

The Kind Mind Course: Outcomes from a Compassionate Mind Course with clients who identify as LGBT+

Gemma Budge, Clinical Psychologist, Plymouth University (gemma.budge.psychology@outlook.com) and Max Cohen, Helpline Supervisor, Intercom Trust (max@intercomtrust.org.uk)

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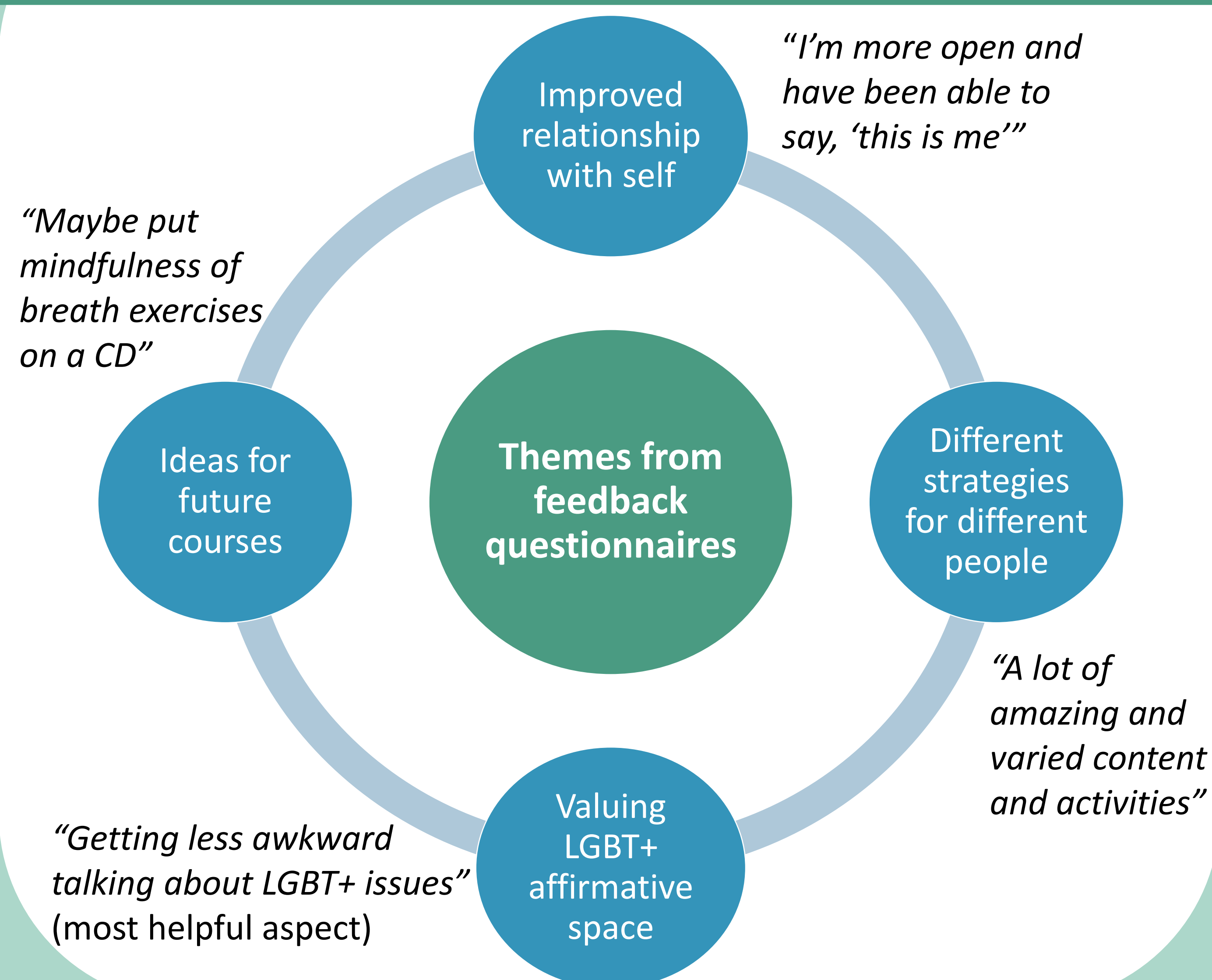
PROJECT SUMMARY

People who identify as LGBT+ can experience emotional distress due to experiences of rejection, oppression and discrimination in response to their sexuality and/or gender identity. A 10 week compassionate mind course was piloted with LGBT+ clients. The Self-Compassion Scale (Neff, 2003) and the Warwick-Edinburgh Mental Well-being Scale (WEMWBS; 2006) were completed by course members at the first, fifth and tenth sessions of the Kind Mind Course. In addition, a questionnaire gathered course members' feedback. Self-Compassion Scale and WEMWBS scores for all clients improved significantly between sessions one and ten, as measured by reliable change index calculations. Four themes resulted from client feedback; i) Improved relationship with self, ii) Different strategies for different people, iii) Valuing LGBT+ affirmative space and iv) Ideas for future courses. Although the study presents a small sample size (4), the findings suggest that compassion focussed therapy (CFT) can be beneficial to the wellbeing of LGBT+ clients. This study suggests CFT can be employed to understand and work with the experiences of marginalised communities, such as LGBT+ communities, and also attests to the value of integrating CFT with other approaches, e.g an LGBT+ affirmative approach.

