

**THERAPEUTIC**  
**COMMUNITY**  
**OR**  
**MILEU THERAPY**



## **Concept**

- The concept of Therapeutic community Was first developed by Maxwell in 1953.
- He wrote a book entitled “social psychiatry” which was first published in England.
- Later on when it was published in the United states, it’s title was changed to “therapeutic community”

## **Definition**

- “A therapy in which patient’s social environment would be used to provide a therapeutic experience for the patient by involving him as an active participant in his own care and the daily problems of his community.”



## **Objectives**

- Provide social environment
- Active participation
- Independent
- Aware about his/her behaviour



## **Elements**

- Free communication
- Shared responsibilities
- Active participation
- Involvement in decision-making
- Understanding of roles, responsibilities, limitation and authorities

## **Components**

- Daily community meetings
- Patient government or ward council
- Staff meetings or review
- Living and learning opportunity





## **Advantages**

- Gain self confidence
- Develops leadership skills
- Becomes sociocentric
- Solve problems of self and others
- Learns to live and think



## ***Disadvantages***

- Role blurring
- Groups responsibility can easily become nobody's responsibility
- Individual needs and concerns may not be met
- Patient may find the transition to community difficult





## **Role of the nurse**

- A safe and conflict free environment
- Sharing responsibilities With patient
- Encourage patient to participate
- Giving feedback
- Caring out supervisory function
- Rehabilitative rather than custodial

## Refereneeces

- [HTTPS://JOURNALS.SAGEPUB.COM/DOI/PDF/10.1177/070674377101600302](https://journals.sagepub.com/doi/pdf/10.1177/070674377101600302)
- <https://www.rnpedia.com/nursing-notes/psychiatric-nursing-notes/therapeutic-community-milieu-therapy/>
- [http://currentnursing.com/pn/milieu\\_therapy.html](http://currentnursing.com/pn/milieu_therapy.html)

# School of Nursing

Course Code : BSCN3003

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**Thank You**