MANCHESTER
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The University of Manchester

COUNSELLING AND MENTAL HEALTH SERVICE

WORKSHOP AND GROUP PROGRAMME
FOR STUDENTS AND STAFF

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January – April 2025

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

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)	6 January	1pm – 2pm	UG	F2F
Tuesdays	Mindfulness workshop (W)	Fortnightly, 14 January – 25 March (one-off workshops)	4.15pm-5pm	PG and UG	F2F
Wednesday	No Wednesday workshops				
Thursday	Challenging unhelpful thinking habits (W)	Fortnightly, Thursday 6 February – 3 April (one-off workshops)	3pm – 4.30pm	PG and UG	F2F
Friday	No Friday workshops				

(W) **Workshops**   (G) **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 7 for details. Online session via Teams.

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

W Workshops **G** Groups

WORKSHOPS AND GROUPS

Day	Workshops and groups	Date	Time and location	Available for	Type
Tuesdays	Improving self-esteem 2 (PRO, CBT) **(G)**	5 week group, beginning 25 February	9.30am – 11.30am (LGR)	PG and UG	F2F
	Autism-friendly self-care skills (PRO) **(G)**	4 week group, beginning 11 February	10am – 12 noon (CS1)	PG and UG	F2F
	ADHD-friendly self-care skills (PRO) **(G)**	4 week group, beginning 11 February	1pm – 3pm (CS1)	PG and UG	F2F
	Managing anxiety 1: Physical symptoms **(W)**	28 January and 25 February (one-off workshops)	12 noon – 1.30pm (LGR)	PG and UG	F2F
	Managing anxiety 2: Mind **(W)**	4 February and 4 March (one-off workshops)	12 noon – 1.30pm (LGR)	PG and UG	F2F
	Managing anxiety 3: Behaviour **(W)**	11 February and 11 March (one-off workshops)	12 noon – 1.30pm (LGR)	PG and UG	F2F
	Managing anxiety: Overview **(W)**	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. **(W)**	11 February and 25 March (one-off workshop)	2pm – 4pm	PG and UG	Online

(W) **Workshops** **(G)** **Groups**

WORKSHOPS AND GROUPS

Day	Workshops and groups	Date	Time and location	Available for	Type
Wednesday	Understanding my mood: Ways to manage it better (PRO) **G**	5 week group, beginning 5 March	2.30pm – 4.30pm (LGR)	PG and UG	F2F
	Improving self-esteem 1 (PRO, CBT) **G**	5 week group, beginning 29 January	2.15pm – 4.15pm (LGR)	PG and UG	F2F
	Emotional regulation (PRO) **G**	4 week group, beginning 5 March	12noon – 2pm (LGR)	PG and UG	F2F
	Introduction to understanding trauma: Creating safety and connection (PRO) **W**	5 February (one-off workshop)	11am – 1pm	UG	Online
Thursday	Managing social anxiety (PRO, CBT) **G**	5 week group, beginning 20 February (session 4 is Wednesday SAPS)	Sessions Thurs: 20, 27 February, 6 and 20 March 2pm – 4pm (CS2) Session Wed: 12 March 1.15pm – 2.45pm (CS2)	PG and UG	F2F
	Understanding difficult relationships: How to spot, avoid and leave **W**	6 March	11am – 1pm (LGR)	PG and UG	F2F
	A compassionate approach to low mood **W**	13 March	12 noon – 1.30pm (CS2)	Staff only	F2F
	Developing skills in assertiveness **W**	27 March	12 noon – 1.30pm (CS2)	PG and UG	F2F
	Self-help for social anxiety (PRO) **W**	27 March	2.30pm – 4pm	PG and UG	Online

W Workshops **G** Groups

WORKSHOPS AND GROUPS

Day	Workshops and groups	Date	Time and location	Available for	Type
Friday	Improving low mood with CBT (PRO) **G**	5 week group, beginning 28 February	2.15pm – 4.15pm (LGR)	PG and UG	F2F
	Understanding and maintaining positive relationships (PRO) **G**	5 week group, beginning 31 January	2pm – 4pm (CS2)	PG and UG	F2F
	Mindfulness meditation **W**	Weekly 31 January – 4 April (one-off workshops)	1pm – 1.45pm (LGR)	Staff, PG, UG	F2F
	Managing acute and ongoing stress **W**	31 January, 28 February and 28 March (one-off workshops)	9.30am – 10.30am	Staff, PG, UG	Online

W Workshops **G** Groups

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**

Scan to view the interactive map

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