



Wellbeing Meetings - Online Group Guidelines

You are being invited to participate in online wellbeing sessions as part of your ongoing trainee programme during the Covid19 situation. Participation is not compulsory, but it is being provided for you with the understanding that increased workloads in chronically more stressful circumstances can create challenges on an individual and community level that will inevitably require more intensive support.

There will be a provision of weekly group sessions online (Zoom) facilitated by a Psychotherapist where you can explore ways of protecting your wellbeing, developing resilience and addressing issues that are particular to the current situation.

This may include opportunities to talk freely about stressors you are facing and possibly explore tips and techniques for anything from anxiety and stress management to how to promote relaxation or better sleep in your short but welcome downtimes. There will also be opportunities for you to communicate your needs (anonymously if preferred) so that support can be more tailored to trainee's experiences as the situation develops.

The following ground rules are a framework for online group process and can be added to and reviewed by participants as and when required:

Confidentiality:

- Most group sessions will be inviting large numbers of trainees although the attendance level may vary. You can choose to attend a session anonymously since Zoom gives you the option of choosing a username and you can leave your video off if preferred but if you do I would ask you to check in with your facilitator on the private chat to ensure privacy for all trainees.
- Groups will be facilitated solely by the Psychotherapist (unless otherwise advertised), giving you some space to talk or participate solely with other trainees.
- The wellbeing groups are not set up as therapy groups. They will be safe and supportive spaces but if you need to discuss or disclose a more personal matter you can privately message the psychotherapist in the zoom session or email them or your assigned support within the School between sessions.
- Risk or safeguarding procedures remain in place for any support that is provided online during this time. If information came to light that raises concerns for someone's physical or mental health or that someone were at risk of harm or being harmed this would be passed on to the appropriate safeguarding lead for the School, but every effort would be made to gain consent from the

individual and include them in this process.

Attendance:

- Attendance is voluntary but you can also use sessions as drop-ins (unless informed otherwise) if the fluid nature of current workloads limits your availability.
- You can participate or just attend and listen. The chat box on Zoom (bottom taskbar) allows for questions or comments while a facilitator or other members are talking and reduces interruptions or participants talking simultaneously.

Conduct:

- Conducting communication online has the same expectations as face-to-face – that we are considerate of others and attend with respect and mutual support. This likely goes without saying and is only mentioned in light of the ‘online disinhibition effect’ which can sometimes produce a lack of routine restraint when group members are not ‘present’ physically with one another.

If you have specific concerns during this stressful period, please don't hesitate to ask for additional support or make contact with Chris Oxborrow, Psychotherapist facilitating the groups (on oxborrowchris0@gmail.com) or your training support through the School.