



Counselling and Mental Health Service

Workshop and group programme for students and staff

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January – April 2022

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

31 January – 8 April 2022

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.

Day	Sessions	Date	Time	Available for	Type
Mondays	No Monday sessions				
Tuesdays	No Tuesdays sessions				
Wednesday	No Wednesday sessions				
Thursdays	Learning how to relax	3 February – 7 April (one-off workshops)	4.15pm – 5pm	Staff, PG and UG	Online
Fridays	Mindfulness meditation	4 and 18 February, 4 and 18 March, 1 April (one-off workshops)	1pm – 1.45pm	Staff, PG and UG	Online
	Mindfulness meditation	11 and 25 February, 11 and 25 March, 8 April (one-off workshops)	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

These sessions will be F2F in Alan Gilbert Learning Commons.

Day	Workshops	Date	Time	Available for	Type
Each morning Monday to Friday	Calm your brain	17 – 28 January (one-off workshops)	9.15am – 9.45am	PG and UG	F2F
Mondays	Get prepared: strategies for managing exam stress	10 January	1pm – 2pm	UG	F2F
	Finding motivation	14 February and 21 March (one-off workshops)	1pm – 2pm	PG and UG	F2F
	Making the most of your mind: how to revise and study more effectively	7 February, 14 and 28 March (one-off workshops)	1pm – 2.30pm	PG and UG	F2F
Tuesdays	Mindfulness for concentration	8 February – 5 April (one-off workshops)	4.15pm – 5pm	PG and UG	F2F
	Managing procrastination	8 and 22 February, 8 and 22 March, 5 April (one-off workshops)	1pm – 2.30pm	PG and UG	F2F
	Reducing the stress of perfectionism	15 February, 1, 15 and 29 March (one-off workshops)	1pm – 2.30pm	PG and UG	F2F
Wednesday	No Wednesday workshop				
Thursday	Challenging unhelpful thinking habits	Every alternate Thursday 3 February – 31 March (one-off workshops)	12 noon – 1pm	PG and UG	F2F
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) – see page 7 for details.
Online session via Zoom.

Day	Workshops and groups	Date	Time and location	Available for	Type
Mondays	Actively managing your mood 1	5 week group, beginning 7 February	1 pm – 2pm	Staff only	Online
	Actively managing your mood 2	4 week group, beginning 14 March	1 pm – 2pm	Staff only	Online
	Busting low mood behavior: One step at a time	7 February, 7 March and 4 April (one-off workshops)	2.30pm – 4pm	PG and UG	Online
	Busting low mood behavior: One step at a time	21 February and 21 March (one-off workshops)	2.30pm – 4pm (LGR)	PG and UG	F2F
	#SocialMediaManagement	14 February and 28 March (one-off workshops)	12 noon – 1pm	PG and UG	Online
Tuesdays	Managing anxiety 1: Physical symptoms	8 February	11am – 12.30pm	PG and UG	Online
	Managing anxiety 1: Physical symptoms	8 March	12noon – 1.30pm (LGR)	PG and UG	F2F
	Managing anxiety 2: Mind	15 February	11am – 12.30pm	PG and UG	Online
	Managing anxiety 2: Mind	15 March	12 noon – 1.30pm (LGR)	PG and UG	F2F
	Managing anxiety 3: Behaviour	22 February	11am-12.30pm	PG and UG	Online
	Managing anxiety 3: Behaviour	22 March	12 noon – 1.30pm (LGR)	PG and UG	F2F
	Managing anxiety: Overview	1 March	11am – 12.30pm	PG and UG	Online
	Managing anxiety: Overview	29 March	12 noon – 1.30pm (LGR)	PG and UG	F2F
	Understanding low self-esteem part 1: How it develops	8 February and 29 March (two part workshop)	2pm – 3pm	PG and UG	Online
	Understanding low self-esteem part 2: How to improve it	15 February and 5 April (two part workshop)	2pm – 3pm	PG and UG	Online
	Overcoming worry (CRO, CBT)	3 week group, beginning 1 March	2pm – 4pm (LGR)	PG and UG	F2F

Workshops and groups continued ➤

Workshops and groups

Day	Workshops and groups	Date	Time and location	Available for	Type
Wednesday	Bereavement group (CRO)	4-week group, beginning 16 March	12 noon – 1.30pm (LGR)	PG and UG	F2F
	Understanding my mood: Ways to manage it better 2 (CRO)	4 week group, beginning 16 March	2.15pm – 4.15pm	PG and UG	Online
	Improving self-esteem group (CRO, CBT)	5 week group, beginning 23 February	2pm – 4pm (LGR)	PG and UG	F2F
	Body image awareness and empowerment	2 March	11am – 12.30pm (LGR)	PG and UG	F2F
	Body image awareness and empowerment	30 March	11am – 12.30pm	PG and UG	Online
Thursday	Understanding my mood: Ways to manage it better 1 (CRO)	5 week group, beginning 10 February	12.15pm – 2.15pm	PG and UG	F2F
	Managing social anxiety group (CRO, CBT)	4 week course, starting 3 March (note: session 3 is Wednesday SAPS)	Sessions Thurs: 3, 10 and 24 March 1.45pm – 3.45pm (CS1) Session Wed: 16 March 3pm – 4.30pm (CS1)	PG and UG	F2F
	Emotional Regulation (CRO)	4 week group, beginning 17 March	12.30pm – 2.30pm (LGR)	PG and UG	F2F
	Developing skills in assertiveness	24 Feb	3.45pm – 4.45pm (CS1)	PG and UG	F2F
	Getting started: Help Yourself! Coping with eating distress (CRO)	Introductory session, 3 February	2.45pm – 4.45pm (LGR)	PG and UG	F2F
	Help Yourself! Coping with eating distress (CRO) (attendance at Getting started: Coping with eating distress is required)	5 week group, beginning 10 February	2.45pm – 4.45pm (LGR)	PG and UG	F2F
	A compassionate approach to low mood	31 March	12 noon – 1.30pm (CS1)	Staff only	F2F

Workshops and groups continued ➤

Workshops and groups

Day	Workshops and groups	Date	Time and location	Available for	Type
Friday	Improving low mood with CBT 1 (CRO, CBT)	4 week course, starting 11 February (note: course will not run on 25 Feb, finishing on 11 March)	2.15pm – 4.15pm	PG and UG	Online
	Improving low mood with CBT 2 (CRO, CBT)	4 week course, starting 18 March	2.15pm – 4.15pm (LGR)	PG and UG	F2F
	Managing acute and ongoing stress	11 and 25 February, 11 and 25 March, 8 April (one-off workshops)	9.30am – 10.30 am	Staff, PG, UG	Online
	Self-help for social anxiety (CRO)	18 February	3.15 – 4.45pm	PG and UG	Online
	Self-help for social anxiety (CRO)	1 April	3.15 – 4.45pm (CS1)	PG and UG	F2F
	Developing resilience for student life	11 February	1pm – 2.30 pm (CS1)	PG and UG	F2F
	Finding your voice	4 March	1pm – 2.30 pm (CS1)	PG and UG	F2F
	Managing your relationship with your academic supervisor	11 March	1pm – 2.30 pm (CS1)	PG and UG	F2F
	Making new choices	25 March	1pm – 2.30 pm (CS1)	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 and Mental Health 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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