



COUNSELLING AND MENTAL HEALTH SERVICE

WORKSHOP AND GROUP PROGRAMME
FOR STUDENTS AND STAFF

WORKSHOP AND GROUP PROGRAMME FOR STUDENTS AND STAFF

January – March 2024

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

Scan to view and
book workshops



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
Mondays	Get prepared: strategies for managing exam stress W	8 January	1pm – 2pm	UG	F2F
Tuesdays	Mindfulness workshop W	Fortnightly, 16 January – 12 March (one-off workshops)	4.15pm-5pm	PG and UG	F2F
Wednesday	No Wednesday workshops				
Thursday	Challenging unhelpful thinking habits W	Fortnightly, Thursday 1 February – 14 March (one-off workshops)	3pm – 4.30pm	PG and UG	F2F
Friday	No Friday workshops				

W Workshops G Groups

Workshops and groups ➤







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) and Crawford House (CS1 & CS2) – see page 8 for details. Online session via Zoom.

Day	Workshops and groups	Date	Time and location	Available for	Type
Mondays	Bereavement (PRO) 	5 week group, beginning 12 February (session 5 is Wednesday Bereavement MOG)	Sessions Mon: 12, 19, 26 February and 4 March 2pm – 4pm (LGR) Session Wed: 13 March 12noon – 1pm (CS1)	PG and UG	F2F
	Overcoming worry (PRO) 	3 week group, beginning 19 February	11am – 1pm (LGR)	PG and UG	F2F
	Busting low mood behaviour: One step at a time 	29 January and 11 March (one-off workshops)	2.30pm-4pm (LGR)	PG and UG	F2F
	Busting low mood behaviour: One step at a time 	12 and 26 February (one-off workshops)	2.30pm-4pm	PG and UG	Online
	Breathwork for resilience and self-support 	Fortnightly, 5 February – 4 March (one-off workshops)	12 noon – 1pm (CS1)	PG and UG	F2F
	An introduction to understanding trauma and ways to cope (PRO) 	12 February and 11 March (one-off workshops)	2pm – 4pm	PG and UG	Online

 Workshops  Groups

Workshops and groups continued ➤

WORKSHOPS AND GROUPS

Day	Workshops and groups	Date	Time and location	Available for	Type
Tuesdays	 Improving self-esteem (PRO, CBT)	5 week group, beginning 6 February (no session on the 27 February, group finishes on 12 March)	9.30am – 11.30am (LGR)	PG and UG	F2F
	 Understanding trauma and developing ways to cope (PRO)	4 week group, beginning 13 February (no session on 27 February, group finishes on 12 March)	2pm – 4pm (LGR)	PG and UG	F2F
	 ADHD-friendly self-care skills (PRO)	4 week group, beginning 30 January	1pm-3pm (CS1)	PG and UG	F2F
	 Managing anxiety 1: Physical symptoms	30 January and 27 February (one-off workshops)	12 noon – 1.30pm (LGR)	PG and UG	F2F
	 Managing anxiety 2: Mind	6 February and 5 March (one-off workshops)	12 noon – 1.30pm (LGR)	PG and UG	F2F
	 Managing anxiety 3: Behaviour	13 February and 12 March (one-off workshops)	12 noon – 1.30pm (LGR)	PG and UG	F2F
	 Managing anxiety: Overview	20 February (one-off workshop)	12 noon – 1.30pm (LGR)	PG and UG	F2F
	 Understanding low self-esteem part 1: How it develops	30 January (two part workshop)	2pm – 3.30pm (LGR)	PG and UG	F2F
	 Understanding low self-esteem part 2: How to improve it	6 February (two part workshop)	2pm – 3.30pm (LGR)	PG and UG	F2F

 Workshops  Groups

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 (PRO)	5 week group, beginning 14 February	2.30pm – 4.30pm (LGR)	PG and UG	F2F
	 Improving self-esteem (PRO, CBT)	5 week group, beginning 31 January (no session on 28 February, group finishes on 6 March)	12pm – 2pm (LGR)	PG and UG	F2F
	 Understanding low self-esteem part 1: How it develops	6 March (two part workshop)	3pm – 4pm	PG and UG	Online
	 Understanding low self-esteem part 2: How to improve it	13 March (two part workshop)	3pm – 4pm	PG and UG	Online

 Workshops  Groups

Workshops and groups continued ➤







WORKSHOPS AND GROUPS

Day	Workshops and groups	Date	Time and location	Available for	Type
Thursday	Managing social anxiety (PRO, CBT) 	5 week group, beginning 8 February (session 4 is Wednesday SAPS)	Sessions Thurs: 8, 15, 22 February and 7 March 2pm – 4pm (CS1) Session Wed: 28 February 3pm – 4.30pm (CS1)	PG and UG	F2F
	Better relationships with ourselves and others (PRO) 	5 week group, beginning 15 February	2.15pm – 4.15pm (LGR)	PG and UG	F2F
	A compassionate approach to low mood 	14 March	12 – 1.30pm (CS1)	Staff only	F2F

 Workshops  Groups

Workshops and groups continued ➤

WORKSHOPS AND GROUPS

Day	Workshops and groups	Date	Time and location	Available for	Type
Friday	 Understanding and maintaining positive relationships (PRO)	5 week group, beginning 2 February	2pm – 4pm (CS1)	PG and UG	F2F
	 Mindfulness meditation	Weekly 2 February – 15 March (one-off workshops)	1pm – 1.45pm (LGR)	Staff, PG, UG	F2F
	 Managing acute and ongoing stress	9 February and 8 March (one-off workshops)	9.30am – 10.30am	Staff, PG, UG	Online
	 Self-help for social anxiety (PRO)	2 February (one-off workshops)	2.30pm – 4pm (CS2)	PG and UG	F2F
	 Managing the demands of postgraduate study and work	8 March	1pm-2.30pm (CS2)	PG	F2F
	 Self-help for social anxiety (PRO)	8 March (one-off workshops)	2.30pm – 4pm (CS1)	PG and UG	F2F

 Workshops  Groups

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 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

Scan to view the interactive map



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