



Wellbeing course for trans+ adults: Outcomes of pilot (May 2021)

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Project Summary

A free, six session wellbeing course for *trans+* adults was written and delivered by It's All About You Wellbeing CIC. Its aims were: affirm participants' gender identity, increase wellbeing, and provide a range of self-care skills that could continue to be used after the course.

Delivered on-line during COVID-19 lockdown, the eight participants' levels of wellbeing, [self-compassion](#), and range of self-care skills increased, whilst their self-criticism and isolation decreased. This validating peer setting built connections with other trans+ people and led to gender affirming outcomes including changes of name, pronouns, and gender presentation.

A monthly participants' group was then created to discuss trans-related topics, leading to a project idea; create a digital self-care tool kit for trans+ people, for which funding is being sought.

(*The term **trans+** is used in this report to include the spectrum of transgender and gender diverse people including non-binary, genderfluid and genderqueer)

REFERENCES AND INFLUENCES:

- Gilbert, Paul "The Compassionate Mind" (2010)
- It's All About You Wellbeing CIC – see website for full report & more resources
- Jeffers, Susan "Feel the Fear and Do It Anyway"
- Meyer (2003) The minority stress perspective
- Petrocchi, Nicola et al: "I Embrace My LGB Identity"
- *Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS)
- **Self-criticism scale and Self-compassion scale

Wellbeing and trans+ people

Max created this pilot course in response to long waiting times to access NHS and private gender identity clinics across the UK. Findings from the [National LGBTQ Survey](#) and a new report by [TRANSforming Futures partnership](#) confirmed the course's need. Up to 48% of trans+ young people have reported suicidal ideation or attempts to take their own lives, and the rates of self-harm are high.

These highlight the barriers that trans+ people face accessing healthcare in general, and support around their gender identity. Trans+ people often experience 'minority stress' (Meyer's 2003) and 'internalised transphobia'; they may come to accept negative societal stereotypes, myths, misinformation, and inferior social and personal status relating to their gender identity.

A vocal gender-critical movement's questioning of the legal rights of trans+ people is a factor, despite these rights' protection by the Gender Recognition Act (2004) and the Equality Act (2010).

Feedback Themes

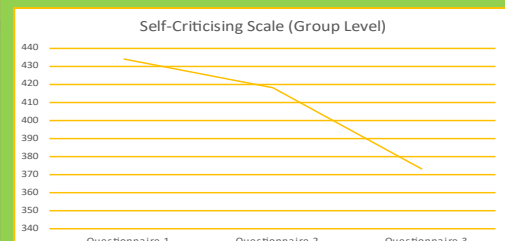
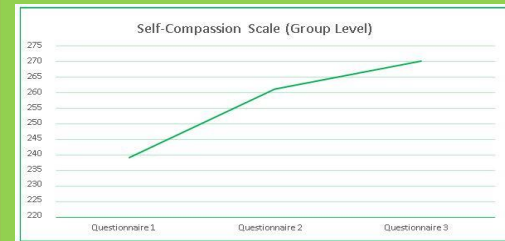
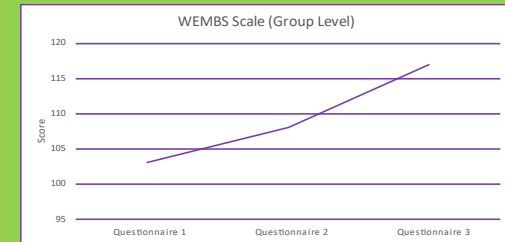
- ★ Connecting with other trans+ people in a safe space
- ♥ Trans+ specific coping strategies
- ◆ Increased self-compassion, wellbeing, and confidence
- 💧 Affirming validity of trans+ identities

"I found a missing piece of my puzzle"

"Trans joy is infectious!"

Results

Wellbeing*, self-compassion and self-criticism scales** before, midway and after course*



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