



# COUNSELLING AND MENTAL HEALTH SERVICE

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

# WORKSHOP AND GROUP PROGRAMME FOR STUDENTS AND STAFF

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## January – April 2025

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

Sessions take place either **Face-to-Face (F2F)** or **online via Teams**.  
Please check website and email communications for latest updates.

**PRO** = Practitioner-Referral Only    **CBT** = Cognitive Behavioural Therapy    **ACT** = Acceptance and Commitment Therapy  
**UG** = undergraduate    **PG** = postgraduate

## 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> 6 January  | 1pm – 2pm    | UG            | F2F  |
| <b>Tuesdays</b>  | Mindfulness workshop                              | <b>W</b> Fortnightly, 14 January – 25 March (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, Thursday 6 February – 3 April (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 7 for details. Online session via Teams.

| Day     | Workshops and groups  | Date   | Time and location   | Available for | Type   |
|---------|---|--|---|---------------|--------|
| Mondays | Bereavement (PRO) <span style="float: right;">G</span>  | 5 week group, beginning 3 March (session 4 is Wednesday Bereavement MOG) | Sessions Mon: 3, 10, 17 and 31 March 2pm – 4pm (CS2)<br>Session 4 Wed: 26 March 12 noon – 1pm (CS2) | PG and UG     | F2F    |
|         | Overcoming worry (PRO,CBT) <span style="float: right;">G</span>   | 3 week group, beginning 10 March   | 11am – 1pm (LGR)  | PG and UG     | F2F    |
|         | Understanding trauma: Creating safety and connection (PRO) <span style="float: right;">G</span>                 | 4 week group, beginning 10 February                                      | 2pm-4pm (LGR)   | PG and UG     | F2F    |
|         | Busting low mood behaviour: One step at a time <span style="float: right;">W</span>                             | 27 January, 24 February, 24 March (one-off workshops)                    | 2.30pm-4pm (CS1)  | PG and UG     | F2F    |
|         | Busting low mood behaviour: One step at a time <span style="float: right;">W</span>                             | 10 Feb and 10 March (one-off workshops)                                  | 2.30pm-4pm  | PG and UG     | Online |
|         | Breathwork for resilience and self-support <span style="float: right;">W</span>                                 | Fortnightly, 27 January – 24 February (one-off workshops)                | 12 noon – 1pm (CS1)   | Staff, PG, UG | F2F    |
|         | ACT on postgraduate issues <span style="float: right;">W</span>   | 3 March  | 1pm – 2.30pm (CS1)  | PG            | F2F    |
|         | Introduction to understanding trauma: Creating safety and connection (PRO) <span style="float: right;">W</span> | 31 March (one-off workshop)  | 2pm-4pm   | PG and UG     | Online |

W Workshops G Groups

Workshops and groups continued >

## WORKSHOPS AND GROUPS

| Day      | Workshops and groups  | Date   | Time and location      | Available for | Type   |
|----------|---|--|------------------------|---------------|--------|
| Tuesdays |  Improving self-esteem 2 (PRO, CBT)                                      | 5 week group, beginning 25 February            | 9.30am – 11.30am (LGR) | PG and UG     | F2F    |
|          |  Autism-friendly self-care skills (PRO)                                  | 4 week group, beginning 11 February            | 10am – 12 noon (CS1)   | PG and UG     | F2F    |
|          |  ADHD-friendly self-care skills (PRO)                                    | 4 week group, beginning 11 February            | 1pm – 3pm (CS1)        | PG and UG     | F2F    |
|          |  Managing anxiety 1: Physical symptoms                                   | 28 January and 25 February (one-off workshops) | 12 noon – 1.30pm (LGR) | PG and UG     | F2F    |
|          |  Managing anxiety 2: Mind  | 4 February and 4 March (one-off workshops)     | 12 noon – 1.30pm (LGR) | PG and UG     | F2F    |
|          |  Managing anxiety 3: Behaviour   | 11 February and 11 March (one-off workshops)   | 12 noon – 1.30pm (LGR) | PG and UG     | F2F    |
|          |  Managing anxiety: Overview  | 18 February and 18 March (one-off workshop)    | 12 noon – 1.30pm (LGR) | PG and UG     | F2F    |
|          |  Understanding low self-esteem: How it develops and how to improve it. | 11 February and 25 March (one-off workshop)    | 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   |
|-----------|---|---|--|---------------|--------|
| Wednesday | Understanding my mood: Ways to manage it better (PRO) <span style="float: right;">G</span>                      | 5 week group, beginning 5 March                                   | 2.30pm – 4.30pm (LGR)  | PG and UG     | F2F    |
|           | Improving self-esteem 1 (PRO, CBT) <span style="float: right;">G</span>   | 5 week group, beginning 29 January                                | 2.15pm – 4.15pm (LGR)  | PG and UG     | F2F    |
|           | Emotional regulation (PRO) <span style="float: right;">G</span>   | 4 week group, beginning 5 March                                   | 12noon – 2pm (LGR)   | PG and UG     | F2F    |
|           | Introduction to understanding trauma: Creating safety and connection (PRO) <span style="float: right;">W</span> | 5 February (one-off workshop)                                     | 11am – 1pm   | UG            | Online |
| Thursday  | Managing social anxiety (PRO, CBT) <span style="float: right;">G</span>   | 5 week group, beginning 20 February (session 4 is Wednesday SAPS) | Sessions Thurs: 20, 27 February, 6 and 20 March<br>2pm – 4pm (CS2)<br>Session Wed: 12 March<br>1.15pm – 2.45pm (CS2) | PG and UG     | F2F    |
|           | Understanding difficult relationships: How to spot, avoid and leave <span style="float: right;">W</span>        | 6 March   | 11am – 1pm (LGR)   | PG and UG     | F2F    |
|           | A compassionate approach to low mood <span style="float: right;">W</span>                                       | 13 March  | 12 noon – 1.30pm (CS2)   | Staff only    | F2F    |
|           | Developing skills in assertiveness <span style="float: right;">W</span>   | 27 March  | 12 noon – 1.30pm (CS2)   | PG and UG     | F2F    |
|           | Self-help for social anxiety (PRO) <span style="float: right;">W</span>   | 27 March  | 2.30pm – 4pm   | PG and UG     | Online |

W Workshops G 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)                          | 5 week group, beginning 28 February                      | 2.15pm – 4.15pm (LGR) | PG and UG     | F2F    |
|        |  Understanding and maintaining positive relationships (PRO) | 5 week group, beginning 31 January                       | 2pm – 4pm (CS2)       | PG and UG     | F2F    |
|        |  Mindfulness meditation                                   | Weekly 31 January – 4 April (one-off workshops)          | 1pm – 1.45pm (LGR)    | Staff, PG, UG | F2F    |
|        |  Managing acute and ongoing stress                        | 31 January, 28 February and 28 March (one-off workshops) | 9.30am – 10.30am      | Staff, PG, UG | Online |

 Workshops  Groups

Workshops and groups continued >

## 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, ADHD 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

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