



**HENDERSON
HERITAGE
GROUP**

Originality:

This research proposal is the work of Henderson Heritage Group. Neither it nor versions of it have been published previously elsewhere.

The Elly Jansen Award – June 2023
Henderson Heritage Group research proposal submission



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Title:

Living, Learning and Legacy: Exploring the influence and impact of Democratic Therapeutic Community principles through the life and work of Henderson Heritage Group

Background/context:

Henderson Hospital (1947-2008) was an internationally-renowned pioneering facility of Democratic Therapeutic Community (DTC) practice and culture, whose success as a therapeutic model gave rise to two replicated communities, Main House and Webb House, in 2001. All three communities are now closed due to commissioning changes. There is a rich, varied and respected body of research spanning many decades undertaken by people who worked and lived at the three Communities.

Henderson Heritage Group (HHG) is an unincorporated, non-profit organisation which came together formally in 2018, comprising - and established by - people who lived or worked at one of the three Henderson Communities. HHG currently numbers 14 members. The group has come together to preserve the archive and memory of the Henderson Communities and to think about ways in which aspects of the collective work of the three Communities can continue to shape future directions in health and social care and in the survivor movement.

Purpose of the research:

HHG has evolved from - and works together in ways which reflect and echo - the culture, structures and processes of the Communities. Critical reflection on the application of DTC principles to HHG work offers an important opportunity to identify ways of working that have application to other domains in health and social care, particularly co-production of service designs and the survivor movement.

This research will explore how DTC principles - as members of HHG and others understand them - have been applied and evolved within the collaborative working ethos of HHG, and what meaning and application this might have for others. We will also consider what principles haven't been taken up and why.

Our research questions are:

How do Democratic Therapeutic Community (DTC) principles manifest in the work of Henderson Heritage Group (HHG), both through conscious design and unconsciously, via the expression of the culture HHG members share by virtue of being a 'living legacy' of the Henderson Communities?

What are the implications for HHG, for others, and for current and future therapeutic practice?

Literature search:

We will complete a literature search to identify published papers and research on DTC principles which we will draw upon and include in our research analysis.

Research approach, design and methodology:

This will be an exploratory, qualitative study, grounded in an interpretivist philosophical approach. Two focus groups will be used to explore how DTC principles manifest in the work of the HHG, both through conscious design and unconsciously, via the expression of the culture HHG members share by virtue of being a 'living legacy' of the Henderson Communities.

The use of focus groups specifically within this research offers a useful means of providing rich qualitative data and facilitating the sharing of experiences and subsequent reflection and understanding. This synergistic effect, enabled by the use of focus groups, aligns with DTC principles and the centrality of 'communalism' (Rapoport, 1960) and group work. We are seeking to explore shared values and principles, and our experience in the work of the HHG is that it is in conversation with one another that these are most readily and meaningfully 'unearthed' or 'co-reconstructed'. Focus groups also allow attention to interpersonal/group processes which will be important as we anticipate that DTC principles will be evident in how we speak with each other - beyond the content of what is said.

The two focus groups and the research team will consist of HHG members, all of whom lived or worked at one of the Henderson Communities, making this 'insider' research. Insider research flattens the power hierarchy between researcher and researched (Wilkinson and Kitzinger, 2013) and enables a more relational, identificatory approach (Hollway, 1989), values which accord with the DTC/HHG ethos and is achieving greater research recognition in the wider research community.

Recruitment:

The focus groups will each have between 5 and 8 participants. Participants will be recruited from the HHG membership (which includes the research group named at the end of this document). The research group will send an email and Whatsapp message to all HHG members, inviting them to participate in the focus groups. The research group will put together a participant information sheet and a consent form and be available to talk individually to potential participants to answer any queries. HHG members will be able to join one or both focus groups. They will also be invited to take part in the analysis process.

Consent will be taken by a member/members of the research group, following recognised ethical research consent procedure.

