



It's All About You Wellbeing

6 session wellbeing course for trans+ adults

FAQs



Course overview

- This is a pilot course run by It's All About You Wellbeing and is free to trans+ adults (18 years and over).
- It is facilitated by Max Cohen, counsellor, trainer and group facilitator and Greg Young, on his undergraduate student placement from the University of Exeter.
- It has been funded by The Lloyds Bank Social Entrepreneurs Start Up Programme, in partnership with the School for Social Entrepreneurs, and jointly funded by The National Lottery Community Fund as part of Max' place at The School for Social Entrepreneurs Dartington
- The course will be held over six consecutive weeks on Wednesday evenings 6.30pm – 8.30pm on Zoom.
- The start date is due to be on 17th March 2021.
- The group size will be between 6-8 participants in addition to the two facilitators.

Who is this for?

- Trans+ means anyone who identifies themselves as transgender, including genderfluid, genderqueer, non-binary, gender non-conforming and agender.
- This is an educational group and not group therapy or for people currently experiencing crisis.
- Group members may be at any stage of their awareness of gender incongruence or transition. They may be questioning their gender identity and/or considering their options for medical pathways, waiting for appointments at Gender Identity Clinics (NHS or private), or wanting to explore social and non-medical forms of transition.
- Group members are asked to share in the sessions but not to share very personal or upsetting content. If there are concerns about a group member's wellbeing the Safeguarding policy will be observed.
- There will be some support available to individuals outside of the sessions if needed.
- A waiting list may be held if there are too many applicants to go on this course. It is hoped future courses will be run, subject to funding.

PROUDLY SUPPORTED BY THE
Lloyds Bank Social Entrepreneurs Programme



Before the course

- Potential group members will meet individually for a brief assessment with Max and/or Greg (course facilitators). This will be an opportunity for each potential group member to find out more about the course and to see if it is right for them at this time.
- There may be some instances where the course facilitators feel the course is not appropriate and reserve the right to say no to potential group members. If this is the case, they will be signposted to alternative services or provided with other options which are more relevant.
- All personal details are strictly confidential to It's All About You Wellbeing, part of Max Cohen Wellbeing Services (ICO registered), and will be collected and used in compliance with current GDPR laws (2018).

What is the course about?

- The course is based on a compassionate mindfulness approach which teaches skills used in compassion focused therapy including mindfulness exercises. This has been found to help people experiencing internalised shame and minority stress to move towards a place of being more kind to themselves and less self-critical.
- The course aims to increase participants' wellbeing, self-compassion and resilience.
- There will be a few different ways that the content is presented – videos, individual time to reflect on ideas, mindfulness exercises, written words on slides, visual images and discussions in small groups and pairs.
- All participants specific needs are considered to enable everyone to take part in the course.
- Max has written and delivered a previous course called Kind Mind to LGBTQ+ groups and in this current pilot course he is adding specific topics of discussion which are relevant to trans+ people. These topics are
 - Compassionate mindfulness - learn techniques to look at yourself in a kinder way
 - Positive body image and expression
 - Names – what does your name mean to you, how to choose a new one and change it on documents
 - Dealing with fear and anxiety – “Feel The Fear and Do It Anyway”™ – based on the book by Susan Jeffers PhD which Max has a license to use

PROUDLY SUPPORTED BY THE
Lloyds Bank Social Entrepreneurs Programme



- Creative ways of coping – explore different way to cope when things get tough?
- Assertiveness and decision making - learn skills to get your point across

Evaluation

To understand the benefits of the course for group members and to find ways to improve future courses each group member is asked to fill in two types of form before, during and after the course. One type of form is about their emotional health and wellbeing and the other is related to specific needs a group member has and what would help them to take part in the course.

The form filling process can be adjusted to consider any specific needs group members have.

The scorings from the questionnaires will only be seen by the group facilitators and all details will be anonymised when the results are analysed and written up in the form of a report.

After the course

It is hoped that some materials can be personalised by group members as the course progresses and there may be some scope for some form of follow up work, for example, creative workshops and voice workshops. It is hoped that funding will be granted for this future work to support and empower trans+ people to live their best lives.

For more details contact Max Cohen on

admin@itsallaboutyouwellbeing.com

<https://www.itsallaboutyouwellbeing.com/>

<https://www.itsallaboutyouwellbeing.com/for-clients>

PROUDLY SUPPORTED BY THE
Lloyds Bank Social Entrepreneurs Programme

