



# 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](http://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](http://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
Fridays	Mindfulness meditation	23 September, 7 and 21 October, 4 and 18 November, 2 and 16 December (one-off workshops)	1pm-1.45pm	Staff, PG and UG	F2F
	Mindfulness meditation	30 September, 14 and 28 October, 11 and 25 November, 9 December (one-off workshops)	1pm-1.45pm	Staff, PG and UG	Online

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](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.

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

# 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.

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

Workshops and groups continued ➤

## Workshops and groups

Day	Workshops and groups	Date	Time and location	Available for	Type
Wednesday	Understanding my mood: Ways to manage it better 1 (CRO)	5 week group, beginning 5 October	2.30pm-4.30pm (LGR)	PG and UG	F2F
	Understanding my mood: Ways to manage it better 2 (CRO)	5 week group, beginning 9 November	2.30pm-4.30 pm (LGR)	PG and UG	F2F
	Improving self-esteem group (CRO, CBT)	5 week group, beginning 2 November	12pm-2pm (LGR)	PG and UG	F2F
	Bereavement group (CRO)	5 week group, beginning 9 November (note: session 5 is Wednesday Bereavement MOG)	9 – 30 November sessions: 1pm-2.30pm (Online) 7 December session: 12pm-1pm (CS1)	PG and UG	Online/F2F
	Understanding low self-esteem part 1: how it develops	7 December (two part workshop)	2pm-3pm	PG and UG	Online
	Understanding low self-esteem part 2: how to improve it	14 December (two part workshop)	2pm-3pm	PG and UG	Online
Thursday	Managing social anxiety group (CRO, CBT)	5 week group, beginning 27 October (note: session 4 on 16 November is Wednesday SAPS)	27 October, 3,10 and 24 November sessions: 2pm-4pm (CS1) 16 November session: 3pm-4.30pm (CS1)	PG and UG	F2F
	Emotional regulation (CRO)	4 week group, beginning 3 November	2.15pm-4.15pm (LGR)	PG and UG	F2F
	A compassionate approach to low mood	10 November	12pm-1.30pm	Staff only	Online
	A compassionate approach to low mood	8 December	12pm-1.30pm (CS1)	Staff only	F2F
	Developing skills in assertiveness	1 December	1pm-2.30pm	PG and UG	Online

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)	5 week group, beginning 30 September (no group on 28 October – group finishes 4 November)	2.15pm-4.15pm (LGR)	PG and UG	F2F
	Improving low mood with CBT 2 (CRO, CBT)	5 week group, beginning 11 November	2.15pm-4.15pm (LGR)	PG and UG	F2F
	Understanding and maintaining positive relationships(CRO)	5 week group, beginning 30 September	2pm-4pm (RR)	PG and UG	F2F
	Better relationships with ourselves and others (CRO)	5 week group, beginning 4 November	1.30pm-3pm (CS1)	PG and UG	F2F
	Managing acute and ongoing stress	7 and 21 October, 4 and 18 November, 2 and 16 December (one-off workshops)	9.30am-10.30am	Staff, PG, UG	Online
	Self-help for social anxiety (CRO)	7 October and 9 December (one-off workshops)	2.30pm-4pm (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 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

**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](http://www.manchester.ac.uk/discover/maps/interactive-map)

### Counselling and Mental Health Service

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