Data Collection:

The focus groups will take place at MB3 - an archive and research facility for therapeutic communities in Gloucestershire - as this is where the Henderson Collection is stored, where the archiving work of HHG takes place and where a 75th Anniversary Henderson Happening was hosted in 2022. It therefore holds emotional resonances to the work of HHG and the DTC culture. MB3 is historically anchored in and has strong links to the TC movement and is experienced as a place of safety by HHG members through the work that has been done there.

Both focus groups will be recorded and transcribed by HHG members in order to retain experiential closeness to the data (Hollway, 2009).

Focus group 1:

Will discuss, explore and name in their own words what was important to them during their time at one of the Henderson Communities.

Focus group 2:

- Will seek to explore if and how the principles have become embedded in the collaborative working ethos of HHG activities, including how we respond to the emotional impact of this work. Examples of HHG activities on which to focus:
 - How HHG came into being;
 - Our work on the Henderson Collection at the Planned Environment Therapy Archive at Mulberry Bush Third Space, Gloucestershire;
 - Conference presentations and Experiences in Communities annual event;
 - 75th Anniversary Happening event.
- If there are differences in the principles identified in the first focus group and those identified by Rapoport (1960) in his sociological study of the Henderson's culture, and others identified in the literature search, the group will also explore if, where and how the latter's principles are relevant in the work of HHG.

Data analysis:

An inductive approach is applied to the analysis of the data derived from the focus groups, using qualitative methods.

Focus group 1: Data from the first focus group will be analysed by its participants and other members of HHG using a blend of Content Analysis (Hsieh and Shannon, 2005) and Thematic Analysis (Braun and Clarke, 2022) in order to extract themes and principles which will inform the discussion in the second focus group. These are inductive approaches which begin with the researchers immersing themselves in the data in order to identify the themes that seem meaningful. The raw data from the transcribed recordings will be condensed into specific themes based upon a systematic process of coding and identifying themes via valid inference and interpretation. The involvement of inductive reasoning is highlighted in the directed thematic analysis, originating with specific theories and facilitating immersion to enable emerging themes.

Focus group 2: The second focus group transcript will be analysed using constructivist grounded theory (Charmaz, 2014) as a means of producing a co-constructed theoretical framework from the data. The analysis will also be informed by discourse analysis (Potter and Wetherell, 1987, Davies and Harré, 1990). We anticipate that DTC principles may be evident in the group process and discourse analysis offers a method for examining this.

Involvement of the Museum of Homelessness: For additional external input and insight during the later stages of the analytical process (specifically, at the stage of our preliminary findings), the research will involve the two co-founders of the Museum of Homelessness (MoH), a heritage-based charity rooted in and operating on therapeutic community principles which collects objects, archives and oral histories from people who have experienced homelessness and works practically with homelessness and policy and practice in the present. Having worked together reflectively, the MoH will bring an additional dimension of insider/outsider provocation and critique.

Reflexivity:

Rigorous reflexivity will be incorporated into the design. We will hold 2 separate groups (reflective and process, online and in person) at regular stages throughout the research timeline. With consent of all participants, we would like to record the reflective groups so that important themes can be included in the research write-up.

Reflective groups: there will be 5 groups held at key stages in the research process:

- after the first focus group (month 2);
- after transcription and analysis of the first focus group (months 3 and 4);
- after the second focus group (month 6);
- after the transcription and analysis of the second focus group (months 7 and 8);
- at the end of the project (months 11 and 12).

The above groups will involve all members of the research team and focus group participants. In addition, the research team will meet separately 3 times:

- in month 1
- in month 5 and
- during months 9 and 10.

The groups will be used to identify, examine and reflect upon issues such as the impact of the self-selected nature of the participant/researchers (i.e. what has led us to join HHG and this research team), the shifts in power through the research process (e.g. if a sub-group performs the transcript analysis), and how other issues that arise impact on the research process.

