Counselling and Mental Health Service

Workshop and group programme for students and staff
Workshop and group programme for students and staff

19 September – 16 December 2022

www.counsellingservice.manchester.ac.uk/workshops

Sessions take place either Face-to-Face (F2F) or online via Zoom. 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.

<table>
<thead>
<tr>
<th>Day</th>
<th>Sessions</th>
<th>Date</th>
<th>Time</th>
<th>Available for</th>
<th>Type</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>23 September, 7 and 21 October, 4 and 18 November, 2 and 16 December (one-off workshops)</td>
<td>1pm-1.45pm</td>
<td>Staff, PG and UG</td>
<td>F2F</td>
</tr>
<tr>
<td>Fridays</td>
<td>Mindfulness meditation</td>
<td>30 September, 14 and 28 October, 11 and 25 November, 9 December (one-off workshops)</td>
<td>1pm-1.45pm</td>
<td>Staff, PG and UG</td>
<td>Online</td>
</tr>
</tbody>
</table>
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](http://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.

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<thead>
<tr>
<th>Day</th>
<th>Workshops</th>
<th>Date</th>
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<th>Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mondays</td>
<td>Finding Motivation</td>
<td>5 December</td>
<td>1pm-2.30pm</td>
<td>PG and UG</td>
<td>F2F</td>
</tr>
<tr>
<td></td>
<td>Mindfulness for concentration</td>
<td>20 September – 13 December</td>
<td>4.15pm-5pm</td>
<td>PG and UG</td>
<td>F2F</td>
</tr>
<tr>
<td></td>
<td>Reducing the stress of perfectionism</td>
<td>20 September, 4 and 18 October, 1,15 and 29 November, 13 December</td>
<td>1pm-2.30pm</td>
<td>PG and UG</td>
<td>F2F</td>
</tr>
<tr>
<td></td>
<td>Managing procrastination</td>
<td>27 September, 11 and 25 October, 8 and 22 November, 6 December</td>
<td>1pm-2.30pm</td>
<td>PG and UG</td>
<td>F2F</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Making the most of your mind: how to revise and study more effectively</td>
<td>30 November</td>
<td>1pm-2.30pm</td>
<td>PG and UG</td>
<td>F2F</td>
</tr>
<tr>
<td>Thursday</td>
<td>Challenging unhelpful thinking habits</td>
<td>22 September, 6 and 20 October, 3 and 17 November, 1 and 15 December</td>
<td>12pm-1.30 pm</td>
<td>PG and UG</td>
<td>F2F</td>
</tr>
<tr>
<td>Friday</td>
<td></td>
<td>No Friday workshops</td>
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</tbody>
</table>
# Workshops and groups

To book: please complete the registration form on our website:
[www.counsellingservice.manchester.ac.uk/workshops](http://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), Crawford House (CS1 and CS2) and RR (Resource Room) – see page 7 for details. Online session via Zoom.

<table>
<thead>
<tr>
<th>Day</th>
<th>Workshops and groups</th>
<th>Date</th>
<th>Time and location</th>
<th>Available for</th>
<th>Type</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Busting low mood behaviour: one step at a time</td>
<td>26 September, 24 October, 21 November (one-off workshops)</td>
<td>2.30pm-4pm (LGR)</td>
<td>PG and UG</td>
<td>F2F</td>
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<tr>
<td></td>
<td>Busting low mood behaviour: one step at a time</td>
<td>10 October, 7 November, 5 December (one-off workshops)</td>
<td>2.30pm-4pm</td>
<td>PG and UG</td>
<td>Online</td>
</tr>
<tr>
<td></td>
<td>Managing the demands of postgraduate study and work</td>
<td>7 November</td>
<td>1pm-2.30pm (LGR)</td>
<td>PG</td>
<td>F2F</td>
</tr>
<tr>
<td>Mondays</td>
<td>Managing anxiety 1: Physical symptoms</td>
<td>27 September</td>
<td>11am-12.30pm</td>
<td>PG and UG</td>
<td>Online</td>
</tr>
<tr>
<td></td>
<td>Managing anxiety 1: Physical symptoms</td>
<td>25 October and 22 November (one-off workshops)</td>
<td>12pm-1.30pm (LGR)</td>
<td>PG and UG</td>
<td>F2F</td>
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<tr>
<td></td>
<td>Managing anxiety 2: Mind</td>
<td>4 October</td>
<td>11am-12.30pm</td>
<td>PG and UG</td>
<td>Online</td>
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<tr>
<td></td>
<td>Managing anxiety 2: Mind</td>
<td>1 November and 29 November (one-off workshops)</td>
<td>12pm-1.30pm (LGR)</td>
<td>PG and UG</td>
<td>F2F</td>
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<tr>
<td></td>
<td>Managing anxiety 3: Behaviour</td>
<td>11 October</td>
<td>11am-12.30pm</td>
<td>PG and UG</td>
<td>Online</td>
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<td></td>
<td>Managing anxiety 3: Behaviour</td>
<td>8 November and 6 December (one-off workshops)</td>
<td>12pm-1.30pm (LGR)</td>
<td>PG and UG</td>
<td>F2F</td>
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<tr>
<td></td>
<td>Managing anxiety: Overview</td>
<td>18 October</td>
<td>11am-12.30pm</td>
<td>PG and UG</td>
<td>Online</td>
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<tr>
<td></td>
<td>Managing anxiety: Overview</td>
<td>15 November and 13 December (one-off workshops)</td>
<td>12pm-1.30pm (LGR)</td>
<td>PG and UG</td>
<td>F2F</td>
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<tr>
<td></td>
<td>Understanding low self-esteem part 1: how it develops</td>
<td>18 October (two part workshop)</td>
<td>2pm-3pm</td>
<td>PG and UG</td>
<td>Online</td>
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<tr>
<td></td>
<td>Understanding low self-esteem part 2: how to improve it</td>
<td>25 October (two part workshop)</td>
<td>2pm-3pm</td>
<td>PG and UG</td>
<td>Online</td>
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<tr>
<td></td>
<td>Getting started: Coping with eating distress (CRO)</td>
<td>Introductory session: 1 November</td>
<td>2pm-4pm</td>
<td>PG and UG</td>
<td>Online</td>
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<tr>
<td></td>
<td>Coping with eating distress (CRO) (attendance at Getting started: Coping with eating distress is required)</td>
<td>5 week group, beginning 8 November</td>
<td>2pm-4pm</td>
<td>PG and UG</td>
<td>Online</td>
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<tr>
<td></td>
<td>Understanding my trauma and ways to cope (CRO)</td>
<td>22 November</td>
<td>2pm-3.30pm</td>
<td>PG and UG</td>
<td>Online</td>
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[Workshops and groups continued ➤](#)
## Workshops and groups

