more skills and knowledge I progressed into the TC. I have been a member of Aylesbury TC for 16 months now and I have been able to mentor and support other members and progress further using the knowledge and skills I have learnt. I've really enjoyed helping others in the service and being a part of significant changes to our community. This service has changed my life in many ways and I hope to continue to use the valuable skills and knowledge in the future.

#### Fayonne Fletcher

I am one of the newest members of the Aylesbury TC having joined in May 2023. After waiting several decades for the right kind of support, I believe being part of a TC might finally help me to find out who I really am.

#### Dan Graham

Having survived more than 10 years working in TCs for the Complex Needs Service, and 20 years working in the field of mental health, I have just started to get to grips with what a half-decent therapist should look like.

#### Jo King

Hello one and all, this is Jo. I've been part of Aylesbury TC for the last 9 months. It's been the toughest battle of my life, full of tears and triumphs, and it's the place I've always needed to be.

#### Simon Thomson

I have worked in NHS Therapeutic Communities, as a Nurse and now as a Therapist, for a long time, and I still feel the job satisfaction to get out of bed each morning and come to work looking forward to what the day will bring.

# BIOGRAPHIES

## **Torii Toms**

Hello. My name is Torii. I've been part of TC for 7 months now and have seen a massive change already. I have a Bachelor's degree in health which has shaped who I am today and is helping me on my journey to a new me.

## **The Problem of Inclusivity for Therapeutic Communities - Peter Cokersell**

Dr Peter Cokersell is a Psychoanalytic Psychotherapist and CEO of Community Housing & Therapy (CHT). He has over 30 years' experience working in the voluntary sector in homelessness, substance use, health, and mental health, and over 20 as a Psychotherapist in the NHS, private and third sectors. Previous to becoming CEO of CHT in 2017, Peter was Director of Health & Recovery at St Mungo's, Britain's leading homelessness agency; he is a founding member of the Faculty of Homeless and Inclusion Health, and one of the co-authors of the UK national guidance on Psychologically Informed Environments (PIE). He has published widely on homelessness, mental health, intercultural therapy and related issues, including editing a book (Social Exclusion, Compound Trauma and Recovery, 2018) on psychological approaches to working with homeless people; he is currently editing a book on leadership in PIE and trauma-informed care.

## **A reflective workshop on how to adapt and meet the needs of autistic members on TC - Richard Crisp**

Richard Crisp (BSc, Msc) is a Forensic Psychologist in Training on the Avalon Therapeutic Community at HMP Dovegate. He has worked on Avalon for the last 5 years and prior to this worked in other group interventions in custody. Richard has experience of assessing and working in treatment with autistic offenders and has a keen interest in supporting the adaptation of interventions to be responsive to autistic people's needs.

## **Long Covid: the lingering effects of the pandemic, its impact on therapy and TCs in particular - David Jones**

David Jones is a psychoanalytic psychotherapist, a manager and an Enabling Environments assessor. He has worked in therapeutic communities for many years. These have been in the health service, in prisons, Grendon and Gartree and originally within a homeless shelter. He has edited two books, 'Working with Dangerous People, the psychotherapy of violence' (2004) and 'Humane Prisons' (2006). He has written a number of papers on disgust, a persistent interest, aggression and power within organisations. As well as supporting the Community of Communities on prison TCs he hosts a weekly podcast, Locked up Living, with Naomi Murphy former clinical lead at the Fens Unit, HMP Whitemoor.

## **Afternoon Workshops:**

### **Metaphor Speaks - The place and role of the core creative psychotherapies (CCP's) in the high intensity prison-based therapeutic community treatment model – Curiosity, Playful Enquiry & the Imagination in trauma informed practice - HMP Gartree GTC**

Jon Aldwinckle GTC Group Psychotherapist & Creative Therapy Facilitator. I am a BACP registered, Integrative Psychotherapist working from a relational developmental perspective. I have worked in the prison service for 16 years, with the past 10 of those specialising in working in therapeutic communities. I currently work in HMP Gartree's therapeutic community & previously on their therapeutic community+ (adapted TC for prisoners with learning difficulties/disabilities). During my training, and time working on the TC+ I have experienced and witnessed first-hand how creative therapy can impact an individual, and access areas talking therapies alone may struggle to reach. My passion for this therapeutic intervention has since grown and I now integrate creative therapy into my practice, both within the TC & with my private clients.

# BIOGRAPHIES

**Emma Allcock** GTC HCPC Registered Forensic Psychologist and group facilitator. I have been employed by His Majesty's Prison Service since July 2011 and have worked predominantly with prisoners serving life sentences. For the last 6 years, I have worked on therapeutic community where I have developed an interest in creative, in-action and somatic methods. My research interests lie in qualitative methods, with a particular focus on using my role as an insider researcher to explore the workings of the therapeutic community more deeply.

**Jessica Williams Ciemnyjewski** PG Dip Dramatherapy, PG Dip Forensic Psychotherapy, HMP Gartree Head of Psychotherapy, GTC Clinical Lead & Therapy Manager, HCPC Regd. I've been part of the forensic arts therapies discipline since 1990 and helped write the first guidelines for arts therapists working in the prison service and presented at the first FATAG (Forensic Arts Therapies Advisory Group) meeting. I continue to practice my core discipline as an actor and am currently engaged in developing a solo performance piece. I have used painting for self-exploration for many years and have lived experience of psychodrama and Authentic Movement, whilst Jungian Analytic Psychotherapy has been at the heart of my personal explorations. I am in the final stages of the diploma course in Reflective Practice in Organisations at the IGA.

