



Counselling and Mental Health Service

Workshop and group programme
for students and staff

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April – June 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

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 Tuesday sessions				
Wednesday	No Wednesday sessions				
Thursdays	No Thursday sessions				
Fridays	Mindfulness meditation	29 April, 13 and 27 May, 10 June (one-off workshops)	1pm – 1.45pm	Staff, PG and UG	Online
	Mindfulness meditation	6 and 20 May (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
Various days	Calm your brain	23, 25, 27 and 30 May, 1, 7 and 9 June (one-off workshops)	9.15am – 9.45am	PG and UG	F2F
Mondays	Get prepared: Strategies for managing exam stress	6 June	1pm – 2pm	UG	F2F
Tuesdays	Mindfulness for concentration	26 April to 7 June (one-off workshops)	4.15pm – 5pm	PG and UG	F2F
	Managing procrastination	26 April, 10, 24 May and 7 June (one-off workshops)	1pm – 2.30pm	PG and UG	F2F
	Reducing the stress of perfectionism	3, 17 and 31 May (one-off workshops)	1pm – 2.30pm	PG and UG	F2F
Wednesday	Get prepared: Strategies for managing exam stress	11 May	1pm – 2pm	UG	F2F
Thursday	Challenging unhelpful thinking habits	Every alternate Thursday 28 April – 9 June (one-off workshops)	12 noon – 1.30pm	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 6 for details.
Online session via Zoom.

Day	Workshops and groups	Date	Time and location	Available for	Type
Mondays	Busting low mood behaviour: One step at a time	25 April and 6 June (one-off workshops)	2.30pm – 4pm	PG and UG	Online
	Busting low mood behaviour: One step at a time	16 May (one-off workshops)	2.30pm – 4pm (LGR)	PG and UG	F2F
Tuesdays	Managing anxiety 1: Physical symptoms	3 May	12 noon – 1.30pm (LGR)	PG and UG	F2F
	Managing anxiety 2: Mind	10 May	12 noon – 1.30pm (LGR)	PG and UG	F2F
	Managing anxiety 3: Behaviour	17 May	12 noon – 1.30pm (LGR)	PG and UG	F2F
	Managing Anxiety: Overview	24 May	12 noon – 1.30pm (LGR)	PG and UG	F2F
	Understanding low self-esteem part 1: How it develops	10 and 24 May (one-off workshops)	2pm–3pm	PG and UG	Online
	Understanding low self-esteem part 2: How to improve it	17 and 31 May (one-off workshops)	2pm – 3pm	PG and UG	Online
Wednesday	Understanding my mood: Ways to manage it better (CRO)	5 week group, beginning 27 April	2.30pm – 4.30pm (LGR)	PG and UG	F2F
	Improving self-esteem (CRO, CBT)	5 week group, beginning 4 May	12 noon – 2pm (LGR)	PG and UG	F2F
	Building a positive body image	27 April	11am – 12.30pm (LGR)	PG and UG	F2F
	Building a positive body image	1 June	11am – 12.30pm	PG and UG	Online

Workshops and groups continued ➤

Workshops and groups

Day	Workshops and groups	Date	Time and location	Available for	Type
Thursday	Getting Started: Coping with eating distress (CRO)	5 May	11am – 1pm	PG and UG	Online
	A compassionate approach to low mood	9 June	12 noon – 1.30pm (LGR)	Staff only	F2F
Friday	Improving low mood with CBT (CRO, CBT)	4 week course, starting 29 April	2.15pm – 4.15pm (LGR)	PG and UG	F2F
	Managing acute and ongoing stress	29 April, 13 May, 10 June (one-off workshops)	9.30am – 10.30 am	Staff, PG and UG	Online
	Self-help for social anxiety (CRO)	6 May	2.30pm – 4pm (CS1)	PG and UG	F2F
	Self-help for social anxiety (CRO)	27 May	2.30pm – 4pm	PG and UG	Online
	Managing the demands of postgraduate study and work	13 May	2pm – 3.30pm (CS1)	PG	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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