

MANCHESTER
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The University of Manchester

April – June 2023



Counselling and Mental Health Service

Workshop and group programme
for students and staff

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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.

Day	Sessions	Date	Time	Available for	Type
Friday	Mindfulness meditation	21,28 April, 5, 12, 19, 26 May and 2, 9 June (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	15, 16, 19, 23, 25 and 31 May, 2, 6 and 8 June (one-off workshops)	9.15am – 9.45am	PG and UG	F2F
Mondays	Get prepared: Strategies for managing exam stress	24 April	10am-11am	UG	F2F
	Making the most of your mind: How to revise and study more effectively	24 April	1.30pm-3pm	UG	F2F
Tuesdays	Mindfulness for concentration	18 April to 6 June (one-off workshops)	4.15pm-5pm	PG and UG	F2F
Wednesday	No Wednesday workshops				
Thursday	Challenging unhelpful thinking habits	Every alternate Thursday 20 April – 1 June (one-off workshops, n.b. no workshop on 4 May)	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	24 April and 22 May (one-off workshops)	2.30pm-4pm	PG and UG	Online
	Busting low mood behaviour: One step at a time	5 June (one-off workshops)	2.30pm-4pm (LGR)	PG and UG	F2F
	Managing the demands of postgraduate study and work	15 May	1pm-2.30pm (CS1)	PG	F2F
Tuesdays	Managing anxiety 1: Physical symptoms	18 April and 16 May (one-off workshops)	12 noon- 1.30pm (LGR)	PG and UG	F2F
	Managing anxiety 2: Mind	25 April and 23 May (one-off workshops)	12 noon- 1.30pm (LGR)	PG and UG	F2F
	Managing anxiety 3: Behaviour	2 and 30 May	12 noon- 1.30pm (LGR)	PG and UG	F2F
	Managing anxiety: Overview	9 May and 6 June	12 noon- 1.30pm (LGR)	PG and UG	F2F
	Understanding low self-esteem part 1: how it develops	2 May (two part workshop)	2pm-3pm	PG and UG	Online
	Understanding low self-esteem part 2: how to improve it	9 May (two part workshop)	2pm-3pm	PG and UG	Online
	Understanding my trauma and ways to cope (PRO)	25 April	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	Understanding my mood: Ways to manage it better 1 (PRO)	4 week group, beginning 19 April	2.30pm-4.30pm (LGR)	PG and UG	F2F
	Improving self-esteem group (PRO, CBT)	4 week group, beginning 19 April	12 noon-2pm (LGR)	PG and UG	F2F
Thursday	Love or Love Bombing? How to take care of ourselves in the early stages of a new relationship	20 April	11-1pm (LGR)	PG and UG	F2F
	A compassionate approach to low mood	8 June	12 noon-1.30pm (CS1)	Staff only	F2F
Friday	Improving low mood with CBT 1 (PRO, CBT)	4 week course, starting 21 April	2.15pm-4.15pm (LGR)	PG and UG	F2F
	Understanding and Maintaining Positive Relationships (PRO)	4 week group, beginning 21 April	2pm-4pm (CS1)	PG and UG	F2F
	Managing acute and ongoing stress	28 April and 9 June (one-off workshops)	9.30am-10.30am (LGR)	Staff	F2F
	Managing acute and ongoing stress	12 and 26 May (one-off workshops)	9.30am-10.30am	Staff, PG, UG	Online
	Self-help for social anxiety (PRO)	5 May and 2 June (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 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

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