

SUPPORTED RETURN TO TRAINING FOR SHIELDING TRAINEES

Virtual Group Support Models

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Group support has been extremely valuable to shielding trainees, whether this is facilitated by an experienced individual or peer-to-peer support networks. There are many existing versions of group support and many more ways they can be established that are best suited to the needs and resources in different regions. We have highlighted some models that have been found to be effective and feasible and would encourage some form of group support to be easily accessible to all shielding trainees.

Group Support Model from Thames Valley	
Summary description	Facilitated online peer group support
Specific Info	Fortnightly groups via Zoom with 6-8 shielding doctors per group. The aim of the group is to generate open discussion, and normalise and validate feelings and experiences. The groups are facilitated by 2 senior trainees (currently psychiatry trainees). Weekly supervision for the facilitators is run by a consultant in medical psychotherapy.
Group Support Model from North West	
Summary description	Webinar and virtual support groups
Specific Info	Interactive webinar delivered by coach/careers consultant and learning and development specialist. Pre-webinar reading and SNOB (strengths, needs, opportunities, barriers) assessment. Follow up virtual support groups as per HEE model – 6 trainees with organizer/facilitator to provide peer support over 6 weekly virtual meetings to further reflect on material discussed in webinar.
Group Support Model from London & KSS	
Summary description	Virtual support group facilitated by coach (V-space)
Specific Info	Interactive confidential, closed group series of 2-4 sessions with coaches over 2 months to provide a safe space to share concerns with 8 to 15 attendees in each group on Webex. Each session has interactive break out rooms, whiteboard exercises and guest speaker presentations from trainees with lived experience. Participants to form networks on WhatsApp from these group sessions to enable ongoing peer to peer support.

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