



Trans Support Group

You are not an isolated individual but part of a broader community with similar experiences. It is often easy to forget this when living under continually difficult social circumstances and the fear of discrimination.

Please join us for a short-term support group for trans-identified individuals. This group aims to provide a safe and mutually supportive environment for its members to share their personal struggles and triumphs.

Venue	Roosevelt Park Area, Johannesburg
Day	Wednesday evenings from 01 August 2012 until 19 September 2012
Time	19h00 to 20h30
Duration	8 consecutive weeks
Cost	R200 per session (partly reclaimable from medical aids) (2 payments: A deposit of R800 due prior to the 1 st session and R800 due before the 5 th session)

Aim

This is a short-term supportive therapy group for M2Fs and F2Ms at various stages of their journey.

The group aims to provide a safe, confidential and mutually supportive space where members may share experiences that they are struggling with and would like to discuss in the group.

Benefits of group work

One of the powerful aspects of group work is that one may often see aspects of yourself in others. These are both aspects that you embrace and aspects of yourselves and your past that are difficult to accept.

By committing to a group process one has the potential to:

- 1) learn more about yourself and the way you interact with those around you,
- 2) learn through others' struggles and triumphs,
- 3) receive fresh insights and feedback from the group around concerns that may be troubling you, and
- 4) the opportunity to provide support to others.

Group membership reminds one that you are not an isolated individual but part of a broader community.

About the facilitator

I am clinical psychologist in private practice in Parkhurst. I completed my Masters in Clinical Psychology at the University of the Western Cape (well-known for its liberal thinking) and my community service at Sizwe Tropical Disease Hospital for patients with MDR and XDR tuberculosis. I see members of the LGBTI community in my practice and completed my honours research around transsexual identity at the University of Cape Town with the assistance of Gender Dynamix (Cape Town).

How do I join?

Contact me on 081 263 2217 if you are interested in participating (or would like to refer a client to this group). I will forward you an application and arrange a mutually convenient time to get to know one another and assess whether groupwork is best suited to your needs. This consultation is charged at a fee of R200. Places in the group are limited to 8 members.

frederick walter

Clinical Psychologist / MPsych (UWC)

Pr 0456446 PS 0114405

📞 081 263 2217 ✉️ fred@psychotherapy4me.co.za

Physical Address: 51 6th Street, Parkhurst.