Process groups: the above pattern for the reflective groups will be repeated for the process groups. These groups will act as a safe and containing space for people to share and reflect upon their personal experience of being involved in the research, with the primary aim of supporting ourselves and each other and attending to our well-being.

Ethical Considerations:

This research does not require ethical approval from a registered research organisation.

HHG takes seriously the protection of personal data, with a keen awareness of the special category nature of much of the personal data collected and the sensitivity of the materials in the archive. This awareness is reflected in its Data Protection Policy under the General Data Protection Regulations (GDPR) and the appointment of a trained Information Officer (from HHG) and registration with the Information Commissioner's Office. A GDPR-compliant consent form will be devised for participants involved in the research which will include an Information Sheet detailing the research and participation expected, a copy of our GDPR Policy, a Copyright Agreement form and project contact details in case more information or discussion is required. HHG are aware that participation in the discussion around mental health including personal reflections can potentially negatively impact well-being. Information will be given to participants that will include details of support organisations that can be contacted under these circumstances. The decision to hold both focus groups and the analysis discussion at MB3 has been made with participants' well-being in mind, as this is and has been felt as a safe space by those who have been involved in the HHG's cataloguing and other events held there. The ethos of HHG is one of supporting ourselves and each other with the recognition that the work we are undertaking

can have an emotional impact. We have regular, monthly process meetings alongside the business meetings where we can discuss and process issues, the value of which led to us incorporating similar groups in the research plan (see under Reflexivity, above).

Research advisor:

We have engaged the services of an independent advisor with experience of the DTC environment and qualitative methodology. Dr Natalie Edelman - research consultant and methodologist at TRuST, an independent research organisation - has reviewed this proposal and will advise on our analysis stage.

Anticipated research findings and implications:

We anticipate that DTC principles identified as important to those who lived or worked at one of the Henderson Communities underpin the collaborative processes within HHG. We expect that there will be some, but not exact, overlap with the principles named by Rapoport and other principles identified by the literature search.

Through exploring and clarifying how DTC principles have informed and benefitted the work of HHG, we will draw out key principles which can be used to shape practice in health and social care, and beyond. We will produce a report, framework and guidance that can be applied to collaborative working within groups and organisations, whether or not their primary function is therapeutic. It is anticipated that such principles could be used to amplify the voices of groups marginalised by organisational power structures.

We anticipate that working together on this project, with the emphasis on processing thoughts and emotional responses as they arise in the process groups, will enhance and deepen the collaborative relationships within HHG. This may provide an increased sense of well-being and, for some, a reparative or healing process. HHG will also reflect on the principles found and their implications for their future work together.

Research limitations:

This is a small scale project. The plan to have those being researched as part of the researcher team analysing the transcripts could be seen as a limitation but we argue that this lessens the usual power differential between researcher and researched and is in keeping with the flattened hierarchy of DTCs. Reflexivity required is a fundamental part of the DTC model and will be used to examine and clarify the impact/implications of this.

Membership of the HHG is voluntary. The self-selecting nature of the research team and focus groups may therefore be considered a limitation, though the impact of this will be explored in reflexivity groups. Current HHG membership holds a wide range of views about the three Communities so we feel there will be a balanced reflection of experiences.

Mindful of the limited diversity in this small scale project, we intend taking the report to a wider audience, possibly in the form of a symposium, in order to include groups and organisations whose voices are seldom heard.

Detailed costings:

1. **Visits to MB3 (based on attendance of 8 people each visit):**
 - a. Accommodation £15 x 8: £120
 - b. Subsistence: £31.25 x 8: £250
 - c. Travel expenses: £35 x 5: £175
 - £545 x 4: £2,180**
2. **Honorarium payments to researchers and participants:**
 - a. 4 x 1 hr focus groups x 8 people in each @ £20 per hour: **£640**
3. **Transcription:**
 - a. 30 hours x £20 per hour: **£600**
4. **Dissemination:**
 - a. Two conference costs:
 - i. includes attendance fee; travel; accommodation **£750**
5. **Research advisor:**
 - a. 5 hours @ £35 per hour (voucher payment): **£175**
6. **Contingency (12%):** **£600**

TOTAL: **£4,945**

- In keeping with HHG ethos, the majority of the work will be undertaken voluntarily. We have only costed in focus group participation payments and transcription costs in recognition of this.

