



Counselling and Mental Health Service

WORKSHOP AND GROUP PROGRAMME
FOR STUDENTS AND STAFF

WORKSHOP AND GROUP PROGRAMME FOR STUDENTS AND STAFF

April – June 2021

www.counsellingservice.manchester.ac.uk/workshops

Please note that all sessions will take place online via the meeting platform Zoom. Registration is required via our workshop registration form on our website. Groups marked CRO are via Counsellor-Referral Only.

Please continue to check the website throughout the term for any changes to the advertised programme.

All events are one-off sessions unless otherwise stated.

CRO = Counsellor-Referral Only CBT = Cognitive Behavioural Therapy UG = undergraduate PG = postgraduate

Mindfulness and Relaxation Weekly Drop-in sessions

Online sessions via Zoom, 12 April 2021 – 11 June 2021

	Drop-in session	Time	Available for
Mondays	No Monday sessions		
Tuesdays	Mindfulness for concentration	2pm – 2.45pm	Staff, PG and UG
Wednesday	No Wednesday sessions		
Thursdays	Learning how to relax	1pm – 1.45pm	Staff, PG and UG
Fridays	Mindfulness meditation	1pm – 1.45pm	Staff, PG and UG

Workshops and courses

Self referrals and counsellor referrals (CRO)

	Workshops and courses	Date	Time	Available for
Each morning Monday to Friday	Calm your brain	24 May – 4 June (one-off workshops – n.b. no session on 31 May as Bank Holiday)	9.30am – 10am	Staff, PG and UG
Mondays	Actively managing your mood	5 week course, starting 12 April (n.b. no session on 3rd May as Bank Holiday)	1pm – 2pm	Staff only
	Managing procrastination	12 April, 10 May (one-off workshops)	1pm – 2.30pm	PG and UG
	Reducing the stress of perfectionism	26 April, 24 May (one-off workshops)	1pm – 2.30pm	PG and UG

Workshops and courses continued >

	Workshops and courses	Date	Time	Available for
Tuesdays	Improving self-esteem (CRO, CBT)	5 week course, starting 13 April	2.15pm – 4.15pm	PG and UG
	Managing anxiety 1: Physical symptoms	13 April, 11 May (one-off workshops)	11am – 12.30pm	PG and UG
	Get prepared: strategies for managing exam stress	13 and 20 April, 4 May (one-off workshops)	1pm – 2pm	PG and UG
	Managing anxiety 2: Mind	20 April, 18 May (one-off workshops)	11am – 12.30pm	PG and UG
	Managing anxiety 3: Behaviour	27 April, 25 May (one-off workshops)	11am – 12.30pm	PG and UG
	Managing anxiety: Overview	4 May, 1 June (one-off workshops)	11am – 12.30pm	PG and UG
	Social media and mental health	27 April, 25 May (one-off workshops)	12 noon – 1pm	PG and UG
Wednesday	Coping with the COVID-19 challenge	14 April, 12 May (one-off workshops)	1pm – 2pm	Staff, PG and UG
	Understanding low self-esteem part 1: how it develops	19 May, 2 June (two-part workshops)	2pm – 3pm	PG and UG
	Understanding low self-esteem part 2: how to improve it	26 May and 9 June (two-part workshops)	2pm – 3pm	PG and UG
	Getting started: Depression Wednesday group (CRO)	Introductory session, starting 14 April	2.15pm – 4.45pm	PG and UG
	Managing low mood (CRO) Wednesday group (attendance at Getting started: Depression Wednesday group required)	4 week course, starting 21 April	2.15pm – 4.45pm	PG and UG
Thursdays	Body image awareness and empowerment	15 April, 6 May (one-off workshops)	11am – 12 noon	PG and UG
	Challenging unhelpful thinking habits	Every alternative Thursday, 15 April – 10 June (one-off workshops)	12pm – 1pm	PG and UG
	Busting low mood behaviour: one step at a time	Every alternate Thursday, 22 April – 3 June (one-off workshops)	2.30pm – 4pm	PG and UG
	Developing resilience for student life	29 April	4pm – 5pm	PG and UG
Fridays	Managing acute and ongoing stress	23 April, 7 May, 28 May (one-off workshops)	9.30am – 10.30am	Staff, PG and UG
	Self-help for social anxiety (CRO)	16 April, 14 May, 4 June (one-off workshops)	3.45pm – 4.45pm	PG and UG
	Improving low mood with CBT (CRO, CBT)	5 week course, starting 23 April	2.15pm – 4.15pm	PG and UG
	Effective communication	16 April	1pm – 2pm	PG and UG

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 counsellor you see at your first appointment may suggest you join one of our groups or workshops, or you can ask about this yourself.

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, where you will be able to gain a better understanding of your difficulties and be taught helpful skills for managing them.

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, i.e. 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 Service work.

Moving on Group (MOG), Bereavement/Loss MOG, LGBTQ+ 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 counsellor-led group that you attended

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

www.counsellingservice.manchester.ac.uk