WELLBEING OF PEOPLE WHO IDENTIFY AS LGBT+

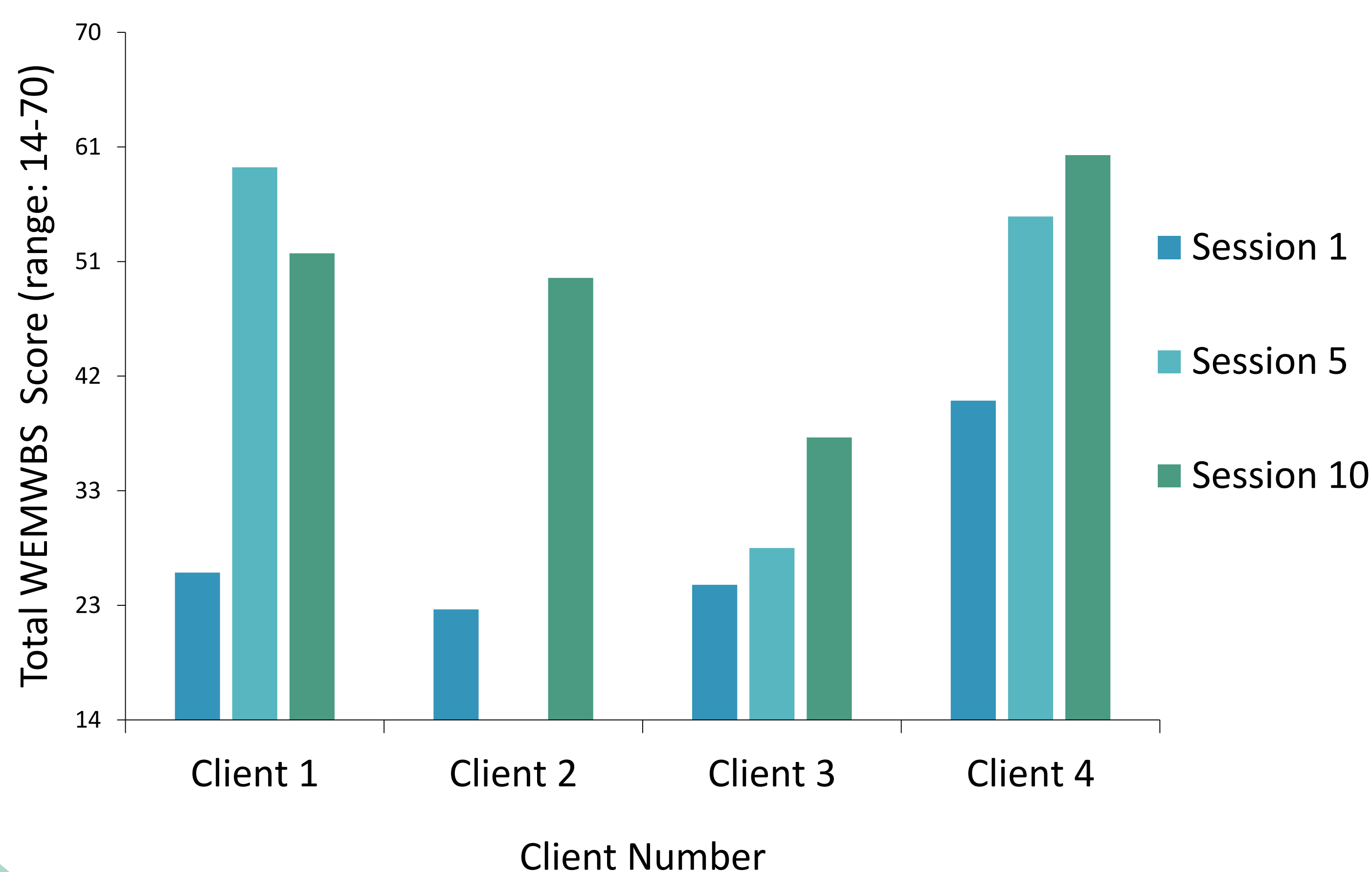
- **Internalised phobia** is a source of distress and reduced wellbeing in some people who identify as LGBT+. Internalised phobia refers to the process by which people who identify as LGBT+ may internalise experiences of homophobia, biphobia and transphobia and begin to treat themselves as phobic others have treated them (Intercom Trust, 2015).
- **For these reasons there is an increased prevalence of emotional wellbeing difficulties in LGBT+ communities** (Noddin et al., 2015).
- **Importantly, not all people who identify as LGBT+ experience internalised phobia.** A wide range of factors affect the emotional wellbeing of people who identify as LGBT+, including employment and housing issues, bereavement, past trauma and relationship difficulties.

