



Counselling and Mental Health Service

Workshop and group programme
for students and staff

Workshop and group programme for students and staff

16 January – 24 March 2023

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.

PRO = Practitioner-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
Fridays	Mindfulness meditation	20 January, 3 and 17 February, 3 and 17 March (one-off workshops)	1pm-1.45pm	Staff, PG and UG	Online
	Mindfulness meditation	27 January, 10 and 24 February, 10 and 24 March (one-off workshops)	1pm-1.45pm	Staff, PG and UG	F2F

Self-referral/counsellor-referral workshops in partnership with My Learning Essentials ➤

Self-referral/practitioner-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	16, 18, 20, 24 and 26 January (one-off workshops)	9.15am – 9.45am	PG and UG	F2F
Mondays	Get prepared: Strategies for managing exam stress	9 January	1pm-2pm	UG	F2F
Tuesdays	Mindfulness for concentration	17 January – 21 March (one-off workshops)	4.15pm-5pm	PG and UG	F2F
Wednesday	No Wednesday workshops				
Thursday	Challenging unhelpful thinking habits	Every alternate Thursday 2 February – 16 March (one-off workshops)	12 noon – 1.30pm	PG and UG	F2F
Friday	No Friday workshops				

Workshops and groups

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

www.counsellingservice.manchester.ac.uk/workshops

Please note groups marked **PRO** are via **PRACTITIONER-REFERRAL ONLY**.

Face to Face workshops and groups take place in the Simon Building (LGR & RR) and Crawford House (CS1 & CS2) – 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	20 February and 20 March (one-off workshops)	2.30pm-4pm	PG and UG	Online
	Busting low mood behaviour: One step at a time	6 February and 6 March (one-off workshops)	2.30pm-4pm (LGR)	PG and UG	F2F
	Managing the demands of postgraduate study and work	6 March	1pm-2.30pm (CS1)	PG	F2F
Tuesdays	Overcoming worry (PRO, CBT)	3 week group, beginning 14 February	2pm – 4pm (LGR)	PG and UG	F2F
	Managing anxiety 1: Physical symptoms	31 January and 28 February (one-off workshops)	12 noon- 1.30pm (LGR)	PG and UG	F2F
	Managing anxiety 2: Mind	7 February and 7 March (one-off workshops)	12 noon- 1.30pm (LGR)	PG and UG	F2F
	Managing anxiety 3: Behaviour	14 February and 14 March (one-off workshops)	12 noon- 1.30pm (LGR)	PG and UG	F2F
	Managing anxiety: Overview	21 February and 21 March (one-off workshops)	12pm-1.30pm (LGR)	PG and UG	F2F
	Understanding low self-esteem part 1: How it develops	31 January (two part workshop)	2pm-3pm (LGR)	PG and UG	F2F
	Understanding low self-esteem part 2: How to improve it	7 February (two part workshop)	2pm-3pm (LGR)	PG and UG	F2F
	Understanding low self-esteem part 1: How it develops	14 March (two part workshop)	2pm-3pm	PG and UG	Online
	Understanding low self-esteem part 2: How to improve it	21 March (two part workshop)	2pm-3pm	PG and UG	Online
	Understanding my trauma and ways to cope (PRO)	7 March	2pm-3.30pm (LGR)	PG and UG	F2F

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 (PRO)	4 week group, beginning 1 February	2.15pm – 4.15pm (LGR)	PG and UG	F2F
	Understanding my mood: Ways to manage it better 2 (PRO)	4 week group, beginning 1 March	2.15pm – 4.15pm (LGR)	PG and UG	F2F
	Improving self-esteem group (PRO, CBT)	5 week group, beginning 15 February	12pm-2pm (LGR)	PG and UG	F2F
	Bereavement group (PRO)	4-week group, beginning 22 February	2.30pm – 4pm (RR)	PG and UG	F2F
Thursday	Managing social anxiety group (PRO, CBT)	5 week group, starting 16 February (note: session 4 is Wednesday SAPS)	Sessions Thurs: 16, 23 February and 2 and 16 March: 2pm-4pm (CS1) Session Wed: 8 March: 3pm-4.30pm (CS1)	PG and UG	F2F
	Emotional Regulation (PRO)	4 week group, beginning 23 February	2.15pm- 4.15pm (LGR)	PG and UG	F2F
	Developing skills in assertiveness	2 February	1pm-2.30pm (CS1)	PG and UG	F2F
	A compassionate approach to low mood	9 March	12 noon- 1.30pm (CS1)	Staff only	F2F
Friday	Improving low mood with CBT 1 (PRO, CBT)	5 week group, starting 24 February	2.15pm- 4.15pm (LGR)	PG and UG	F2F
	Understanding and maintaining positive relationships (PRO)	5 week group, starting 3 February	2pm-4pm (CS1)	PG and UG	F2F
	Better relationships with ourselves and others (PRO)	5 week group, starting 24 February	1.30pm-3pm (RR)	PG and UG	F2F
	Managing acute and ongoing stress	3 February and 17 March (one-off workshops)	9.30am- 10.30am (LGR)	Staff	F2F
	Managing acute and ongoing stress	17 February and 3 March (one-off workshops)	9.30am- 10.30am	Staff, PG, UG	Online
	Self-help for social anxiety (PRO)	3 February and 3 March	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 practitioner 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 and Mental Health 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 practitioner-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 Central and West Entrance on Booth Street East. Turn right from lift/stairwell.

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

The University of Manchester
5th floor Crawford House
Booth Street East
Manchester
M13 9QS

Tel: 0161 275 2864 Email: counselling.service@manchester.ac.uk

www.counsellingservice.manchester.ac.uk