Timeline:

The timeline below is based on our research taking one year. However, in the event of any time slippages (we will be undertaking the research in our own time) we request a further two months (September and October 2024) contingency should this arise.

Month 1 (September 2023):

- Literature search
- Agree topics for focus groups one and two
- Prepare participant information sheets and consent forms for participants
- Recruit participants from HHG
- Reflective group for research team
- Process group for research team
- Research advisor first payment (voucher payment) **£70**

Month 2 (October 2023):

- Focus group one takes place (at MB3) **£545**
- Payments for focus group participation **£320**
- Focus group one transcribed and disseminated to HHG **£300**
- Reflective group for research team and focus group participants
- Process group for research team and focus group participants

Months 3 and 4: (November and December 2023):

- Analysis of focus group one
- Update on research progress to Elly Jansen Award Committee
- Dissemination plan finalised
- Reflective group for research team and focus group participants
- Process group for research team and focus group participants

Month 5: January 2024:

- Topics for focus group 2 confirmed
- Recruit participants for focus group 2 from HHG
- Reflective group for research team
- Process group for research team

Month 6: February 2024:

- Focus group two takes place (at MB3) **£545**
- Payments for focus group participation: **£320**
- Focus group two transcribed and disseminated to HHG **£300**
- Update on research progress to Elly Jansen Award Committee
- Reflective group for research team and focus group participants
- Process group for research team and focus group participants

Months 7 and 8: March and April 2024:

- Analysis of focus group two (with the two co-founders of MoH)
- Preliminary discussion of shape and structure of research findings
- Reflective group for research team and focus group participants
- Process group for research team and focus group participants

Months 9 and 10: May and June 2024:

- Visit to MB3 to write up research findings **£545**
- Meeting with research advisor (voucher payment) **£105**
- Update on research process to Elly Jansen Award Committee
- Reflective group for research team
- Process group for research team
- Dissemination (conference) costs: **£750**

Months 11 and 12: July and August 2024:

- Fourth visit to MB3 for finalising of research outputs and preparation of conference presentation and written papers **£545**
- Final update and presentation of final report/outputs to Elly Jansen Award Committee
- Reflective group for research team and focus group participants
- Process group for research team and focus group participants

Dissemination strategy:

- We will post our research progress and findings on our social media (Twitter, Instagram and Facebook).
- We will send out regular updates to those on our HHG mailing list.
- We will send our research findings to The Consortium for Therapeutic Communities (TCTC) and other related organisations.

- We aim to present our findings at two conferences - either in person or online
Possibilities we are aware of are: The Elly Jansen Conference, TCTC Conference, CoC Annual Forum, Tavistock lunchtime talks and others.
- We intend to write a paper detailing our research process and findings and seek publication in a journal related to the field (for example, the TCTC Journal or The Therapeutic Care Journal).

We will expand upon and finalise our dissemination strategy in the first month of the project.

Research team (all are members of HHG):

Dr Alice Good. Researcher in designing tools and applications to support well-being. This can apply to tools that facilitate cognitive restructuring, behaviour modification, self-monitoring, self-soothing and others. Alice lived at the Henderson in the late 1990s

Tim Moore. Tim worked at the Henderson from 2000-2006. He now works as a psychologist in the NHS. He recently completed a research masters, resulting in two publications.

Beverley Johnson. Beverley is a long-standing member of HHG and lived at the Henderson in the 1990s. She is an artist.

