



COUNSELLING AND MENTAL HEALTH SERVICE

GROUP AND WORKSHOP PROGRAMME
FOR STUDENTS AND STAFF

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Scan to view and
book workshops



September – December 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):
<https://www.library.manchester.ac.uk/training/my-learning-essentials>

These sessions will be F2F in Alan Gilbert Learning Commons.

Day	Workshops	Date	Time	Available for	Type
Mondays	Making the most of your mind: How to revise and study more effectively	24 November	1.30pm – 3pm	PG and UG	F2F
Tuesdays	Mindfulness workshop	Fortnightly, beginning 7 October – 16 December (one-off workshops)	12noon – 12.45pm	PG and UG	F2F
Wednesday	No Wednesday workshops				
Thursday	Challenging unhelpful thinking habits	Every 3 weeks, 2 October – 4 December (one-off workshops)	3pm – 4.30pm	PG and UG	F2F
Friday	No Friday workshops				

G Groups **W** Workshops










GROUPS AND WORKSHOPS

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 groups and workshops take place in the Simon Building (LGR) and Crawford House (CS1 & CS2) – see page 6 for details. Online session via Teams.

Day	Groups and Workshops	Date	Time and location	Available for	Type
Mondays	Overcoming worry (PRO, CBT) 	3 week group, beginning 10 November	11am – 1pm (LGR)	PG and UG	F2F
	Understanding trauma: Creating safety and connection (PRO) 	5 week group, beginning 10 November	2pm – 4pm (CS1)	PG and UG	F2F
	ACT on low mood 	29 September and 10 November (one-off workshops)	2pm – 3.30pm (CS1)	PG and UG	F2F
	ACT on low mood skills session (only for previous attendees of the ACT on low mood workshop) 	29 September and 10 November (one-off workshops)	3.30pm – 4pm (CS1)	PG and UG	F2F
	ACT on low mood 	20 October and 1 December (one-off workshops)	2pm – 3.30pm	PG and UG	Online
	ACT on low mood skills session (only for previous attendees of the ACT on low mood workshop) 	20 October and 1 December (one-off workshops)	3.30pm – 4pm	PG and UG	Online
	Breathwork for resilience and self-support 	Fortnightly, 29 September – 8 December (one-off workshops)	12 noon – 1pm (CS1)	Staff and students	F2F
	Introduction to understanding trauma: Creating safety and connection (PRO) 	15 December	2pm – 4pm	PG and UG	Online
	ACT on postgraduate issues 	17 November	1pm – 2.30pm (CS1)	PG	F2F








 Groups  Workshops

GROUPS AND WORKSHOPS

Day	Groups and Workshops	Date	Time and location	Available for	Type
Tuesday	Autism-friendly self-care skills (PRO) 	4 week group beginning 11 November	10am – 12 noon (CS1)	PG and UG	F2F
	ADHD-friendly self-care skills (PRO) 	4 week group beginning 11 November	1pm – 3pm (CS1)	PG and UG	F2F
	Bereavement (PRO) 	4 week group, beginning 11 November	2pm – 4pm (LGR)	PG and UG	F2F
	Managing anxiety session 1: Understanding the causes and impact of anxiety 	30 September, 14 and 28 October, 11 and 25 November, 9 December (two-part workshops)	12 noon – 1.30pm (LGR)	PG and UG	F2F
	Managing anxiety session 2: Ways to manage anxiety 	7 and 21 October, 4 and 18 November, 2 and 16 December (two-part workshops)	12 noon – 1.30pm (LGR)	PG and UG	F2F
	Understanding low self-esteem: How it develops and how to improve it 	9 December	2pm – 4pm	PG and UG	Online
Wednesday	Understanding my mood: Ways to manage it better (PRO) 	5 week group, beginning 12 November	2.30pm – 4.30pm (LGR)	PG and UG	F2F
	Improving self-esteem (PRO, CBT) 	5 week group, beginning 12 November	12 noon – 2pm (LGR)	PG and UG	F2F
	Emotional regulation (PRO) 	4 week group, beginning 12 November	2pm – 4pm (CS1)	PG and UG	F2F
	Understanding and managing intrusive thoughts 	3 December	2pm – 4pm (CS2)	PG and UG	F2F

 **Groups**  **Workshops**

GROUPS AND WORKSHOPS

Day	Groups and Workshops	Date	Time and location	Available for	Type
Thursday	 Managing social anxiety group (PRO, CBT)	4 week group, beginning 13 November	2pm – 4pm (CS2)	PG and UG	F2F
	 Improving low mood with CBT (PRO, CBT)	5 week group, beginning 13 November	2.15pm – 4.15pm (LGR)	PG and UG	F2F
	 A compassionate approach to low mood	13 November	12 noon – 1.30pm (CS2)	Staff only	F2F
	 Developing skills in assertiveness	27 November	12 noon – 1.30pm (CS2)	PG and UG	F2F
Friday	 Understanding and maintaining positive relationships (PRO)	5 week group, beginning 14 November	2pm – 4pm (CS2)	PG and UG	F2F
	 Mindfulness meditation	Weekly, 3 October – 19 December (one-off workshops)	1 pm – 1.45pm (LGR)	Staff and students	F2F
	 Managing acute and ongoing stress	3 October, 7 November and 5 December (one-off workshops)	9.30am – 10.30am	Staff and students	Online

 Groups  Workshops

How do groups and workshops help?

A lot of the work of the University of Manchester Counselling and Mental Health Service is done in groups or workshops: 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 groups and workshop 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 (MOG): Support MOG

The Counselling and Mental Health Service also supports a user-led group run by students – usually facilitators are students who have attended one of our groups, had some training and want to continue to meet.

The MOG aims to provide a supportive environment to share your difficulties and find new ways forward.

This group is not a therapy group and can't offer any individual specific help with concerns outside the remit that its group members agree. However, it is 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



Counselling and Mental Health Service

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