CLIENT FEEDBACK FROM THE KIND MIND GROUP

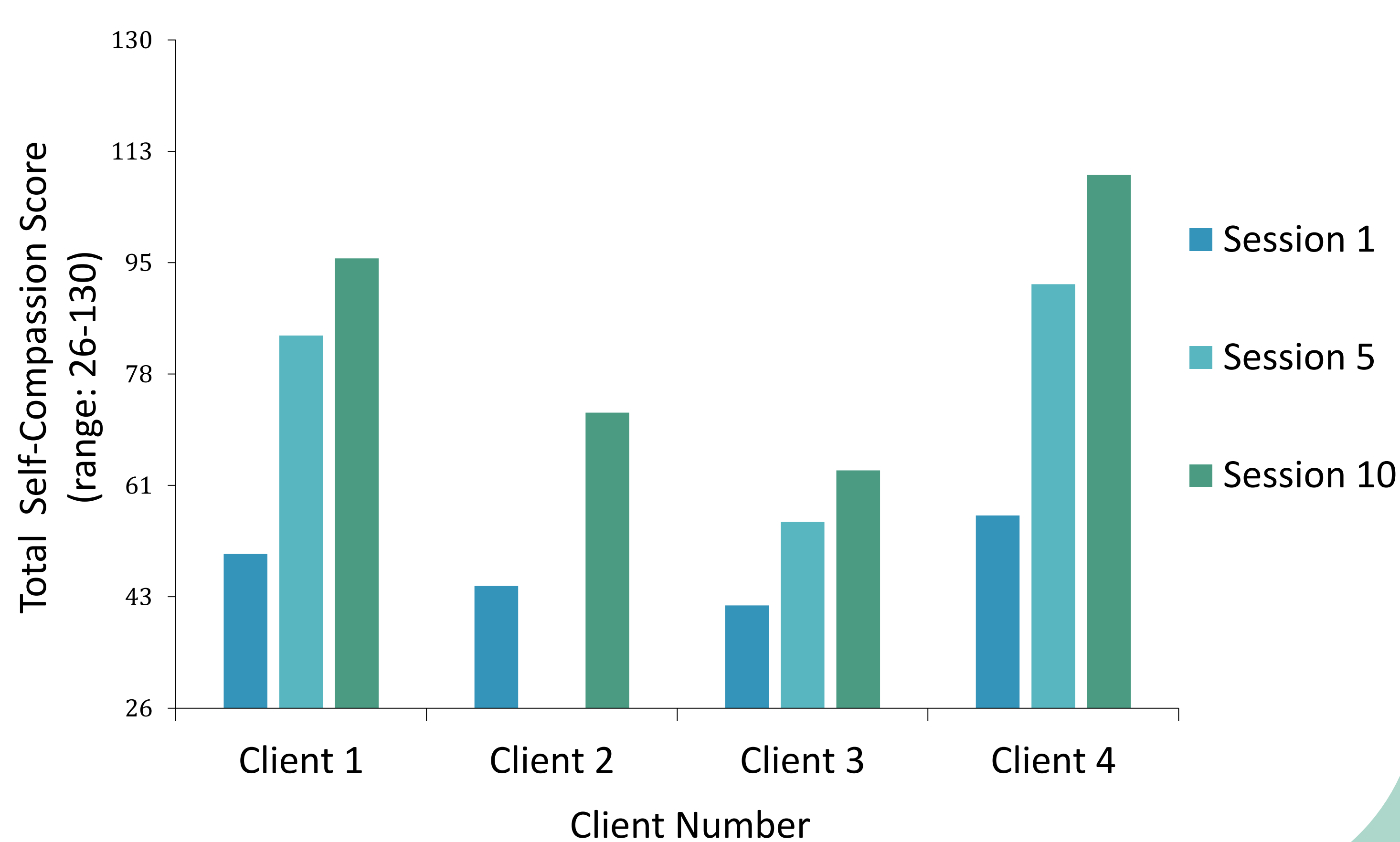


WELLBEING OUTCOMES FROM THE KIND MIND GROUP

Course Members Scores on WEMWBS



Course Members Scores on Self-Compassion Scale



References

- Intercom Trust (2015). *Briefing note: Internalised phobia*. <https://www.intercomtrust.org.uk/item/54-briefing-note-on-internalised-phobia-february-2015>
- Neff, K. D. (2003). Development and validation of a scale to measure self-compassion. *Self and Identity*, 2, 223-250.
- Noddin, N., Peel, E., Tyler, A., & Rivers, I. (2015). The RaRE research report: LGBT mental health- risk & resilience explored.
- Warwick-Edinburgh Mental Well-being Scale (WEMWBS) © NHS Health Scotland, University of Warwick and University of Edinburgh, 2006, all rights reserved.