

# Group Voice and Communication Therapy: Creating a space for all

Presented by

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Produced with

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# Hello!

Ellissia . Pronouns: she / her. Cis-gender.

Indigo Gender  
Service

My first  
Manchester  
Pride 😊



Speech and  
Language  
Therapist

She / Her

Dyspraxic

# Therapy delivery

Telehealth  
or in-person

Groups

12 hours

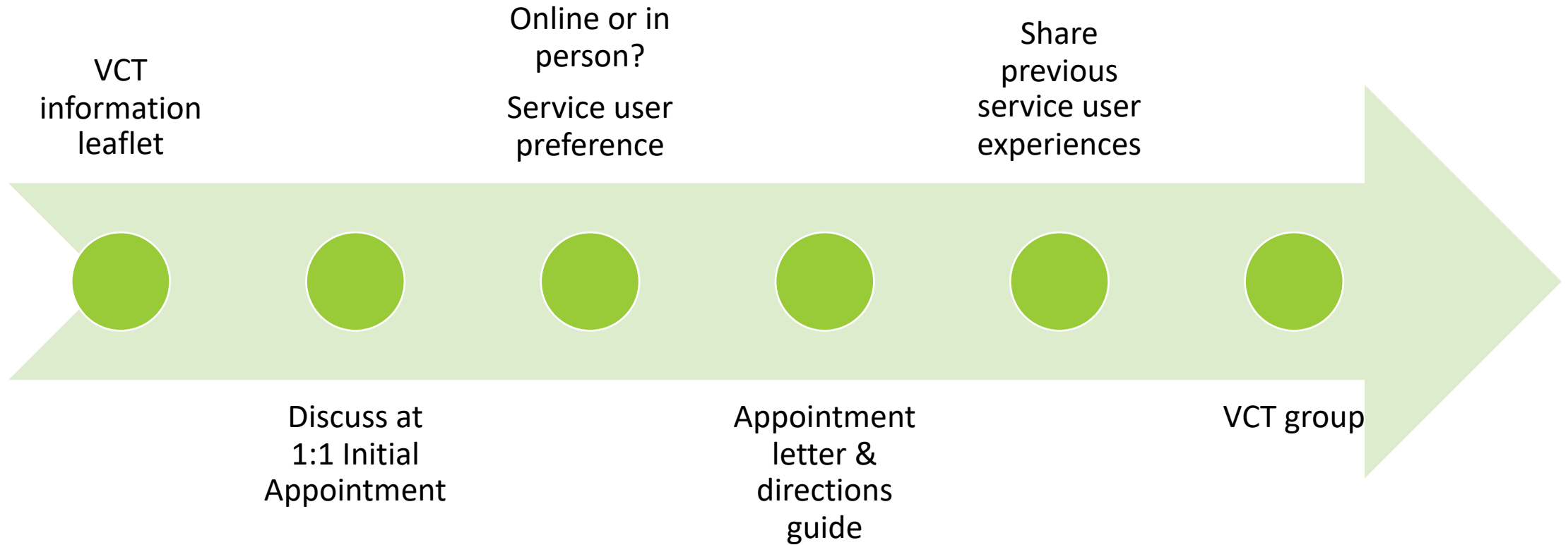
Break out  
practice

Student  
volunteers

Evening  
groups

Outcomes

# Starting group therapy



# In Person Groups



# Online Groups



Zoom



Break out rooms



Allocated groups

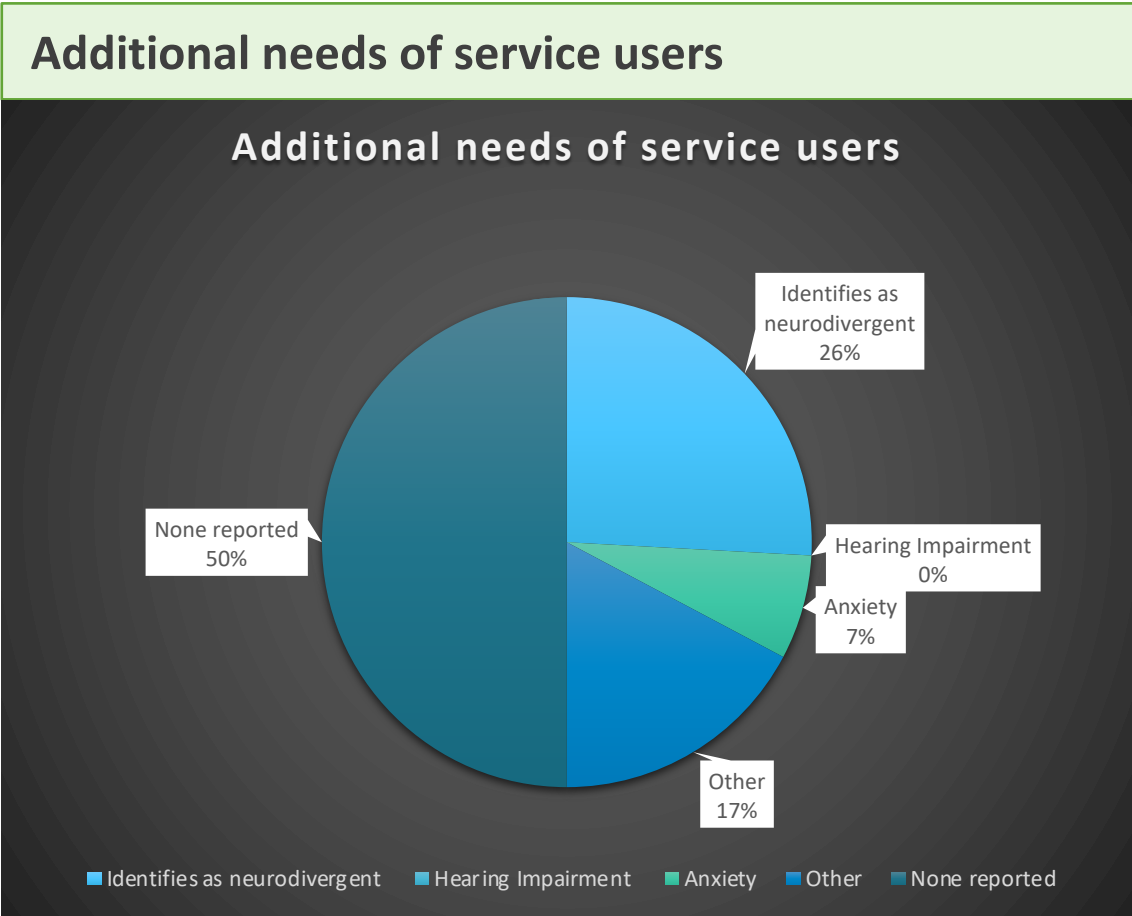
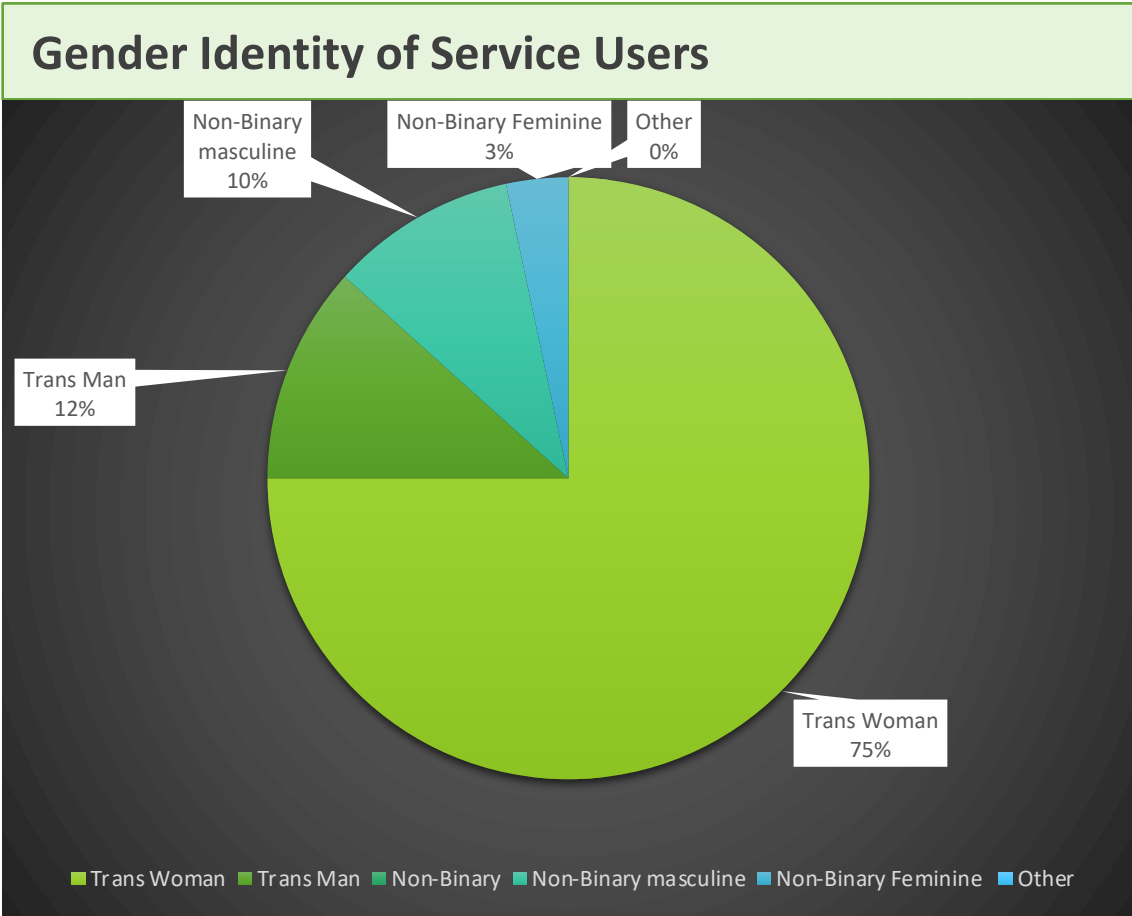


