



Counselling and Mental Health Service

WORKSHOP AND GROUP PROGRAMME
FOR STUDENTS AND STAFF

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September – December 2021

www.counsellingservice.manchester.ac.uk/workshops

Sessions take place either Face-to-Face (F2F) or online via Zoom. F2F sessions will be subject to government guidelines at the time and may change to online delivery.

Please check website and email communications for latest updates.

CRO = Counsellor-Referral Only CBT = Cognitive Behavioural Therapy UG = undergraduate PG = postgraduate

MINDFULNESS AND RELAXATION WEEKLY SESSIONS

20 September – 17 December 2021

Please book all sessions via our website. Refer to online information for closing times for registration:

www.counsellingservice.manchester.ac.uk/workshops

F2F sessions will take place in the Large Group Room (1.63), part of the Wellbeing Rooms on the 1st floor of Simon Building. Online session via Zoom.

	Sessions	Date	Time	Available for	Type
Mondays	No Monday sessions				
Tuesdays	No Tuesdays sessions				
Wednesday	No Wednesday sessions				
Thursdays	Learning how to relax	23 September – 16 December (one-off workshops)	4.15pm – 5pm	Staff, PG and UG	Online
Fridays	Mindfulness meditation	24 September, 15 and 29 October, 12 and 26 November, 10 December	1pm – 1.45pm	Staff, PG and UG	Online
	Mindfulness meditation	8 and 22 October, 5 and 19 November, 3 and 17 December	1pm – 1.45pm	Staff, PG and UG	F2F

SELF-REFERRAL/COUNSELLOR-REFERRAL WORKSHOPS IN PARTNERSHIP WITH MY LEARNING ESSENTIALS ➤

SELF-REFERRAL/COUNSELLOR-REFERRAL WORKSHOPS IN PARTNERSHIP WITH MY LEARNING ESSENTIALS

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

www.library.manchester.ac.uk/using-the-library/students/training-and-skills-support/my-learning-essentials

Online session via Zoom.

	Workshops	Date	Time	Available for	Type
Mondays	Making the most of your mind: how to revise and study more effectively	1 and 22 November (one-off workshops)	1pm – 2.30pm	PG and UG	Online
	Finding motivation	11 October and 6 December (one-off workshops)	1pm – 2pm	PG and UG	Online
	Managing academic pressure	1 November	1pm – 2pm	PG and UG	Online
	Get prepared: strategies for managing exam stress	29 November	1pm – 2pm	UG	Online
Tuesdays	Mindfulness for concentration	28 September – 14 December (one-off workshops)	4.15pm – 5pm	PG and UG	Online
	Reducing the stress of perfectionism	12 and 26 October, 9 and 23 November, 7 December (one-off workshops)	1pm – 2.30pm	PG and UG	Online
	Managing procrastination	19 October, 2, 16 and 30 November, 14 December (one-off workshops)	1pm – 2.30pm	PG and UG	Online
Wednesday	No Wednesday workshop				
Thursday	Challenging unhelpful thinking habits	14 and 28 October, 11 and 25 November, 9 December (one-off workshops)	12 noon – 1pm	PG and UG	Online
Friday	No Friday workshop				

WORKSHOPS AND GROUPS

To book: please complete the registration form on our website:

www.counsellingservice.manchester.ac.uk/workshops

Please note groups marked CRO are via COUNSELLOR-REFERRAL ONLY.

Face to Face workshops and groups take place in the Simon Building (LGR) and Crawford House (CS1, CS2) – see page 7 for details.
Online session via Zoom.

	Workshops and groups	Date	Time and location	Available for	Type
Mondays	Actively managing your mood 1	5 week group, beginning 11 October	1 pm – 2pm	Staff only	Online
	Actively managing your mood 2	5 week group, beginning 15 November	1 pm – 2pm (LGR)	Staff only	F2F
	Busting low mood behavior: One step at a time	18 October, 15 November, 13 December (one-off workshops)	2.30pm – 4pm	PG and UG	Online
	Busting low mood behavior: One step at a time	1 and 29 November (one-off workshops)	2.30pm – 4pm (LGR)	PG and UG	F2F
	Beyond COVID-19 – Transitioning to an altered world	13 and 27 September, 11 and 25 October, 15 November and 6 December (one-off workshops)	4pm – 5pm	Staff, PG and UG	Online
Tuesdays	Managing anxiety 1: Physical symptoms	12 October	11am – 12.30pm	PG and UG	Online
	Managing anxiety 1: Physical symptoms	9 November	12 noon – 1.30pm (LGR)	PG and UG	F2F
	Managing anxiety 2: Mind	19 October	11am – 12.30pm	PG and UG	Online
	Managing anxiety 2: Mind	16 November	12 noon – 1.30pm (LGR)	PG and UG	F2F
	Managing anxiety 3: Behaviour	26 October	11am – 12.30pm	PG and UG	Online
	Managing anxiety 3: Behaviour	23 November	12 noon – 1.30pm (LGR)	PG and UG	F2F
	Managing anxiety: Overview	2 November	11am – 12.30pm	PG and UG	Online
	Managing anxiety: Overview	30 November	12 noon-1.30pm (LGR)	PG and UG	F2F
	#SocialMediaManagement	5 October, 7 December (one-off workshops)	12 noon – 1pm	PG and UG	Online
	Overcoming worry (CRO, CBT)	4 week group, beginning 2 November	2pm – 4pm (LGR)	PG and UG	F2F

