



MANCHESTER
1824

The University of Manchester

Counselling Service

Workshop and Group Programme for students and staff

January – April 2019

Mindfulness and Relaxation Weekly Drop-in sessions

No registration needed – just turn up. All of these sessions are in the Wellbeing Rooms on the 1st floor of the Simon Building and start week beginning 28 January 2019 – 5 April 2019.

| | Courses and workshops | Time | Location | Available for |
|------------------|--|-----------|------------------|------------------|
| Mondays | Mindfulness meditation (particularly suitable for beginners) | 4pm – 5pm | Large Group Room | Staff, UG and PG |
| Tuesdays | Learning how to relax | 1pm – 2pm | Large Group Room | Staff, UG and PG |
| Wednesday | Mindfulness meditation | 5pm – 6pm | Large Group Room | Staff, UG and PG |
| Thursdays | Mindfulness meditation (particularly suitable for beginners) | 1pm – 2pm | Large Group Room | Staff, UG and PG |
| Fridays | Mindfulness skills (highlights skills underlying Mindfulness practice, suitable for all levels) | 1pm – 2pm | Large Group Room | Staff, UG and PG |

Self-referral/counsellor referral workshops in the Learning Commons

Book through the My Learning Essentials page (please note these courses are advertised one month in advance):

www.manchester.ac.uk/my-learning-essentials

| | Courses and workshops | Date | Time and location | Available for |
|--------------------------------------|--|--|--|---------------|
| Each morning Monday to Friday | Calm your brain and have a croissant | 14 January – 25 January | 10am – 11am (two 30 minutes slots) | UG and PG |
| Mondays | Managing procrastination | 28 January, 11 and 25 February, 11 and 25 March (one-off workshops) | 1pm – 2.30pm | UG and PG |
| | Reducing the stress of perfectionism | 4 and 18 February, 4 and 18 March, 1 April (one-off workshops) | 1pm – 2.30pm | UG and PG |
| Tuesdays | Mindfulness for concentration | 29 January – 2 April (one-off workshops) | 4.15pm – 5pm | UG and PG |
| | Finding motivation | 5 February, 12 March (one-off workshops) | 1pm – 2.30pm | UG and PG |
| | Making the most of your mind: how to revise and study more effectively | 12 February, 5 and 26 March | 1pm – 2.30pm | UG and PG |
| | Managing academic stress | 8 and 15 January (one-off workshops) | 1.30pm – 3pm | UG and PG |
| Wednesday | No Wednesday groups | | | |
| Thursdays | Challenging unhelpful thinking habits | Every alternate Thursday 17 January - 28 March (one-off workshops) | 12pm – 1.30pm (17 January session: 1.30pm - 3pm) | UG and PG |
| Fridays | No Friday groups | | | |

Courses and workshops

*All sessions are in the Simon Building except where indicated.

To book places please complete the workshop registration form on our website: www.manchester.ac.uk/counselling/courses