Volunteer per break out room



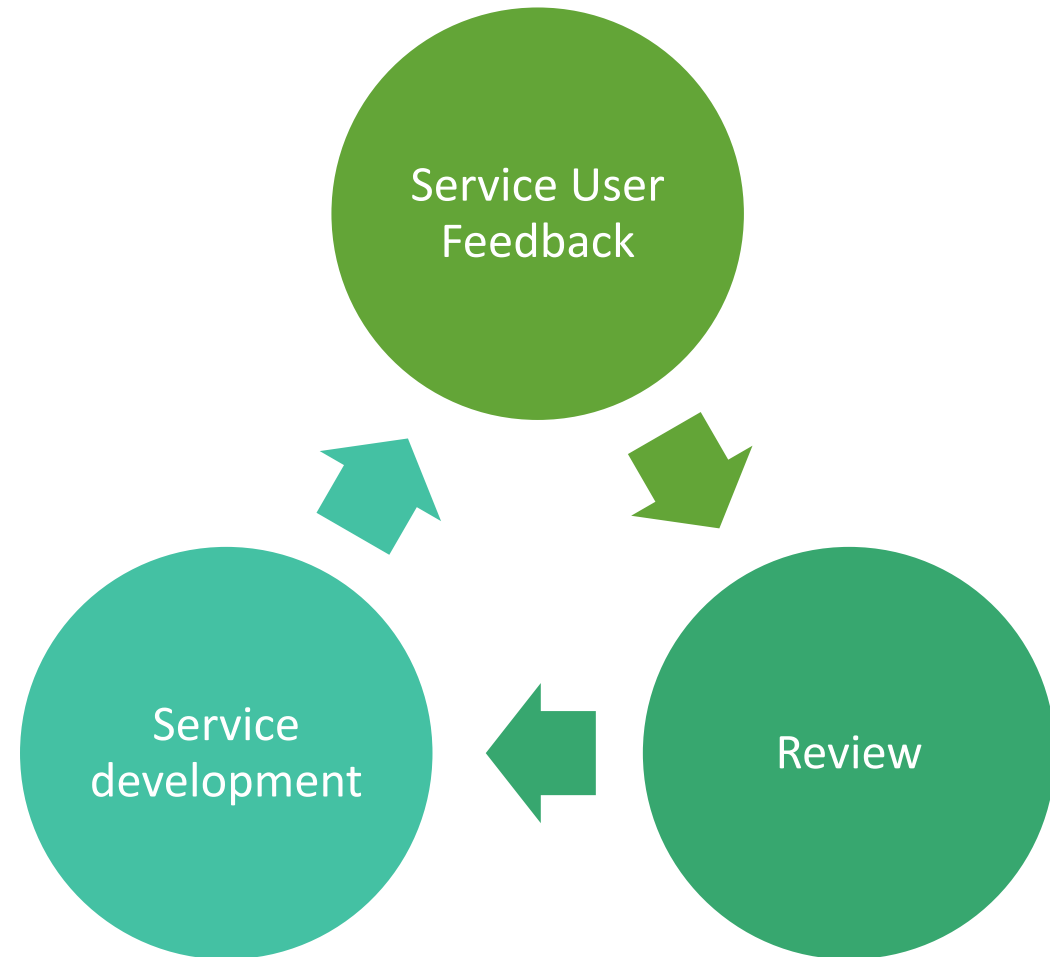
Structured activities: zoom polls, Padlet, chat function

