



## Adapted Therapeutic Communities (ATC) IN British Columbia Experiential Learning in Relational Practice



### What is the ATC-RP Program?

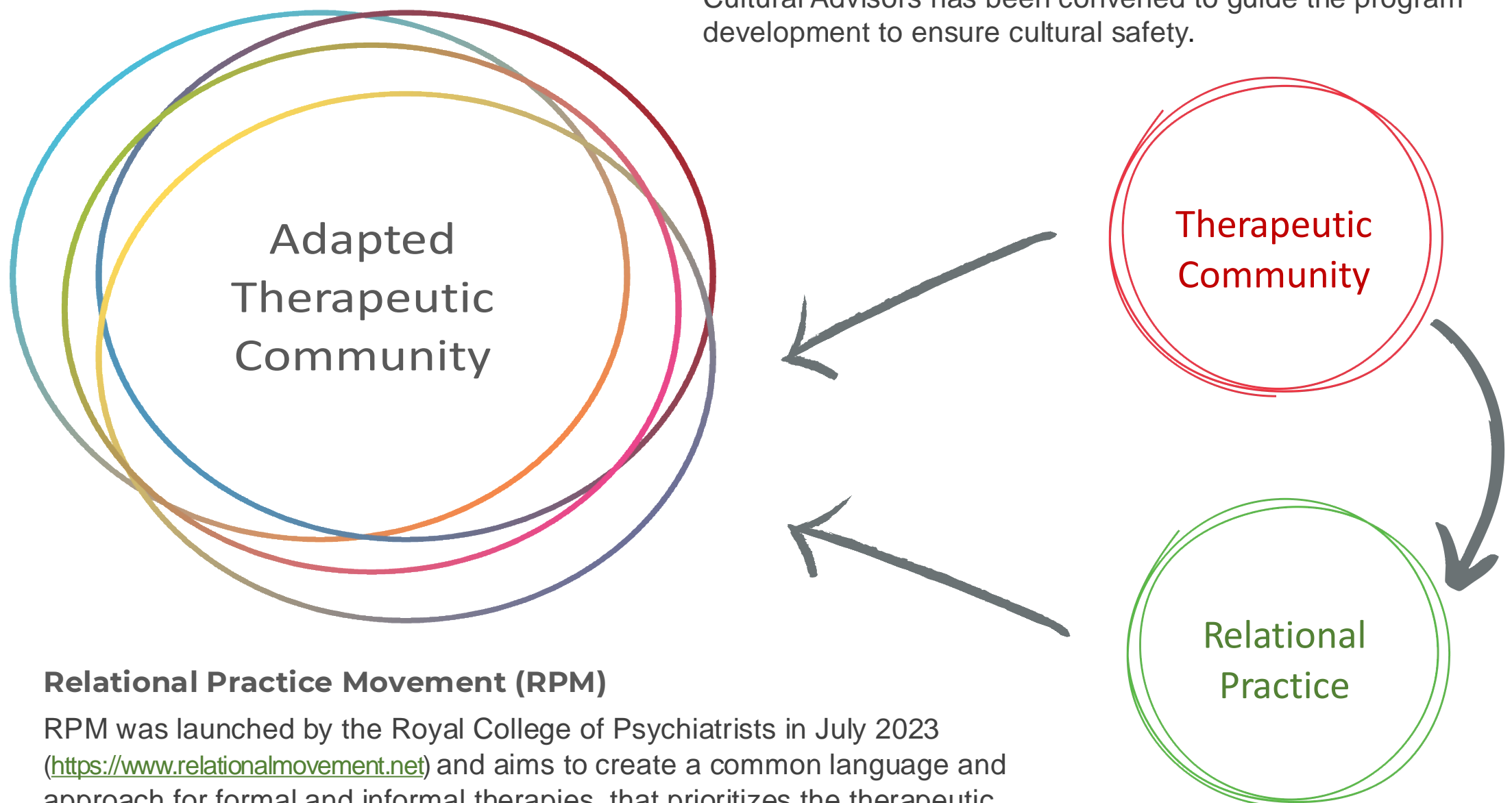
The Adapted Therapeutic Community-Relational Practice (ATC-RP) program is a unique learning environment designed to help service providers develop reflective practice skills and understand group processes for therapeutic benefit. The program has integrated the Relational Practice Movement (RPM) into its expanded curriculum, emphasizing the importance of kindness and empowerment in the services provided to those in need.

### Why are we doing this?

The program aims to equip service providers with a strength-based approach that can be adapted in different environments to support individuals with mental health and/or substance use concerns.

