



## WESTCHESTER MEDICAL CENTER

### Transgender Issues Group Protocol

The Transgender Issues Group (TIG) This group is for those self-identifying as transgender, gender-variant, transsexual or for those who may be struggling with their sexual/gender identity or expression. This can be an opportunity to discuss issues related to being a sexual minority, such as coming out, transphobia, beginning or continuing a process of transformation (passing, RLE, hormonal treatment, seeking official name/gender change, etc), and relationship issues. In addition, this can be a forum to discuss more general issues, such as depression, anxiety, or self-esteem, within a safe and supportive environment.

The group is designed to assist individuals who reside within the community, are at any stage of their journey (contemplation, real life test, post operation, etc.), that meet criteria for outpatient treatment without the need for a more intensive level of care. It is expected that patients within the group participate in self exploration, discussion of mental health symptoms, issues related to interaction with family and peers, and provide support for one another.

As a member of the TIG, patients agree to the following:

Attend TIG on scheduled days and times (Wednesday from 6pm to 7pm).

Have regular meetings with their individual therapist (if linked with service)

Be on time for all groups and stay for the entire duration.

Agree not to fraternize/socialize with other members of the TIG outside scheduled times.

Agree to treat other TIG patients and staff with respect and not use physical violence to express feelings.

Agree to allow TIG treatment team permission to speak with other providers (medical, legal, social service agencies, etc.) as needed and will sign a release of information form.

Respect the confidentiality of all members of the group and not repeat what is stated in the group in any other place but the group.

Staff agrees to:

Be on time for all scheduled groups.

Treat patients with respect, dignity, and unconditional positive regard.

Facilitate and organize group sessions.



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As a member of the Transgender Issues Group, I agree:

1. To be present during each session as outlined within my treatment plan and to remain for the duration of the meeting.
2. To work actively on my problems and issues that can be benefited by group attendance.
3. To put my feelings into words.
4. To utilize my relationships made within the context of the group therapeutically and not socially.
5. To remain in the TIG for the rolling schedule of the group.
6. To be responsible for any and all bills associated with the Westchester Medical Center.
7. To protect the names and identities of my fellow group members.
8. To not repeat any information regarding a group member or their situation to those that are not a part of the group.
9. To appropriately interact, allow and provide feedback, and remains respectful and supportive of members and leaders.
10. To be respectful of all members of the group regardless of where they are at on their personal journey.

Patient

Signature \_\_\_\_\_ Date \_\_\_\_\_



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### Transgender Issues Group

Westchester Medical Center's Behavioral Health Center is committed to providing the highest quality mental health care, to residents of the Hudson Valley, in a caring environment.

One feature of our Adult Outpatient Services includes weekly group psychotherapy- a psychological treatment that helps individuals struggling with similar issues to discover coping mechanisms using a group setting.

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### The Transgender Issues Group:

- Runs for 12 weeks of rolling sessions (meaning that admission is accepted at anytime) for 1 hour per week.
- Provides a setting where individuals undergoing, considering, or have completed transition identify coping strategies for stressors in a self compassionate manor.
- Help build a safe and supportive environment.
- Enables group members to use social supports, prevents isolation and provide validation for one another.
- Provides consultation with additional services as needed.
- Helps with education and involvement of caregivers and family members as necessary.
- Helps members to recognize and eliminate self destructive behaviors.
- Provides Cognitive Behavioral Therapy, as well as relaxation techniques, guided imagery, progressive muscle relaxation, deep breathing, and other self soothing techniques.
- Aims at improvement in the quality of life and social, occupational, and family functioning.

To make an appointment or to obtain more information, please contact the Gateway program at (914) 493-1753