

## **FAQs for Therapeutic groups – FearLESS (queerphobia)**

### **1. What is the purpose of this group?**

This group is for members of the GLBTIQ community who experience queerphobia.

### **2. Who has it been designed for?**

The group is for people who identify as GLBTIQ and would like to explore and better understand different ways of challenging other peoples' and ones own queerphobia.

### **3. How many participants will be in the group?**

There will be 8 – 12 participants in the group.

### **4. How often will the group meet?**

The group will meet weekly for 8 weeks, then there will be a follow up meeting once the group has finished.

### **5. How long is each session?**

Sessions will go for 2 hours with a short break in the middle.

### **6. Who will run the group?**

The group is facilitated by two members of the counselling team who are experienced in issues around queerphobia, mental health and group facilitation.

### **7. Where will it take place?**

The group will take place at the VAC, 6 Claremont Street, South Yarra.

### **8. What will happen in the sessions?**

During the first session we will together explore topics of interest and concern. Those topics will receive different priority and will structure the sessions. The fearLESS group is a therapeutic group and will therefore provide the opportunity to explore thoughts and feelings as well as create meaning, together and individually using a safe space regarding the experience of queerphobia.

### **9. What will be expected of me?**

There will be the opportunity to participate in one-on-one and larger group discussions. We hope that you will be able to share your experience related to queerphobia with other members of the group.

**10. How confidential is the discussion in the group?**

The group is strictly confidential, what is discussed in the group will stay in the group

**11. How much will it cost me?**

The fee for the group is \$5 (employed people) and Gold Coin Donation (unemployed people)

**12. How do I register my interest?**

To register your interest, please call the counselling service on (03) 9865 6700 between 2pm and 4pm on weekdays.

**13. Is there a selection process?**

We will meet with you for a short assessment before the group begins to ascertain if the group would meet your needs.

**14. What should I do if I can't attend one or more sessions?**

Attendance at all sessions is expected. If you know ahead of time that you cannot attend a session, please let us know in assessment and we can discuss ways to manage the absence. If you become unwell and are unable to attend a session, we request that you call/email us to notify of your absence.

**15. How can I find out more information?**

Please call the group facilitators, Christine or Anthony, on (03) 9865 6700 for more information.