Please note groups marked **CRO** is via **COUNSELLOR-REFERRAL ONLY**

| | Courses and workshops | Date | Time and location | Available for |
|-----------|--|--|-----------------------|---------------|
| Mondays | Actively managing your mood 1 | 4 week course, starting 28 January | 1pm – 2pm (LGR) | Staff only |
| | Actively managing your mood 2 | 4 week course, starting 25 February | 1pm – 2pm (LGR) | Staff only |
| | Orientation session for Mindfulness for mental wellbeing (CRO) (required for 8 week group starting 5 February) | 28 January | 5.15pm – 6.15pm (LGR) | Staff only |
| | Sleep on it | 28 January, 25 February and 25 March (one-off workshops) | 2.15pm – 3.45pm (LGR) | UG and PG |
| | Mindfulness for Mental Wellbeing (CRO) | 5 session course over 6 weeks starting 18 February and ending 25 March (including 1 week off) | 5.30pm – 7pm (LGR) | UG and PG |
| Tuesdays | Managing anxiety 1: Physical symptoms | 29 January, 19 February, 12 March, 2 April (one-off workshops) | 12pm – 1.30pm (RR) | UG and PG |
| | Managing anxiety 2: Mind | 5 and 26 February, 19 March (one-off workshops) | 12pm – 1.30pm (RR) | UG and PG |
| | Managing anxiety 3: Behaviour | 12 February, 5 and 26 March (one-off workshops) | 12pm – 1.30pm (RR) | UG and PG |
| | Orientation session for Mindfulness for mental wellbeing (CRO) (required for 8 week group starting 5 February) | 29th January | 5.15pm – 6.15pm (LGR) | Staff only |
| | Mindfulness for mental wellbeing (CRO) (attendance at one Orientation session for Mindfulness for mental wellbeing is required: either 28 or 29 January) | 8 session course over 9 weeks starting 5 February and ending 2 April (including 1 week off) + 1 additional Saturday (details to be confirmed) | 5pm – 7.15pm (LGR) | Staff only |
| | Improving self-esteem 2 (CRO,CBT) | 4 week course, starting 12 February | 2.15pm – 4.15pm (LGR) | UG and PG |
| | Overcoming worry 1 (CRO,CBT) | 4 week course, starting 12 March | 2.15pm – 4.15pm (LGR) | UG and PG |
| Wednesday | Improving self-esteem 1 (CRO,CBT) | 5 week course, starting 30 January | 12pm – 2pm (LGR) | UG and PG |
| | Improving self-esteem 3 (CRO,CBT) | 5 week course, starting 6 March | 12pm – 2pm (LGR) | UG and PG |
| | Getting started: Depression Wednesday group 1 (CRO) | Introductory session, 6 February | 2.15pm – 4.45pm (LGR) | UG and PG |
| | Managing low mood (CRO) Wednesday group 1 (attendance at Getting started: Depression Wednesday group 1 required) | 3 week course, starting 13 February | 2.15pm – 4.45pm (LGR) | UG and PG |
| | Getting started: Depression Wednesday group 2 (CRO) | Introductory session, 6 March | 2.15pm – 4.45pm (LGR) | UG and PG |
| | Managing low mood (CRO) Wednesday group 2 (attendance at Getting started: Depression Wednesday group 2 required) | 3 week course, starting 13 March | 2.15pm – 4.45pm (LGR) | UG and PG |

CRO = Counsellor-Referral Only
LGR = Large Group Room
RR = Resource Room

CS = Counselling Service, 5th Floor Crawford House
SAPS = Social Anxiety Practice Sessions
CBT = Cognitive Behavioural Therapy

UG = undergraduate
PG = postgraduate
UMSA = University of Manchester Staff Association

| | Courses and workshops | Date | Time and location | Available for |
|------------------|---|---|---|------------------|
| Wednesday | Getting started: Understanding eating distress (CRO) | Introductory session, 6 February | 4pm – 6pm Wellbeing Room 1.14, MMU New Business School and Student Hub* | UG and PG |
| | Coping with eating distress (CRO) (attendance at Getting started: Understanding eating distress required) | 5 week course, starting 13 February | 4pm – 6pm Wellbeing Room 1.14, MMU New Business School and Student Hub* | UG and PG |
| | Bereavement group (CRO) | 4 week course starting 27 February | 1.15pm – 2.45pm (RR) | UG and PG |
| Thursdays | Breaking patterns of depression: A compassionate mind approach (CBT) | 21 March, 4 April (one-off workshops) | 2.15pm – 4.15pm (LGR) | UG and PG |
| | 5 minute meditation with biofeedback MUSE headbands – Drop in | 31 January – 4 April | 1.30pm – 3pm (RR) | Staff, UG and PG |
| | Getting started: Depression Thursday group (CRO) | Introductory session, 14 February | 2.15pm – 4.30pm (LGR) | UG and PG |
| | Managing low mood Thursday group (CRO) (attendance at Getting started: Depression Thursday group required) | 4 week course, starting 21 February | 2.15pm – 4.30pm (LGR) | UG and PG |
| | Developing skills in assertiveness | 21 February | 1pm – 2.30pm (RR) | UG and PG |
| | Getting started: Managing social anxiety group (CRO, CBT) | Introductory session, 28 February | 2.15pm – 4.15pm (CS)* | UG and PG |
| | Managing social anxiety group (CRO, CBT) (attendance at Getting started: Managing social anxiety group required) | 4 week course, starting 7 March (n.b. session 3 is Wednesday SAPS) | Sessions Thurs: 7, 14 and 28 March 2.15pm – 4.15pm (CS)* Session Wed: 20 March 1.30 – 3.15pm (CS)* | UG and PG |
| Fridays | Yoga for self-care-Drop in | 18 January – 5 April | 5.30pm – 7pm (LGR) | Staff, UG and PG |
| | Self-Help for social anxiety (CRO) | 15 February, 15 March (one-off workshops) | 3.30pm – 5.00pm (CS)* | UG and PG |
| | Developing resilience for student life | 1 February | 1pm – 2.30pm (RR) | UG and PG |
| | Finding your voice | 15 February | 1pm – 2.30pm (RR) | UG and PG |
| | Managing your relationship with your academic supervisor | 1 March | 1pm – 2.30pm (RR) | UG and PG |
| | Making new choices | 8 March | 1pm – 2.30pm (RR) | UG and PG |
| | Building your confidence: one step at a time | 15th March, 29 March (one-off workshops) | 3pm – 4pm (RR) | UG and PG |
| | Improving low mood with CBT 1 (CRO, CBT) | 5 week course, starting 1 February | 2.15pm – 4.15pm (LGR) | UG and PG |
| | Improving low mood with CBT 2 (CRO, CBT) | 5 week course, starting 8 March | 2.15pm – 4.15pm (LGR) | UG and PG |

