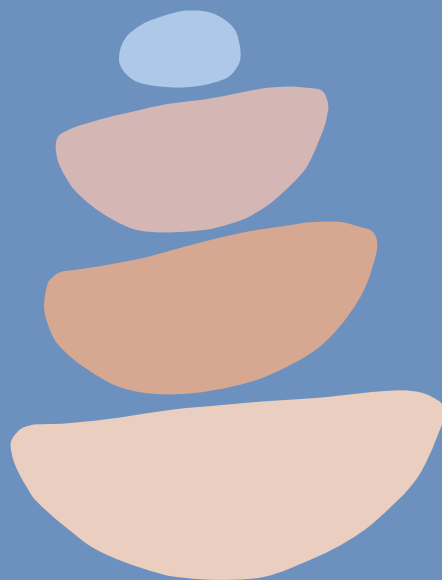


MANCHESTER
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The University of Manchester

January – April 2020



Counselling and Mental Health Service

WORKSHOP AND GROUP PROGRAMME FOR STUDENTS AND STAFF

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 27 January 2020 – 27 March 2020.

	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	6 January – 17 January (one-off workshops)	9.30am – 10.30am (two 30 minutes slots)	UG and PG
Mondays	Managing procrastination	27 January, 10 and 24 February, 9 and 23 March (one-off workshops)	1pm – 2.30pm	UG and PG
	Reducing the stress of perfectionism	3 and 17 February, 2 and 16 March (one-off workshops)	1pm – 2.30pm	UG and PG
Tuesdays	Get prepared: strategies for managing exam stress	7 January	1.30pm – 2.30pm	UG and PG
	Mindfulness for concentration	28 January – 24 March (one-off workshops)	4.15pm – 5pm	UG and PG
	Finding motivation	4 February, 10 March (one-off workshops)	1pm – 2.30pm	UG and PG
	Making the most of your mind: how to revise and study more effectively	11 February, 3 and 24 March (one-off workshops)	1pm – 2.30pm	UG and PG
	Sleep better: Perform better	18 February, 17 March (one-off workshops)	1pm – 2pm	UG and PG
Wednesday	No Wednesday groups			
Thursdays	Challenging unhelpful thinking habits	Every alternate Thursday 16 January – 26 March (one-off workshops)	12pm – 1.30pm	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** are via **COUNSELLOR-REFERRAL ONLY**

	Courses and workshops	Date	Time and location	Available for
Mondays	Actively managing your mood 1	4 week course, starting 27 January	1pm – 2pm (LGR)	Staff only
	Actively managing your mood 2	4 week course, starting 24 February	1pm – 2pm (LGR)	Staff only
Tuesdays	Managing anxiety 1: Physical symptoms	28 January, 18 February, and 10 March (one-off workshops)	12pm – 1.30pm (RR)	UG and PG
	Managing anxiety 2: Mind	4 and 25 February, 17 March (one-off workshops)	12pm – 1.30pm (RR)	UG and PG
	Managing anxiety 3: Behaviour	11 February, 3 and 24 March (one-off workshops)	12pm – 1.30pm (RR)	UG and PG
	Overcoming worry (CRO,CBT)	4 week course, starting 25 February	2.15pm – 4.15pm (LGR)	UG and PG
Wednesday	Improving self-esteem 1 (CRO,CBT)	5 week course, starting 29 January	12pm – 2pm (LGR)	UG and PG
	Improving self-esteem 2 (CRO,CBT)	4 week course, starting 4 March	12pm – 2pm (LGR)	UG and PG
	Getting started: Depression Wednesday group 1 (CRO)	Introductory session, 5 February	2.15pm – 4.45pm (LGR)	UG and PG
	Managing low mood Wednesday group 1 (CRO) (attendance at Getting started: Depression Wednesday group 1 required)	3 week course, starting 12 February	2.15pm – 4.45pm (LGR)	UG and PG
	Getting started: Depression Wednesday group 2 (CRO)	Introductory session, 4 March	2.15pm – 4.45pm (LGR)	UG and PG
	Managing low mood Wednesday group 2 (CRO) (attendance at Getting started: Depression Wednesday group 2 required)	3 week course, starting 11 March	2.15pm – 4.45pm (LGR)	UG and PG
	Getting started: Help Yourself! Coping with eating distress (CRO)	Introductory session, 5 February	4pm – 6pm Wellbeing Room 1.14, MMU New Business School and Student Hub	UG and PG
	Help Yourself! Coping with eating distress (CRO) (attendance at Getting started: Help Yourself! Coping with eating distress required)	5 week course, starting 12 February	4pm – 6pm Wellbeing Room 1.14, MMU New Business School and Student Hub	UG and PG
	Bereavement group (CRO)	4 week course starting 26 February	1.15pm – 2.45pm (RR)	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
Thursdays	Busting low mood behavior: one step at a time	30 January, 13 and 27 February and 12 March (one-off workshops)	1pm – 2.30pm (RR)	UG and PG
	Developing skills in assertiveness	20 February	1pm – 2.30pm (RR)	UG and PG
	Introduction to SilverCloud: Helping you to access online CBT tools	27 February, 19 March (one-off workshops)	12pm – 1.30pm (CS)*	UG and PG
	Getting started: Managing social anxiety group (CRO, CBT)	Introductory session, 27 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 5 March (please note: session 3 is Wednesday SAPS)	Sessions Thurs: 5, 12 and 26 March 2.15pm – 4.15pm (CS)* Session Wed: 18 March 3pm – 4.45pm (CS)*	UG and PG
	Breaking patterns of depression: A compassionate mind approach	26 March	2.15pm – 4.15pm (LGR)	Staff only
Fridays	Self-Help for social anxiety (CRO)	14 February, 13 March (one-off workshops)	3.30pm – 5.00pm (CS)*	UG and PG
	Developing resilience for student life	31 January	1pm – 2.30pm (RR)	UG and PG
	Finding your voice	14 February	1pm – 2.30pm (RR)	UG and PG
	Managing your relationship with your academic supervisor	28 February	1pm – 2.30pm (RR)	UG and PG
	Making new choices	6 March	1pm – 2.30pm (RR)	UG and PG
	Improving low mood with CBT 1 (CRO, CBT)	5 week course, starting 31 January	2.15pm – 4.15pm (LGR)	UG and PG
	Improving low mood with CBT 2 (CRO, CBT)	4 week course, starting 6 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 make 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 Group (MOG), Bereavement/Loss MOG, 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.

Counselling and Mental Health Service

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