

# The Glebe House Therapeutic Treatment Programme UK



## Type of intervention



*Residential*



*Group Work*



*Individual Work*



*Counselling*

## Target group/s, level/s of prevention and sub-group/s:



Tertiary prevention

Young People (12-17 Years), Young Adults (18-20 Years) | Male | Residential, Group Work, Individual Work, Counselling | English

## Target population

Males aged 12-17 years, who are known to have sexually harmed.

## Delivery organisation

Friends Therapeutic Community Trust.

## Mode and context of delivery

Residential Therapeutic Community offering intensive intervention over a two year period.

## Level/Nature of staff expertise required

Staff within the team have a range of qualifications, including qualified residential workers and practitioners with psychotherapy or social work qualifications. Clinical workers should be educated to degree level, but there are many with post-graduate qualifications.

## Intensity/extent of engagement with target group(s)

The residential programme runs for two years. The Therapeutic Community programme is supported by three community meetings per day and the specialist programme by weekly small group and 1:1 sessions.

## **Description of intervention**

The Glebe House Therapeutic Treatment Programme integrates psychoanalytic, person-centred and cognitive behavioural approaches, embedded in a therapeutic community model, based on Rapoport's Four Cornerstones or Democracy, Communalism, Reality Confrontation and Permissiveness. The experience of developmental deficits and relational trauma caused by neglect, lack of care, physical, emotional or sexual abuse, violence and significant loss, can cause severe problems with affect regulation and create a child who is insecurely attached and unable to trust adults and who may display a range of destructive behaviours. Glebe House staff understand, and believe, that a supportive environment, combined with specific interventions which address the most destructive behaviours and the most distorted beliefs, can repair some of the worst effects of early adverse experience.

Human beings have a natural drive towards growing up healthily, which includes the potential to recover from traumatic and harmful experiences. Research indicates that resilience seems to be the developmental result of sufficient access to support and protection, and the development of positive, self-shaping experiences within the context of consistent and healthily pro-social relationships. Our use of 'Soft Outcomes Universal Learning Record' (SOUL) as a self-assessment measuring tool reinforces the building of positive experiences and relationships.

Glebe House provides an integrative therapeutic programme designed to provide these experiences, with the philosophy that, over time, they can assist the young person to unlock their natural drive towards development and recovery that has been severely derailed. Optimism practicality and the belief that change is possible are pivotal to the programme.

As a young person moves through their placement the emphasis on developing future relapse prevention plans increases. This process is actualised through the completion of a relapse prevention folder, known as a 'toolkit' that will summarise the abuse-specific work, making links to early years experiences and outline strategies to manage risk in the future. The young person will take the folder that they have created with them to support their transition to a new environment and relapse prevention plan.

## **Evaluation**

12 Year Outcome Research project ended in 2014. Publications to follow.

## **References**

No references available.

## **Contact details**

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