# Voice and Communication Therapy Groups



# Co-production

- Care Navigator Support
- Service User Advisory Group
- <https://indigogenderservice.uk/about-us/our-people/our-patient-advisory-group>





# Trans population of Greater Manchester

- Total Trans Population of England & Wales = 262,138 (0.5% of the population)

Manchester Village hosts annual Sparkle Pride festival

LGBT Foundation run by and for LGBT communities since January 1975.

- Total GM Trans Population = 14,703 (0.7% of the population), account for 5.6% of all trans people in England & Wales

- Manchester is the has the third largest trans population of any local authority in the country, behind only Leeds & Birmingham.

# Meeting needs of the trans population

Themes of being involved in groups:

Catalyst for voice and communication change:

Group cohesion

Shared experience

Shared learning

Observing others

(Mills, Stoneham & Georgiadou, 2017)

To provide support for:

Isolation

Rapport

Mental Health

Intersectionality's

LGBT Foundation Health inequalities training

# Delivering group therapy

Group size

Teaching vs  
practical

Smaller group  
practice

Facilitating group  
cohesion

Scaffolding peer  
feedback

Volunteers /  
facilitators

Managing group  
dynamics

Letting go –  
service user's lead  
and be their own  
experts

# Personal reflections of group delivery

Every group has been different

Drawing on interpersonal and therapeutic skills as an SLT.

Different goals, exploration and abilities

Providing individualized therapy with peer support

Balance of peer discussion and focus on vocal therapy: 'Not like school'.

Creating a safe space

Letting go - service users to lead their own learning in structured activities.

Scaffolding peer feedback: becoming their own experts in authentic voice

Self –compassion with own voice – it's okay to 'make mistakes'

# Additional considerations of support

Autism, ADHD, mental illness (anxiety & depression)

Autistic, ADHD, PTSD, Anxiety and Depression

Learning Difficulties.  
Required slower pace of speech, visual supports, explain terminology

Hearing loss Autism and Learning Difficulties.  
Sensory considerations

Previous phono surgery

Anxiety and Hearing difficulties

Post COVID-19

Epilepsy

# Accommodations and Support

Person-centred: ask the service user what would be helpful

Scaffold support: provide pathways and options for service users

Multiple meetings prior to VCT groups

Handouts, dyslexia friendly versions.