How do workshops and groups help?

A lot of the work of the University of Manchester Counselling Service is done in workshops or groups: working in a group can be the best form of help for some people and some difficulties.

The counsellor you see at your first appointment may suggest you join one of our groups or workshops, or you can ask about this yourself.

Sometimes people join a group after they have explored some of the underlying issues in individual counselling. Being in a group may then be a further opportunity to practise recognising when ways of thinking or behaving are unhelpful and may be an opportunity to experiment with new ways of thinking etc.

Sometimes people go to workshops and groups instead of having individual sessions. Working in a group is a great way to gain new perspectives and make changes.

People often think that they have to tell all of their deepest thoughts, feelings and secrets to the group. This is not the case – all of our groups are structured and focused on helping you makes the changes you want. Each individual decides what, how much, and when they share what is troubling them with the group.

Some of our workshops are more like classes, where you will be able to learn helpful skills, for example relaxation techniques or assertiveness skills and have the opportunity to practise these.

What are the ground rules for my participation in Counselling Service groups?

Groups are facilitated and set up in a way that means that they are safe, ie the content of the group sessions is confidential; what members talk about or disclose is not discussed outside the group. If a group is to be effective, your commitment to the following is important:

- It is important you try to attend all of the group sessions.
- If you are going to miss a session, please let us know.
- Please try to keep to the times set for the group-particularly the start time.
- Confidentiality is important in all the Counselling Service work.

Moving On Groups (MOGs): CBT, Bereavement/ Loss, Mindfulness, LGBTQ+ and Social Anxiety Practice sessions (SAPS)

The Counselling Service also supports user-led groups run by students – usually facilitators are students who have attended one of our groups, had some training and want to continue to meet.

MOGs aim to provide a supportive environment to share your difficulties and find new ways forward.

These groups are not therapy groups and can't offer any individual specific help with concerns outside the remit that its group members agree. However, they are a really useful way of continuing the support from other members of the group that you found helpful in the counsellor-led group that you attended

See our website for further details.

Wellbeing rooms

The Wellbeing rooms are located in the Simon Building:

The Simon Building, Brunswick Street, M13 9PL

Map: www.manchester.ac.uk/discover/maps/interactive-map

Look for the yellow wall and large sign saying Wellbeing Rooms.

The Resource Room is on the ground floor.

This room is available for smaller groups and is where self-help material is available. There is information on the door about when the room is available for self-help and when it is being used for groups.

The large group room is on the first floor. This is where larger groups and all mindfulness and relaxation sessions are held. Look for the yellow wall on the first floor and large sign saying Wellbeing Rooms.

The Chillout room is on the first floor. This room is available for somewhere to be quiet, rest. There are other places in the University where you can chat and have a coffee, check your emails or get on with some work. You are asked not to do any of those things in the Chillout room. It is somewhere different, to take time out and rest. Others may want to sleep or may be listening to relaxation practices.

You are particularly asked to respect the silence in this room and please do not alter the settings of the lights.

The UMSA room is on the ground floor.

MUSE headbands

These are sessions where you can use MUSE headbands to practise stress-reducing guided meditation using biofeedback technology. Muse claims to be the first tool in the world that gives you accurate, real-time feedback on what's happening in your brain when you meditate. The Counselling Service provides all necessary equipment but if you have a Bluetooth phone or tablet you can pair it with the headband and download the app.

For more information: **www.choosemuse.com**

Counselling Service

The University of Manchester,
5th floor Crawford House
Booth Street East
Manchester
M13 9QS

Tel: 0161 275 2864

Email: counselling.service@manchester.ac.uk

www.counsellingservice.manchester.ac.uk



The University of Manchester, Oxford Road, Manchester M13 9PL
Royal Charter Number RC000797 | DW3399.11.18