WORKSHOPS AND GROUPS CONTINUED ➤

WORKSHOPS AND GROUPS

	Workshops and groups	Date	Time and location	Available for	Type
Tuesdays	Understanding low self-esteem part 1: how it develops	5 October and 7 December (two part workshop)	2pm – 3pm	PG and UG	Online
	Understanding low self-esteem part 2: how to improve it	12 October and 14 December (two part workshop)	2pm – 3pm	PG and UG	Online
Wednesday	Improving self-esteem group (CRO, CBT)	5 week group, beginning 27 October	12 noon – 2pm (LGR)	PG and UG	F2F
	Managing low mood Wednesday group 1 (CRO)	5 week group, beginning 6 October	2.15pm – 4.15pm (CS2)	PG and UG	F2F
	Managing low mood (CRO) Wednesday group 2	5 week group, beginning 10 November	2.15pm – 4.15pm	PG and UG	Online
	Getting started: Help Yourself! Coping with eating distress (CRO)	Introductory session: 3 November	2pm – 4pm	PG and UG	Online
	Help Yourself! Coping with eating distress (CRO) (attendance at Getting started: Coping with eating distress is required)	5 week group, beginning 10 November	2pm – 4pm	PG and UG	Online
	Getting started: Help Yourself! Coping with eating distress (CRO)	Introductory session, 15 December	4pm – 6pm (LGR)	PG and UG	F2F
	Bereavement group (CRO)	4 week group, beginning 10 November	2.30pm – 4pm (LGR)	PG and UG	F2F
Thursday	Body image awareness and empowerment	28 October	11am – 12 noon	PG and UG	Online
	Body image awareness and empowerment	9 December	11am – 12 noon (CS2)	PG and UG	F2F
	Emotional Regulation (CRO)	4 week group, beginning 4 November	2.15pm – 4.15pm (LGR)	PG and UG	F2F
	A compassionate approach to low mood	11 November	12 noon – 2pm	Staff only	Online

WORKSHOPS AND GROUPS CONTINUED ➤

WORKSHOPS AND GROUPS

	Workshops and groups	Date	Time and location	Available for	Type
Thursday	A compassionate approach to low mood	9 December	12 noon – 2pm (LGR)	Staff only	F2F
	Managing social anxiety group (CRO, CBT)	4 week course, starting 28 October	1.45pm – 3.45pm (CS1)	PG and UG	F2F
	Developing skills in assertiveness	2 December	3.45pm – 4.45pm (CS2)	PG and UG	F2F
Friday	Managing acute and ongoing stress	8 and 22 October, 5 and 19 November, 3 and 17 December (one-off workshops)	9.30am – 10.30 am	Staff, PG and UG	Online
	Self-help for social anxiety (CRO)	8 and 22 October, 12 November (one-off workshops)	3.15pm – 4.45pm	PG and UG	Online
	Self-help for social anxiety (CRO)	10 December	3.15pm – 4.45pm (CS1)	PG and UG	F2F
	Developing resilience for student life	15 October	1pm – 2.30pm	PG and UG	Online
	Finding your voice	22 October	1pm – 2.30pm (CS2)	PG and UG	F2F
	Speaking out in groups	5 November	1pm – 3pm (CS2)	PG and UG	F2F
	Improving low mood with CBT 1 (CRO, CBT)	5 week group, starting 1 October (no group on 29 October – course finishes 5 November)	2.15pm – 4.15pm	PG and UG	Online
	Improving low mood with CBT 2 (CRO, CBT)	5 week course, starting 12 November	2.15pm – 4.15pm (LGR)	PG and UG	F2F
	Effective communication	19 November	1pm – 2.30pm (CS2)	PG and UG	F2F

FURTHER INFORMATION ABOUT THE COUNSELLING AND MENTAL HEALTH SERVICE ➤

How do workshops and groups help?

A lot of the work of the University of Manchester Counselling and Mental Health 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. Workshops are generally one off sessions, psycho educational and skill based. Groups have a more therapeutic element and are over a series of sessions with the same participants each week.

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 and psycho educational, where you will be able to learn helpful skills.

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): Mood, Bereavement/Loss, LGBTQ+ and Social Anxiety Practice sessions (SAPS)

The Counselling and Mental Health 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.

Room Locations

The **Large Group Room (LGR) – Room 1.63** is located on the first floor of the **Simon Building** and forms part of the Wellbeing suite: Simon Building, Brunswick Street. 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.

CS1 – Room 5.004 is located on the fifth floor, Counselling and Mental Health Service, **Crawford House**. Use East side entrance on Booth Street East; glass doors nearest to the Graphene Building.

CS2 – Room 5.1 is located on the fifth floor, Counselling and Mental Health Service, **Crawford House**. Use Central and West entrance on Booth Street East. Turn right from lift/stairwell.

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

Counselling and Mental Health Service

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