Dr Diana Menzies. Diana worked at the Henderson and Outreach service in the 1990s until its closure, participating in the research projects at the Henderson with resulting publications.

Kati Turner. Kati lived at the Henderson in the 1990s and was involved in the campaign to prevent its closure. She has worked as a mental health researcher using her lived experience for the last 20 years and has over 20 research publications.

The contact person for the research is Kati Turner.

Email: hendersonheritagegroup@gmail.com

References:

Braun, V. and Clarke, V. (2021). *Thematic Analysis: A Practical Guide*. London: Sage.

Charmaz, K. (2014). *Constructing Grounded Theory (2nd ed.)*. London: Sage.

Davies, B. and Harré, R. (1990). Positioning: The Discursive Production of Selves. *Journal for the Theory of Social Behaviour*, 20(1), pp. 43-63.

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Hsieh, H.-F., & Shannon, S.E. (2005). Three approaches to qualitative content analysis. *Qualitative Health Research*, 15(9), 1277-1288.

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Rapoport, R. N. (1960). *Community as Doctor. New Perspectives on a Therapeutic Community*. London: Tavistock Publications.

Wilkinson, S. and Kitzinger, C. (2013). Representing Our Own Experience: Issues in 'Insider' Research. *Psychology of Women Quarterly*. 37(2), pp. 251-255.

Further information:

Please follow these links for further information about the activities and work of HHG:

[Henderson Heritage Group \(HHG\) \(@HendersonHerit1\) / Twitter](#)

[Henderson 75th Anniversary Happening Tickets, Sat 18 Jun 2022 at 14:00 | Eventbrite](#)

Debra Doggett,
Senior Archivist,

The Planned Environment Therapy Archives and Special Collections,
The Mulberry Bush Third Space,
Gloucestershire, GL54 5DQ

05/06/2023

Dear Henderson Heritage Group,

Re: Accommodation Charges 2023 - 2024

I am writing to confirm that we are delighted to offer a reduced, fixed rate of accommodation for the groups visits mentioned in your proposal to the Elly Jansen Award. The charges are as follows:

Accommodation at the Mulberry Bush Third Space, GL54 5DQ @ £15 per person

4 x group visits @ £120.00 (estimated at 8 people per visit), payable after each visit

Total: £480.00.

The Planned Environment Therapy Archives and Special Collections has always had a close working relationship with Henderson Heritage Group and would very much like to lend our support to your fantastic proposal. We are keeping our fingers crossed for you and hope to see more from this group in the future.

Kindest regards and best of luck,



Debra

The Mulberry Bush

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6th June 2023

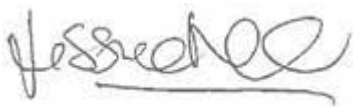
RE: Letter of support for *Henderson Heritage Group proposal for the Elly Jansen Award*

We are writing to express our strong support for the Henderson Heritage Group's application to the Elly Jansen Award.

HHG are a long-standing partner of Museum of Homelessness. Our organisations are connected due to lived experiences of Democratic Therapeutic Community and a shared commitment to conserving the heritage of these precious communities.

This project is a much needed and thoughtful piece of research, dedicated to the way in which survivor experiences can inform health and social care systems today. Critically reflecting on and exploring DTC principles can influence the co-production of service design. This is badly needed, as we our communities are still feeling the effects from the systematic dismantling of systems of care in the 1980s and 1990s. The impact of this is something that we are collectively still processing, but in doing so we can make recommendations for repair and restoration.

This project is special because it foregrounds survivor experiences and expertise. It is also special because it works with very specific and rare heritage, that of the Democratic Therapeutic Communities. The people involved are also in a position where the outcomes of this research will not only shape the future of the HHG, but can also play a part in influencing wider systems. This is something our own organisation is also committed to and we are proud to be alongside HHG in this process.



Best wishes,

Jessica Turtle Co-founder & Director | Museum of Homelessness
jess@museumofhomelessness.org | 07915382986

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