



# COUNSELLING AND MENTAL HEALTH SERVICE

**WORKSHOP AND GROUP PROGRAMME**  
FOR STUDENTS AND STAFF

# WORKSHOP AND GROUP PROGRAMME FOR STUDENTS AND STAFF

## September – December 2023

[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.

PRO = Practitioner-Referral Only   CBT = Cognitive Behavioural Therapy   UG = undergraduate   PG = postgraduate

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## MINDFULNESS 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.

Day	Sessions	Date	Time	Available for	Type
Friday	Mindfulness meditation	29 September – 15 December (one-off workshops)	1pm – 1.45pm	Staff, PG and UG	F2F

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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](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	4 December	1.30pm – 3pm	PG and UG	F2F
<b>Tuesdays</b>	Mindfulness workshop	Fortnightly, 26 September – 5 December (one-off workshops)	4.15pm-5pm	PG and UG	F2F
<b>Wednesday</b>	Making the most of your mind: How to revise and study more effectively	29 November	1.30pm – 3pm	PG and UG	F2F
<b>Thursday</b>	Challenging unhelpful thinking habits	Fortnightly, 28 September – 7 December (one-off workshops)	3pm – 4.30pm	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 PRO are via PRACTITIONER-REFERRAL ONLY.

Face to Face workshops and groups take place in the Simon Building (LGR) and Crawford House (CS1 & CS2) – see page 9 for details. Online session via Zoom.

Day	Workshops and groups	Date	Time and location	Available for	Type
Mondays	Bereavement (PRO)	5 week group, beginning 6 November (please note: session 5 is Wednesday Bereavement MOG)	Sessions Mon: 6, 13, 20 and 27 November 2pm – 4pm (LGR) Session Wed: 6 December 12noon – 1pm (CS1)	PG and UG	F2F
	Overcoming worry (PRO)	3 week group, beginning 6 November	11am – 1pm (LGR)	PG and UG	F2F
	Busting low mood behaviour: One step at a time	25 September, 23 October, 20 November (one-off workshops)	2.30pm-4pm (CS1)	PG and UG	F2F
	Busting low mood behaviour: One step at a time	9 October, 6 November and 4 December (one-off workshops)	2.30pm-4pm	PG and UG	Online
	Breathwork for resilience and self-support	Fortnightly, 2 October – 11 December (one-off workshops, none on 30 October)	12 noon – 1pm (CS1)	PG and UG	F2F
	Managing the demands of postgraduate study and work	6 November	1pm-2.30pm (CS1)	PG	F2F

Workshops and groups continued >

## WORKSHOPS AND GROUPS

Day	Workshops and groups	Date	Time and location	Available for	Type
Tuesdays	Understanding my trauma and the polyvagal approach to recovery (PRO)	4 week group, beginning 14 November	2pm – 4pm (LGR)	PG and UG	F2F
	Managing anxiety 1: Physical symptoms	26 September, 24 October and 21 November (one-off workshops)	12 noon – 1.30pm (LGR)	PG and UG	F2F
	Managing anxiety 2: Mind	3 and 31 October and 28 November (one-off workshops)	12 noon – 1.30pm (LGR)	PG and UG	F2F
	Managing anxiety 3: Behaviour	10 October, 7 November and 5 December (one-off workshops)	12 noon – 1.30pm (LGR)	PG and UG	F2F
	Managing anxiety: Overview	17 October, 14 November and 12 December (one-off workshops)	12 noon – 1.30pm (LGR)	PG and UG	F2F
	Understanding my trauma and ways to cope (PRO)	17 October (one-off workshop)	2pm – 4pm (LGR)	PG and UG	F2F
	Understanding my trauma and ways to cope (PRO)	12 December (one-off workshop)	2pm – 4pm	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 (PRO)	5 week group, beginning 4 October	2.30pm – 4.30pm (LGR)	PG and UG	F2F
	Understanding my mood: Ways to manage it better 2 (PRO)	5 week group, beginning 8 November	2.30pm – 4.30pm (LGR)	PG and UG	F2F
	Improving self-esteem (PRO, CBT)	5 week group, beginning 8 November	12 noon – 2pm (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
	Understanding low self-esteem part 1 and 2: How it develops and How to Improve it	13 December	2pm-4pm	PG and UG	Online

Workshops and groups continued >

## WORKSHOPS AND GROUPS

Day	Workshops and groups	Date	Time and location	Available for	Type
Thursday	Managing social anxiety group (PRO, CBT)	5 week group, beginning 9 November (please note: session 4 is Wednesday SAPS)	Sessions Thurs: 9, 16, 23 November and 7 December 2pm – 4pm (CS1) Session Wed: 29 November 3pm – 4.30pm (CS1)	PG and UG	F2F
	Emotional regulation (PRO)	4 week group, beginning 9 November	2.15pm – 4.15pm (LGR)	PG and UG	F2F
	Starting on the right foot: Coping with Uni life	26 October, 9 and 23 November (one-off workshops)	11am – 12.30pm (LGR)	PG and UG	F2F
	A compassionate approach to low mood	9 November	12 noon – 1.30pm (CS1)	Staff	F2F
	Developing skills in assertiveness	30 November	1pm – 2.30pm (CS1)	PG and UG	F2F
	Love or love bombing? How to take care of ourselves in the early stages of a new relationship	7 December	11am – 1pm (LGR)	PG and UG	F2F

Workshops and groups continued >

## WORKSHOPS AND GROUPS

Day	Workshops and groups	Date	Time and location	Available for	Type
Friday	Better relationships with ourselves and others (PRO)	5 week group, beginning 29 September	1.30pm – 3.30pm (CS1)	PG and UG	F2F
	Understanding and maintaining positive relationships (PRO)	5 week group, beginning 10 November	2pm – 4pm (CS1)	PG and UG	F2F
	Improving low mood with CBT (PRO, CBT)	5 week group, beginning 10 November	2.15pm – 4.15pm (LGR)	PG and UG	F2F
	Managing acute and ongoing stress	29 September and 1 December (one-off workshops)	9.30am-10.30am (LGR)	Staff	F2F
	Managing acute and ongoing stress	20 October and 10 November (one-off workshops)	9.30am-10.30am	Staff, PG, UG	Online
	Self-help for social anxiety (PRO)	6 October and 8 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 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.

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

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### Counselling and Mental Health Service

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