



Framework

Values underpinning the work of One Degree Therapeutic Services

The work of One Degree Therapeutic Services is guided by a CORE framework, reflecting the values that shape how all work is approached. Rather than describing a fixed model or set of techniques, this framework provides a consistent foundation across the range of services offered.

The CORE framework centres understanding, collaboration, and meaningful change. It recognises that people engage with services from different positions, with different needs, histories, and ways of making sense of the world. The framework supports work that is responsive, reflective, and grounded in context.

The CORE framework does not prescribe what should happen, but informs how work unfolds shaping relationships, conversations, and the direction of the work itself.

Collaboration

Collaboration means working together with openness, empathy, and respect. Shared understanding is central, and meaningful change is supported when experience, insight, and reflection come together. The work is shaped through dialogue rather than instruction, with attention to pace, agency, and the quality of the working relationship.

Opportunity

Opportunity is about creating space for growth, change, and new perspectives. It rests on the belief that people hold untapped potential, and that movement often begins when possibility is explored rather than limitation. The framework supports curiosity beyond familiar patterns, allowing new ways of understanding situations, experiences, and responses to emerge.

Resilience

Difficulties often persist or repeat when they have not been properly understood. The framework does not lead with a deficit-based view or minimise what is hard. Instead, it builds on existing strengths while facing challenges honestly and thoughtfully, allowing resilience to develop in a grounded and sustainable way.

Empowerment

Empowerment involves fostering autonomy, cultivating self-trust, and supporting people to take ownership of their roles, decisions, and direction. Through collaboration, opportunity, and resilience, space is created to recognise strengths, question limiting beliefs, and loosen internal barriers, encouraging greater authenticity, self-acceptance, and independence rather than dependence.