### How is the program being developed?

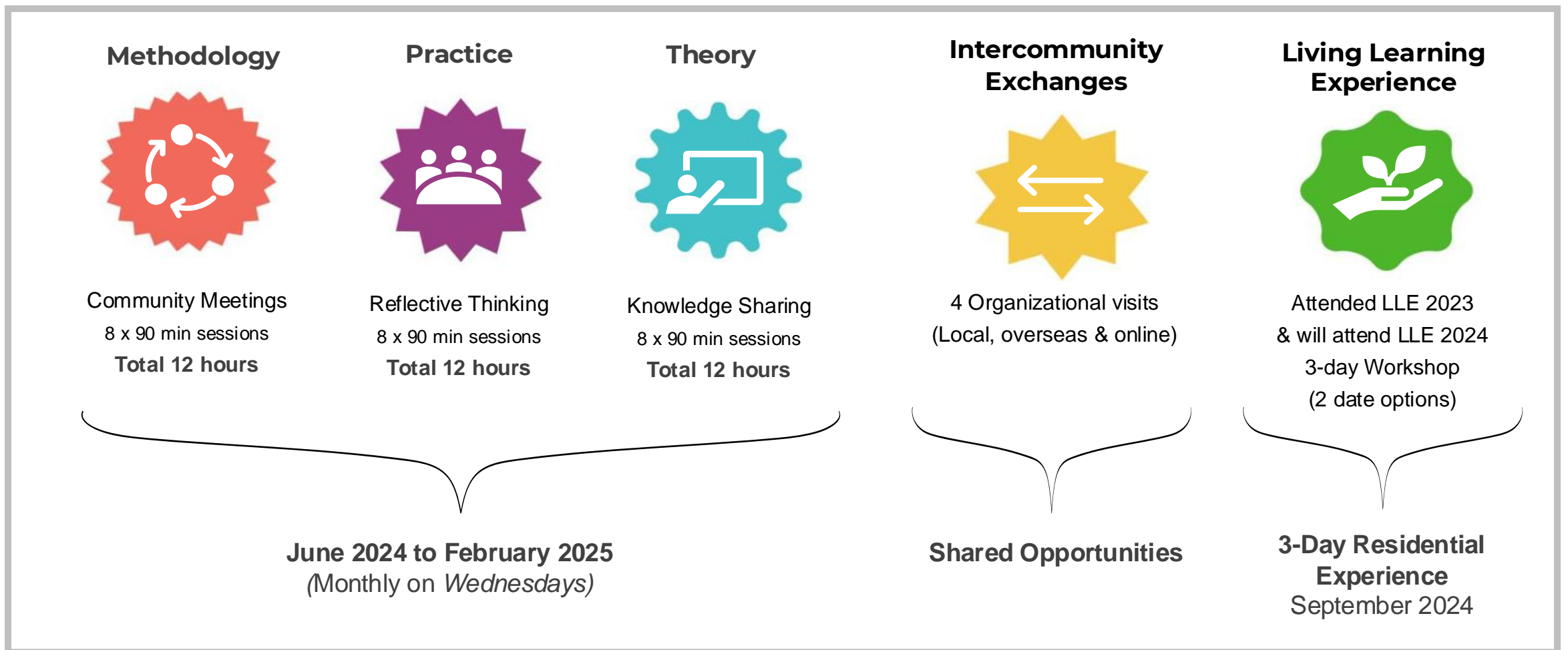
The program is being developed for British Columbia in partnership with the BC Addiction Recovery Association and therapeutic community experts from the International Network of Living Learning Experience (INLLE). A group of Indigenous Cultural Advisors has been convened to guide the program development to ensure cultural safety.



### Relational Practice Movement (RPM)

RPM was launched by the Royal College of Psychiatrists in July 2023 (<https://www.relationalmovement.net>) and aims to create a common language and approach for formal and informal therapies, that prioritizes the therapeutic relationship between service providers and recipients. RPM includes work categorized as trauma-informed, compassionate, enabling environments, systemic, open dialogue, integrative, co-produced, decolonizing, democratic, and human rights-based work.

## Core Elements of the ATC-RP Program



### Living Learning Experience (LLE) Training

The LLE is a three-day experiential learning workshop conducted entirely in groups. It operates as a structured program of activities within a democratic and non-hierarchical framework, and participants will:

- Learn to create therapeutic environments through reflective practice.
- Develop skills for leading groups in therapeutic communities.
- Understand the complex emotional dynamics that affect all service providers.
- Value the use of relationships in all professional interactions.
- Gain a deep understanding of emotional intelligence for work.
- Gain practical experience with social therapy.

### ATC-RP/LLE Program Objectives

- Additional training on the values and practical skills of small-group ATCs.
- Implementation support to help create culturally safe and inclusive TC spaces for individuals with diverse health and social challenges.
- Develop an understanding of the 'Community as Method' approach as a strength-based approach to promote three principles for wellness and life goals:
  - Promoting **personal agency** and a **sense of belonging**
  - Ensuring **everyone has a voice**
  - Developing **mutual concern** and **accountability** for one another
- Develop a network of facilitators, mentors, and local trainers in the ATC community.

Email [traceyh@thconsultings.com](mailto:traceyh@thconsultings.com) for more information.

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