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 20 April 2020 – 5 June 2020.

<table>
<thead>
<tr>
<th>Courses and workshops</th>
<th>Time</th>
<th>Location</th>
<th>Available for</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mondays</td>
<td></td>
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<tr>
<td>Mindfulness meditation (particularly suitable for beginners)</td>
<td>4pm – 5pm</td>
<td>Large Group Room</td>
<td>Staff, UG and PG</td>
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<tr>
<td>Tuesdays</td>
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<tr>
<td>Learning how to relax</td>
<td>1pm – 2pm</td>
<td>Large Group Room</td>
<td>Staff, UG and PG</td>
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<tr>
<td>Wednesday</td>
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<tr>
<td>Mindfulness meditation</td>
<td>5pm – 6pm</td>
<td>Large Group Room</td>
<td>Staff, UG and PG</td>
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<td>Thursdays</td>
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<tr>
<td>Mindfulness meditation (particularly suitable for beginners)</td>
<td>1pm – 2pm</td>
<td>Large Group Room</td>
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<tr>
<td>Fridays</td>
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<tr>
<td>Mindfulness skills (highlights skills underlying Mindfulness practice, suitable for all levels)</td>
<td>1pm – 2pm</td>
<td>Large Group Room</td>
<td>Staff, UG and PG</td>
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### 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)

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<tr>
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<th>Date</th>
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<th>Available for</th>
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<tbody>
<tr>
<td>Each morning Monday to Friday</td>
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<tr>
<td>Calm your brain and have a croissant</td>
<td>18 May – 29 May (one-off workshops, no group on 25 May as bank holiday)</td>
<td>9.30am – 10.30am (two 30 minutes slots)</td>
<td>UG and PG</td>
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<tr>
<td>Mondays</td>
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<tr>
<td>Managing procrastination</td>
<td>20 April, 11 May (one-off workshops)</td>
<td>1pm – 2.30pm</td>
<td>UG and PG</td>
</tr>
<tr>
<td>Reducing the stress of perfectionism</td>
<td>4 May, 1 June (one-off workshops)</td>
<td>1pm – 2.30pm</td>
<td>UG and PG</td>
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<tr>
<td>Tuesdays</td>
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<tr>
<td>Mindfulness for concentration</td>
<td>21 April – 26 May (one-off workshops)</td>
<td>4.15pm – 5pm</td>
<td>UG and PG</td>
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<tr>
<td>Get prepared: strategies for managing exam stress</td>
<td>21 and 28 April, 5 May (one-off workshops)</td>
<td>1pm – 2pm</td>
<td>UG and PG</td>
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<tr>
<td>Wednesday</td>
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<tr>
<td>No Wednesday groups</td>
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<tr>
<td>Thursdays</td>
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<tr>
<td>Challenging unhelpful thinking habits</td>
<td>Every alternate Thursday 23 April – 4 June (one-off workshops)</td>
<td>12pm – 1.30pm</td>
<td>UG and PG</td>
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<td>Fridays</td>
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<tr>
<td>No Friday groups</td>
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## Courses and workshops

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**

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<tr>
<td><strong>Mondays</strong></td>
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<tr>
<td>Actively managing your mood</td>
<td>5 week course, starting 20 April</td>
<td>1pm – 2pm (LGR)</td>
<td>Staff only</td>
</tr>
<tr>
<td>Managing anxiety 1: Physical symptoms</td>
<td>21 April, 12 May, 2 June (one-off workshops)</td>
<td>12pm – 1.30pm (RR)</td>
<td>UG and PG</td>
</tr>
<tr>
<td>Managing anxiety 2: Mind</td>
<td>28 April, 19 May (one-off workshops)</td>
<td>12pm – 1.30pm (RR)</td>
<td>UG and PG</td>
</tr>
<tr>
<td>Managing anxiety 3: Behaviour</td>
<td>5 and 26 May (one-off workshops)</td>
<td>12pm – 1.30pm (RR)</td>
<td>UG and PG</td>
</tr>
<tr>
<td>Mindfulness for mental wellbeing (CRO)</td>
<td>5 week course, starting 21 April</td>
<td>5.30pm – 7pm (LGR)</td>
<td>UG and PG</td>
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<tr>
<td><strong>Tuesdays</strong></td>
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<tr>
<td>Improving self-esteem (CRO, CBT)</td>
<td>5 week course, starting 29 April</td>
<td>12pm –2pm (LGR)</td>
<td>UG and PG</td>
</tr>
<tr>
<td>Getting started: Depression Wednesday group (CRO)</td>
<td>Introductory session, starting 22 April</td>
<td>2.15pm – 4.45pm (LGR)</td>
<td>UG and PG</td>
</tr>
<tr>
<td>Managing low mood Wednesday group (CRO) (attendance at Getting started: Depression Wednesday group required)</td>
<td>4 week course, starting 29 April</td>
<td>2.15pm – 4.45pm (LGR)</td>
<td>UG and PG</td>
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<tr>
<td><strong>Wednesdays</strong></td>
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<tr>
<td>Busting low mood behaviour: one step at a time</td>
<td>30 April, 14 and 28 May (one-off workshops)</td>
<td>1pm – 2.30pm (RR)</td>
<td>UG and PG</td>
</tr>
<tr>
<td>Self-help for social anxiety</td>
<td>24 April, 15 May (one-off workshops)</td>
<td>3.30pm – 5pm (CS)*</td>
<td>UG and PG</td>
</tr>
<tr>
<td>Improving low mood with CBT (CRO, CBT) (there will be no session on 8 May as bank holiday – group will finish on 29 May)</td>
<td>5 week course, starting 24 April</td>
<td>2.15pm – 4.15pm (LGR)</td>
<td>UG and PG</td>
</tr>
<tr>
<td>Effective communication</td>
<td>24 April</td>
<td>1pm – 2.30pm (RR)</td>
<td>UG and PG</td>
</tr>
<tr>
<td>Developing resilience for student life</td>
<td>1 May</td>
<td>1pm – 2.30pm (RR)</td>
<td>UG and PG</td>
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**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

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

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.