



# COUNSELLING AND MENTAL HEALTH SERVICE

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

# WORKSHOP AND GROUP PROGRAMME FOR STUDENTS AND STAFF

**April – June 2024**

[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

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](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>   | Get prepared: Strategies for managing exam stress <b>W</b> | 22 April  | 1pm – 2pm    | UG            | F2F  |
| <b>Tuesdays</b>  | Mindfulness workshop <b>W</b>                              | Fortnightly,<br>9 April to 4 June<br>(one-off workshops)  | 4.15pm-5pm   | PG and UG     | F2F  |
| <b>Wednesday</b> | No Wednesday workshops                                     |   |              |               |      |
| <b>Thursday</b>  | Challenging unhelpful thinking habits <b>W</b>             | Fortnightly,<br>11 April to 6 June<br>(one-off workshops) | 3pm – 4.30pm | PG and UG     | F2F  |
| <b>Friday</b>    | 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](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 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 8 April (session 5 is Wednesday Bereavement MOG) | Sessions Mon: 8, 15, 22 and 29 April<br>2pm – 4pm (LGR)<br>Session Wed: 8 May<br>12noon – 1pm (CS1) | PG and UG     | F2F    |
|         | Overcoming worry (PRO)                                 | 3 week group, beginning 15 April   | 11am – 1pm (LGR)  | PG and UG     | F2F    |
|         | Busting low mood behaviour: One step at a time       | 8 April and 3 June (one-off workshops)                                   | 2.30pm-4pm  | PG and UG     | Online |
|         | Busting low mood behaviour: One step at a time       | 22 April and 20 May (one-off workshops)                                  | 2.30pm-4pm (CS1)  | PG and UG     | F2F    |
|         | Breathwork for resilience and self-support           | 15, 29 April and 13, 20 May (one-off workshops)                          | 12 noon – 1pm (CS1)   | PG and UG     | F2F    |
|         | Managing the demands of postgraduate study and work  | 3 June   | 1pm – 2.30pm (CS1)  | PG            | F2F    |

 Workshops  Groups

Workshops and groups continued ➤







## WORKSHOPS AND GROUPS

| Day      | Workshops and groups   | Date                                    | Time and location      | Available for | Type   |
|----------|--|---|------------------------|---------------|--------|
| Tuesdays | Understanding trauma: Creating safety and connection (PRO)                            | 4 week group, beginning 16 April        | 2pm – 4pm (LGR)        | PG and UG     | F2F    |
|          | ADHD-friendly self-care skills (PRO)    | 4 week group, beginning 9 April         | 1pm – 3pm (CS1)        | PG and UG     | F2F    |
|          | Managing anxiety 1: Physical symptoms   | 9 April and 7 May (one-off workshops)   | 12 noon – 1.30pm (LGR) | PG and UG     | F2F    |
|          | Managing anxiety 2: Mind    | 16 April and 14 May (one-off workshops) | 12 noon – 1.30pm (LGR) | PG and UG     | F2F    |
|          | Managing anxiety 3: Behaviour   | 23 April and 21 May (one-off workshops) | 12 noon – 1.30pm (LGR) | PG and UG     | F2F    |
|          | Managing anxiety: Overview    | 30 April and 28 May (one-off workshops) | 12 noon – 1.30pm (LGR) | PG and UG     | F2F    |
|          | Understanding low self-esteem part 1: how it develops                               | 30 April (two part workshop)            | 12 noon – 1pm          | PG and UG     | Online |
|          | Understanding low self-esteem part 2: how to improve it                             | 7 May (two part workshop)               | 12 noon – 1pm          | PG and UG     | Online |
|          | Understanding low self-esteem parts 1 and 2: How it develops and How to improve it  | 4 June                                  | 10.30am – 12.30pm      | PG and UG     | Online |
|          | Introduction to understanding trauma: Creating safety and connection (PRO)          | 15 April                                | 10am – 12 noon         | PG and UG     | Online |

 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 17 April | 2.30pm – 4.30pm (LGR) | PG and UG     | F2F  |
|           |  Improving self-esteem group (PRO, CBT)                | 5 week group, beginning 10 April | 12noon – 2pm (LGR)    | PG and UG     | F2F  |
| Thursday  |  Emotional regulation                                  | 4 week group, beginning 18 April | 2.15pm – 4.15pm (LGR) | PG and UG     | F2F  |
|           |  Managing Social Anxiety (PRO, CBT)                  | 4 week group, beginning 18 April | 2pm – 4pm (CS1)       | PG and UG     | F2F  |
|           |  Developing Skills in Assertiveness                  | 25 April                         | 12noon – 1.30pm (CS1) | PG and UG     | F2F  |
|           |  A compassionate approach to low mood                | 6 June                           | 12noon – 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 |  Improving low mood with CBT (PRO, CBT)                     | 4 week course, beginning 12 April              | 2.15pm – 4.15pm (LGR) | PG and UG     | F2F    |
|        |  Understanding and Maintaining Positive Relationships (PRO) | 5 week group, beginning 12 April               | 2pm – 4pm (CS1)       | PG and UG     | F2F    |
|        |  Mindfulness meditation                                     | Weekly, 12 April to 7 June (one-off workshops) | 1pm – 1.45pm (LGR)    | Staff, PG, UG | F2F    |
|        |  Managing acute and ongoing stress                        | 26 April and 31 May (one-off workshops)        | 9.30am – 10.30am      | Staff, PG, UG | Online |
|        |  Self-help for social anxiety (PRO)                       | 26 April (one-off workshop)                    | 2.30pm – 4.00pm (CS2) | 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): Support, 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](http://www.manchester.ac.uk/discover/maps/interactive-map)

Scan to view the 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](mailto:counselling.service@manchester.ac.uk)

[www.counsellingservice.manchester.ac.uk](http://www.counsellingservice.manchester.ac.uk)



When you have finished with this publication please recycle it

The University of Manchester, Oxford Road, Manchester M13 9PL  
Royal Charter Number RC000797 | DW3877.02.24