

Values Statement for New Road Psychotherapy

Introduction

At New Road Psychotherapy, we recognise that we live in a time of increasing social, political, and cultural polarisation. Questions of identity, belief, and belonging are often emotionally charged — not just in the wider world, but also in our consulting rooms, supervision sessions, and team dialogues.

As a therapeutic community, we are committed to creating a space that is both inclusive and open—a place where diverse identities and thoughts can engage in meaningful, respectful dialogue.

This document outlines our values related to the challenge of holding differences in a therapeutic context.

1. We Value Free Expression Rooted in Relational Ethics

We believe that therapy demands the freedom to speak truthfully, including difficult truths, emerging thoughts, and uncertain feelings. Therapists and clients alike must be able to explore what is true for them without fear of judgment or censorship.

However, we also recognise that speech is never neutral. Our words carry relational and cultural weight. For this reason, freedom of expression at New Road is not viewed as a licence to impose views or diminish others, but as a shared commitment to speak with care, curiosity, and respect.

The goal is not to agree on everything but to deepen our capacity to relate across difference.

2. We Are Committed to Inclusion Without Ideological Conformity

We honour and support those who have been historically marginalised, including LGBTQ+ people, people of colour, disabled individuals, and others whose identities may make them more vulnerable to exclusion.

At the same time, we do not require therapists or clients to subscribe to any single ideological position. Instead, we encourage a pluralistic, reflective approach—one that welcomes differences in identity, experience, and belief.

We recognise that ethical maturity encompasses the capacity to endure discomfort, to listen generously, and to stay open to learning — even when we disagree.

3. We Differentiate Between Discomfort and Harm

In a therapy context, discomfort is often necessary. It may signal growth, the emergence of truth, or the surfacing of something unconscious. Harm, on the other hand, involves domination, humiliation, or the repeated invalidation of someone's identity or experience.

We aim to cultivate an environment where differences can be explored without shame—a space where any rupture is addressed within a reflective and relational framework.

4. We Commit to Ongoing Self-Reflection and Supervision

We do not expect therapists to be free from bias—only to be willing to explore it. In supervision, we encourage an open exploration of areas where unconscious prejudice or ideological rigidity may influence the work.

We encourage therapists to bring moments of tension, misattunement, or uncertainty into reflective dialogue — not as failings, but as opportunities for growth and deepening.

5. We Nurture a Culture of Dialogue Over Silence or Dogma

At New Road, we aim to cultivate a culture in which questions are welcomed, disagreement has the potential to be generative, and relationships take precedence over positions.

This may take the form of:

- CPD sessions on working with difference and power.
- Facilitate dialogues or forums when complex issues arise.
- A receptive attitude toward feedback, even when it's challenging.
- A culture of kindness, active listening, and humility.

Final Word

As therapists, we work at the threshold between self and other, known and unknown. Our task is not to be right, but to be present, to be accountable, and to meet one another with integrity.

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New Road is not a place of uniformity, but a place of shared ethical commitment: to hold difference with compassion, to speak and listen with courage, and to never lose sight of our shared humanity.