



PA
Houses

Community Houses

For more than 50 years the Philadelphia Association has run houses for people going through confusion, personal crises or serious distress.

Our houses provide a unique opportunity for people to address personal difficulties in a supportive and thoughtful environment.



Our Houses

We have two houses in North London. Each community holds three meetings at regular times each week, where the members of the household meet with the house therapists to talk about whatever is important. The therapists do not live in the houses but facilitate the working of the community. They are available to the house as and when necessary outside the meetings.

Residents have their own room in a large house, in which it is hoped they will come to make themselves at home. They are responsible for the day-to-day running of the houses.

Residents are expected to be in individual psychotherapy during

their time in the houses. We can help people to access low cost therapy.

Our houses can be difficult places to live and people do not take the step of living in them lightly. People who do spend time there find they can reduce or come off medication, lessen or end involvement with psychiatric services, and get on with their lives in more productive ways than before.

"I have learned to deal with conflict with people and tolerance of people. I also appreciate the fact that people might not like me and not have to do anything about it, whereas in the past I would have gone out of my way to get people to like me."

Richard

Who comes to the houses?

The houses are open to adults of all ages. Some people may have come to the houses because they feel they have something they are trying to make sense of and want to work through in the course of living with others who have had similar experiences. Some people may have had a psychiatric history or have spent time in hospital.

What matters is a willingness to use the house to look at one's relations with other people, and to be part of the community.

The houses are not usually suitable for people with a current or recent addiction to drugs or alcohol, or a history of violence.

Cost

We do not require statutory funding. Our houses are open to people who can pay the rent themselves or are eligible for Housing Benefit and able to make a personal contribution for HB ineligible service charges.

Length of Stay

A person's stay is open-ended. People can take the time they need. How long people stay depends on their commitment to the work of the house. In practice it is not worth thinking about staying for less than a year. The houses do not provide permanent accommodation or move on options.

"In terms of being able to move on and my functioning, I feel it was very helpful. I have not had a breakdown since and I have held a job ever since. In that sense the therapy was very, very effective....I was much more able to think about myself in relation to other people rather than being stuck in my own world. I think I matured quite a bit. I started to take more responsibility for my reactions to things. I had quite deep rooted difficulties which moved forward a lot in the house...and as a distinct result of getting involved with people"

Fab

How to Apply

You can self-refer or ask someone to do this on your behalf, and can do this by phone or email, asking to be put in contact with a House Therapist.

A House Therapist will contact you and either speak with you over the phone or meet you in person. After this you may be invited to attend a few house meetings before a decision is made as to whether you will be offered a place in a community house.

"If you didn't have the houses I wouldn't be a functioning member of society. I would not be working somewhere I feel useful for the first time in my life, I feel I want to contribute something....I lived now 2 years in my flat. For the first time in my life, a two year period on my own, without being in hospital, without having a major breakdown as it were. For the first time in my life I can actually form relationships. I don't by any means think it's all sorted but I don't think anyone is ever sorted."

Diana



About the PA

The Philadelphia Association is a registered charity that was founded in 1965 by R.D.Laing and colleagues who set up a number of community households as an alternative to mainstream psychiatry. The PA also runs a training programme in psychotherapy and a one year introductory course in philosophy and psychotherapy.

For more information:

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