

Information Pack for Placements at Connect Therapeutic Community

For a practical checklist of all the stages and requirements of coming for a placement at Connect, see the end of this document.

Thank you for applying for a placement at Connect. Placements are usually a valuable and enriching experience both for Connect and for the individual who joins us for one or two weeks. If you come to Connect you will be joining a community in which individuals are making deep and difficult personal changes through therapy, and we therefore have a number of measures in place to make sure that the presence of guests does not disrupt this process.

Before a decision is made about your placement, you will be invited for lunch so that the peer group and staff can meet you and vice versa. Your visit will be discussed in our Community Meeting and if all are agreed, you will be invited for a placement. To check current availability for placements, see our website at <http://www.connecttc.org/training-placements.php>.

We can offer accommodation in the community for which a charge of £25 per day is made to cover our costs. Staying in the community is an effective way of immersing yourself in the life of the community for the week you are here, although of course you will be welcome to take some time out (especially in the afternoons when there is less going on) when you need it. We will need confirmation that you are in (or have completed) advanced clinical training as a psychotherapist, in the form of a letter from your trainer or supervisor.

Connect works on the basis of contracts that Clients and Staff have with each other and the whole Community. Hence, people on placement are expected to make a guest contract with the community. This is enclosed with this pack.

You will be invited to attend therapy groups, as an observer. You will be free to discuss the groups with staff afterwards but will be expected not to comment on a client's process unless invited to do so by the person leading the group. You will not engage in individual work with any of the clients although of course you will get to know them through the week.

In certain circumstances, you might be asked not to attend specific groups.

If you would like to be involved in the household jobs, e.g. cooking, cleaning, gardening, then you are welcome to do so, although this is not obligatory (!).

There are various staff meetings, and you will be free to attend some of them – ask at the time.

If you bring any medication or sharp objects with you into the community, you will need to keep them in a locked container (which we can provide) in your room.

Part of the value for us in having placements is that it gives us an outside perspective on the community. At the end of your placement, we would expect you to submit a short (or very long!) written report on your experiences. Any comments you have on the Community and the process going on in the Community would be welcomed.

Enclosed are:

- A copy of the daily timetable for the Community.
- A guest contract (please sign and bring this with you).
- A checklist of all the stages and requirements of coming on a placement at Connect.

Guest Contract

While I am on placement at the Community, I agree to abide by the rules of the community.

I will confront and accept confrontation from a caring position on issues that concern safety and comfort.

I will keep confidentiality.

I will not talk about the problems or personal history of any members with anyone who is outside the community.

Signed..... Date.....

Daily Timetable

8am – 9am	Staff Handover
8.55am	Base Camp meeting
10.30am	Therapy Group (see below). Therapy group usually goes on until around 12.30pm, with a break at some point.
1pm	Lunch, followed by feelings check.
Afternoon	Various activities (e.g. teaching group on Mondays, physical training on Tuesdays, shopping, jobs etc).
3pm – 4pm	Staff Handover
6.30pm	Dinner
7pm	Summit meeting
Bedtime	Peers do not go to bed before 10pm without permission from Staff in Charge.

Therapy Groups

Monday	10.30am
Tuesday	10.30am
Wednesday	10.00am – Extended feelings check
Thursday	10.30am – Art Group
Friday	10.30am – Community Meeting, Notes and Group,
Saturday	10.00am
Sunday	10.15am – Extended feelings check

Checklist for placements

Before the placement:

- Send signed confidentiality statement
- Send reference from training institute specifying suitability for placement and confirming that you are in or have completed advanced clinical training
- Send payment for accommodation at £25 per night
- Send signed guest contract
- Confirm date for lunch visit
- Confirm date(s) for week-long placements
- Obtain and read through placement pack (available on website)

After the placement:

- Submit report on your experiences