<table>
<thead>
<tr>
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<th>Available for</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>Understanding my mood: Ways to manage it better 1 (CRO)</td>
<td>5 week group, beginning 5 October</td>
<td>2.30pm-4.30pm (LGR)</td>
<td>PG and UG</td>
<td>F2F</td>
</tr>
<tr>
<td></td>
<td>Understanding my mood: Ways to manage it better 2 (CRO)</td>
<td>5 week group, beginning 9 November</td>
<td>2.30pm-4.30 pm (LGR)</td>
<td>PG and UG</td>
<td>F2F</td>
</tr>
<tr>
<td></td>
<td>Improving self-esteem group (CRO, CBT)</td>
<td>5 week group, beginning 2 November</td>
<td>12pm-2pm (LGR)</td>
<td>PG and UG</td>
<td>F2F</td>
</tr>
<tr>
<td></td>
<td>Bereavement group (CRO)</td>
<td>5 week group, beginning 9 November</td>
<td>9 – 30 November, 1pm-2.30pm (Online)</td>
<td>PG and UG</td>
<td>Online/F2F</td>
</tr>
<tr>
<td></td>
<td>Understand low self-esteem part 1: how it develops</td>
<td>7 December (two part workshop)</td>
<td>2pm-3pm</td>
<td>PG and UG</td>
<td>Online</td>
</tr>
<tr>
<td></td>
<td>Understand low self-esteem part 2: how to improve it</td>
<td>14 December (two part workshop)</td>
<td>2pm-3pm</td>
<td>PG and UG</td>
<td>Online</td>
</tr>
<tr>
<td>Thursday</td>
<td>Managing social anxiety group (CRO, CBT)</td>
<td>5 week group, beginning 27 October (note: session 4 on 16 November is Wednesday SAPS)</td>
<td>2pm-4pm (CS1)</td>
<td>PG and UG</td>
<td>F2F</td>
</tr>
<tr>
<td></td>
<td>Emotional regulation (CRO)</td>
<td>4 week group, beginning 3 November</td>
<td>2.15pm-4.15pm (LGR)</td>
<td>PG and UG</td>
<td>F2F</td>
</tr>
<tr>
<td></td>
<td>A compassionate approach to low mood</td>
<td>10 November</td>
<td>12pm-1.30pm</td>
<td>Staff only</td>
<td>Online</td>
</tr>
<tr>
<td></td>
<td>A compassionate approach to low mood</td>
<td>8 December</td>
<td>12pm-1.30pm (CS1)</td>
<td>Staff only</td>
<td>F2F</td>
</tr>
<tr>
<td></td>
<td>Developing skills in assertiveness</td>
<td>1 December</td>
<td>1pm-2.30pm</td>
<td>PG and UG</td>
<td>Online</td>
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<tbody>
<tr>
<td><strong>Friday</strong></td>
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<tr>
<td></td>
<td>Improving low mood with CBT 1 (CRO, CBT)</td>
<td>5 week group, beginning 30 September (no group on 28 October – group finishes 4 November)</td>
<td>2.15pm-4.15pm (LGR)</td>
<td>PG and UG</td>
<td>F2F</td>
</tr>
<tr>
<td></td>
<td>Improving low mood with CBT 2 (CRO, CBT)</td>
<td>5 week group, beginning 11 November</td>
<td>2.15pm-4.15pm (LGR)</td>
<td>PG and UG</td>
<td>F2F</td>
</tr>
<tr>
<td></td>
<td>Understanding and maintaining positive relationships(CRO)</td>
<td>5 week group, beginning 30 September</td>
<td>2pm-4pm (RR)</td>
<td>PG and UG</td>
<td>F2F</td>
</tr>
<tr>
<td></td>
<td>Better relationships with ourselves and others (CRO)</td>
<td>5 week group, beginning 4 November</td>
<td>1.30pm-3pm (CS1)</td>
<td>PG and UG</td>
<td>F2F</td>
</tr>
<tr>
<td></td>
<td>Managing acute and ongoing stress</td>
<td>7 and 21 October, 4 and 18 November, 2 and 16 December (one-off workshops)</td>
<td>9.30am-10.30am</td>
<td>Staff, PG, UG</td>
<td>Online</td>
</tr>
<tr>
<td></td>
<td>Self-help for social anxiety (CRO)</td>
<td>7 October and 9 December (one-off workshops)</td>
<td>2.30pm-4pm (CS2)</td>
<td>PG and UG</td>
<td>F2F</td>
</tr>
</tbody>
</table>

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, psychoeducational 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 psychoeducational, 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, i.e., 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

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.

Resource Room (RR) – G.61 is located on the ground floor of the Simon Building and forms part of the Wellbeing suite: Simon Building, Brunswick Street.

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