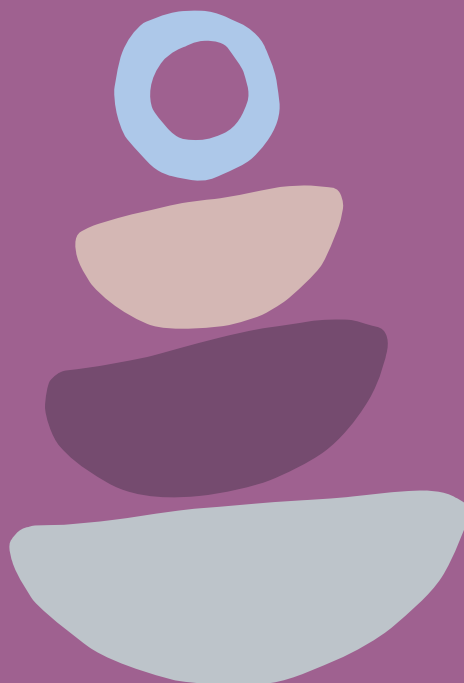


MANCHESTER  
1824

The University of Manchester

April – June 2020



# Counselling and Mental Health Service

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**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 20 April 2020 – 5 June 2020.

	Courses and workshops	Time	Location	Available for
<b>Mondays</b>	Mindfulness meditation (particularly suitable for beginners)	4pm – 5pm	Large Group Room	Staff, UG and PG
<b>Tuesdays</b>	Learning how to relax	1pm – 2pm	Large Group Room	Staff, UG and PG
<b>Wednesday</b>	Mindfulness meditation	5pm – 6pm	Large Group Room	Staff, UG and PG
<b>Thursdays</b>	Mindfulness meditation (particularly suitable for beginners)	1pm – 2pm	Large Group Room	Staff, UG and PG
<b>Fridays</b>	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](http://www.manchester.ac.uk/my-learning-essentials)**

	Courses and workshops	Date	Time and location	Available for
<b>Each morning Monday to Friday</b>	Calm your brain and have a croissant	18 May – 29 May (one-off workshops, no group on 25 May as bank holiday)	9.30am – 10.30am (two 30 minutes slots)	UG and PG
<b>Mondays</b>	Managing procrastination	20 April, 11 May (one-off workshops)	1pm – 2.30pm	UG and PG
	Reducing the stress of perfectionism	4 May, 1 June (one-off workshops)	1pm – 2.30pm	UG and PG
<b>Tuesdays</b>	Mindfulness for concentration	21 April – 26 May (one-off workshops)	4.15pm – 5pm	UG and PG
	Get prepared: strategies for managing exam stress	21 and 28 April, 5 May (one-off workshops)	1pm – 2pm	UG and PG
<b>Wednesday</b>	No Wednesday groups			
<b>Thursdays</b>	Challenging unhelpful thinking habits	Every alternate Thursday 23 April – 4 June (one-off workshops)	12pm – 1.30pm	UG and PG
<b>Fridays</b>	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](http://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
<b>Mondays</b>	Actively managing your mood	5 week course, starting 20 April	1pm – 2pm (LGR)	Staff only
<b>Tuesdays</b>	Managing anxiety 1: Physical symptoms	21 April, 12 May, 2 June (one-off workshops)	12pm – 1.30pm (RR)	UG and PG
	Managing anxiety 2: Mind	28 April, 19 May (one-off workshops)	12pm – 1.30pm (RR)	UG and PG
	Managing anxiety 3: Behaviour	5 and 26 May (one-off workshops)	12pm – 1.30pm (RR)	UG and PG
	Mindfulness for mental wellbeing (CRO)	5 week course, starting 21 April	5.30pm – 7pm (LGR)	UG and PG
<b>Wednesday</b>	Improving self-esteem (CRO,CBT)	5 week course, starting 29 April	12pm – 2pm (LGR)	UG and PG
	Getting started: Depression Wednesday group (CRO)	Introductory session, starting 22 April	2.15pm – 4.45pm (LGR)	UG and PG
	Managing low mood Wednesday group (CRO) (attendance at Getting started: Depression Wednesday group required)	4 week course, starting 29 April	2.15pm – 4.45pm (LGR)	UG and PG
<b>Thursdays</b>	Busting low mood behaviour: one step at a time	30 April, 14 and 28 May (one-off workshops)	1pm – 2.30pm (RR)	UG and PG
<b>Fridays</b>	Self-help for social anxiety	24 April, 15 May (one-off workshops)	3.30pm – 5pm (CS)*	UG and PG
	Improving low mood with CBT (CRO, CBT)	5 week course, starting 24 April (there will be no session on 8 May as bank holiday – group will finish on 29 May)	2.15pm – 4.15pm (LGR)	UG and PG
	Effective communication	24 April	1pm – 2.30pm (RR)	UG and PG
	Developing resilience for student life	1 May	1pm – 2.30pm (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

## 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](http://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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**Tel:** 0161 275 2864 **Email:** [counselling.service@manchester.ac.uk](mailto:counselling.service@manchester.ac.uk)

**[www.counsellingservice.manchester.ac.uk](http://www.counsellingservice.manchester.ac.uk)**



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