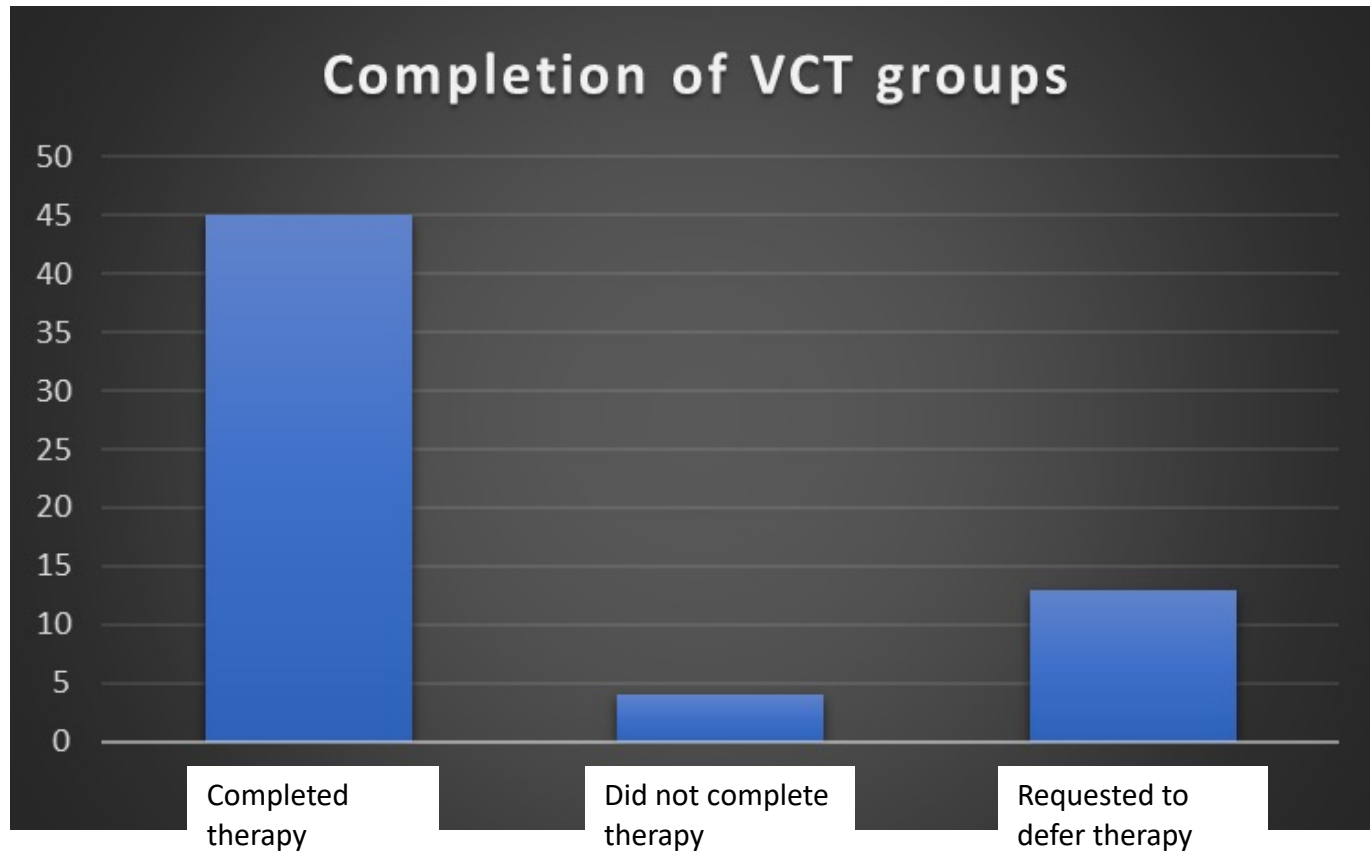
Online: small break out rooms with 1:1 volunteer support and an agreed peer group number

In Person: smaller break out room to meet the needs of the service user

- Low sensory break out area
- Smaller group practice

# Attendance at VCT groups

Future plans for co produced research into the motives for engagement and disengagement with VCT.



## Completed therapy.

- (n)= 45.
- 62%

## Did not attend

- (n)=4
- 5%

## Requested to defer

- (n)=13
- 18%

## Refused groups

- Fewer than 5 service users

# Summary

- **Service perspective:**
  - Groups are popular and effective for the overwhelming majority of service users
    - Initial preference may be for one-to-one therapy
    - Everyone who completed the groups reported that they had changed this initial preference and **would recommend VCT groups to other trans and non-binary people** "Friends and Family Test"
  - We can integrate support within groups, including online and in-person break-out rooms to increase opportunities for inclusion.
  - Avoid the assumption that neurodivergent people will always select the high support pathway.
- **Service users' perspective:**
  - Peer support and feedback from other trans and non-binary people, not the 'cis experts'
  - Formation of peer support is as valuable as changes made to VCT for many service users
  - Feedback from a neurodivergent trans man **"Having the support from other trans and non-binary people was the most useful part of the therapy process."**
  - "The most kind and supportive part of my transition that I've had."



# Could group therapy work in your service:

<https://padlet.com/ellisiaporter/group-therapy-in-your-service-6if99kgnedteexnk>

I am really interested to hear your thoughts on how group therapy might work in your service.



# References

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