## **Polyphony, Transparency and Radical Presence as pre requisites for inclusive TCs - João Pereira, Rex Haigh and Peter Cockersell**

**Dr Peter Cokersell** is a Psychoanalytic Psychotherapist and CEO of Community Housing & Therapy (CHT). He has over 30 years' experience working in the voluntary sector in homelessness, substance use, health, and mental health, and over 20 as a Psychotherapist in the NHS, private and third sectors. Previous to becoming CEO of CHT in 2017, Peter was Director of Health & Recovery at St Mungo's, Britain's leading homelessness agency; he is a founding member of the Faculty of Homeless and Inclusion Health, and one of the co-authors of the UK national guidance on Psychologically Informed Environments (PIE). He has published widely on homelessness, mental health, intercultural therapy and related issues, including editing a book (Social Exclusion, Compound Trauma and Recovery, 2018) on psychological approaches to working with homeless people; he is currently editing a book on leadership in PIE and trauma-informed care.

**Rex Haigh** is a retired NHS medical psychotherapist who studied social sciences at Cambridge, before qualifying as a doctor in Oxford, then training and working as a GP in Cornwall and Oxford. He went on to specialise in psychiatry, psychotherapy, group analysis and therapeutic communities. He was Clinical Advisor to the English Personality Disorder Development Programme (2002-11) and part of the NICE guideline development group (2007-9) for Borderline Personality Disorder. At the Royal College of Psychiatrists, he was the founder of 'Community of Communities' quality network (2002) and the 'Enabling Environments' award (2009). He holds an appointment as Honorary Professor of Therapeutic Environments at Nottingham University's School of Education and is involved with several voluntary and third sector mental health organisations, in the UK and abroad. He has been Medical Director of Khiron Clinics since 2016. His clinical interests are relational practice, ecotherapy, modified therapeutic communities, and service user co-production.

**João G. Pereira (PhD)** is the Clinical Director of Romão de Sousa Foundation since 2013, a mental health organization in Portugal that runs a residential therapeutic community for mental health and Open Dialogue services and training in the community. Before that he worked in Mental Health Units and Complex Needs Services for about 10 years in the NHS (UK). João is the President of the International Network of Democratic Therapeutic Communities and Relational Practice (INDTC-RP), Clinical Tutor and Professor of Psychotherapy at Metanoia Institute in London. He authored and co-authored several peer reviewed articles and two edited books.

## **From Little Acorns, Mighty Oaks Grow: The Acorn Programme 4 Years On - Ellie Wildbore**

My name is **Ellie Wildbore**. I am a graduate of the Acorn Programme at The Retreat, York - where I spent a year in 2016-2017 as a member of the inpatient TC for women with self-defeating behaviours. My year there was simultaneously one of the hardest but best of my life and changed my life forever, although it did not fix it. Since Acorn I am still a service user, but I have also gone on to work in education, research and service development in Sheffield Health and Social Care NHSFT as a Lived Experience Practitioner and also as a guest lecturer at a variety of universities around the region.

# BIOGRAPHIES

## **Integrating a learning disability TC in a mainstream prison – Gartree TC+ ten years on - HMP Gartree TC+**

**Wez Bond** is a prison officer with 16 years experience and has spent the last 10 working on a specialist unit with men with learning difficulties (TC+).

**Claire Shanks** is a Art Psychotherapist. She has worked in several prison TCs and is currently working at Gartree and Dovegate TC+ working with men with learning disabilities.

**Jane Louise Molyneux** works as a group facilitator on TC+, been in post since November 2022.

## **Relationships Not Labels: - Addressing the educational needs of pupils who have experienced significant trauma, through an epistemic and systemic therapeutic approach to pedagogy and curriculum design within TC schools - Amberleigh Care**

**Richard Knight BSc. Ed** - is a Headteacher at Amberleigh Therapeutic School in Welshpool. With over twenty years of teaching experience; Eighteen of that in leadership roles within both the mainstream and specialist school environments. He is also a trustee of the Cardiff Steiner School and adviser to educational provisions on all aspects of teaching and learning and school improvement. Richard has a special interest in how pedagogy and curriculum design choice effects positive outcomes for pupils within both the mainstream and specialist learning environments. Of particular interest is understanding how trauma impacts teaching and learning relationships and subsequent positive pupil outcomes. Over the last two years Richard has been working on producing a specific 'Epistemic therapeutic pedagogy' and curriculum design in which to effectively engage all pupils but more specifically those pupils who have experienced significant trauma in their lives.

## **Co-creating co-production: the heart of EMBRACE - Slough Embrace**

**Natasha Berthollier** is Consultant Counselling Psychologist in Slough and Senior Lead for Co-production Inclusion and Recovery at Berkshire Healthcare NHS Foundation Trust.

**Sebastian Byrne** is the Head of Mental Health Services in Slough, Berkshire Healthcare NHS Foundation Trust.

**Leanne Ellaway** is a Peer Mentor for the EMBRACE programme, Berkshire Healthcare NHS Foundation Trust.

**Daria Georgie** is a CBT Therapist and Transitions Clinic Lead in Slough, Berkshire Healthcare NHS Foundation Trust.

**Nicola Gill** is an Assistant Psychologist for the EMBRACE Programme, Berkshire Healthcare NHS Foundation Trust.

**Tony Mallah** is a Peer Mentor for the EMBRACE programme, Berkshire Healthcare NHS Foundation Trust.

**Helen Stokes** is a Psychotherapist and Team Lead for the EMBRACE Programme, Berkshire Healthcare NHS Foundation Trust.

**John** is an EMBRACE Community Member

**Padmanav** is an EMBRACE Community Member