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| **University Counselling Service**  **Short Course, Group & Workshop Programme**  **Michaelmas Term 2020** | | |
| **RETURNING FROM INTERMISSION**  **(For Undergraduates)** |  |  |
| Self-Compassion | Wednesday 14 October  3.00 – 4.30 pm | Three workshops that address issues most commonly experienced when students are returning after intermitting.  Returning students can offer one another much support because of the similarity in their experiences.  Students are welcome to attend each of the three sessions or just the ones that are most relevant to them. |
| Time Well Spent | Wednesday 21 October  3.00 – 4.30 pm |
| Understanding & Managing Anxiety | Wednesday 28 October  3.00 – 4.30 pm |
| **WORKSHOPS** |  |  |
| Introduction to Self-Compassion | Monday 26 October  11.00 am – 12.30 pm  &  Wednesday 18 November  3.00 – 4.30 pm | The focus will be on letting go of harsh self-judgements and to develop strategies to encourage a more compassionate view of self. |
| Understanding & Managing Your Anxiety | Wednesday 4 November  1.30 – 3.00 pm  &  Tuesday 24 November  11.00 am – 12.30 pm | An opportunity to reflect on factors that lead to and maintain anxiety, and to learn ways to manage anxiety, including relaxation techniques. |
| Time Well Spent | Friday 6 November  1.30 – 3.00 pm | Identify what prevents managing time effectively and learn ways to achieve desired goals. |
| Address your Stress | Wednesday 11 November  2.00 – 3.30 pm | This interactive workshop will help you understand stress, how it becomes problematic, gain knowledge and awareness of your own stress response and what you can do about it. |
| Imposter Syndrome | Tuesday 17 November  1.30 – 3.00 pm | Ever feel not good enough, out of your depth? This workshop is designed to help you identify how you might start to overcome your thinking traps. |
| Understanding & Managing Procrastination | Wednesday 18 November  11.00 – 12.30 pm | "The avoidance of doing a task which needs to be done-postponing until tomorrow what can be done today." This workshop will help students gain an understanding of the feelings connected with procrastination. |
| Hold the Hope (a self- care workshop)  (This workshop is run over two sessions ) | Tuesday 24 November & Tuesday 1 December  3.30 – 5.00 pm | A safe space to explore self-care and coping strategies for students who have experienced any kind of sexual harassment, assault or violence, at any time in their lives. |
| Perfectionism | Tuesday 24 November  3.00 – 4.30 pm | Setting high standards can be useful, leading to high achievement and personal fulfilment. However, unrelenting high standards can also lead to perfectionism and problematic levels of stress which are ultimately unsustainable. This workshop will explore effective ways to escape the trap of perfectionism using cognitive behavioural techniques. |
| **WORKSHOPS FOR PGs** |  |  |
| Time Well Spent  **for Postgraduates** | Tuesday 10 November  3.30 – 5.00 pm | Identify what prevents managing time effectively and learn ways to achieve desired goals. |
| Improving the Relationship with your Supervisor  **for Postgraduates** | Wednesday 25 November  3.30 – 5.00 pm | Reflect on issues that impact on the supervisory relationship, including managing expectations, learning and teaching styles, assertiveness and communication. |
| **SHORT COURSES / FOCUSSED GROUPS** |  |  |
| Managing Low Mood  (4 sessions) | Friday 13 November – Friday 4 December  2.00 – 3.30 pm | Learn to cope better with low mood and how to overcome it. |
| Self Esteem  (5 sessions) | Monday 9 November – Monday 30 November  11.00 - 12.30 pm | This group will help you learn what underpins low self-esteem and new strategies to encourage a more objective perception of self. |
| Self-Compassion  (4 sessions) | Monday 9 November –Monday 30 November  3.00 – 4.30 pm | If you attended our Self-Compassion Workshop and found the ideas helpful, you may wish to apply for the opportunity to explore both theory and practice in a little more depth. |
| Learning to be Assertive  (4 sessions) | Thursday 12 November – Thursday 3 December  3.00 – 4.30 pm | For students who want to improve their ability to express themselves more openly and honestly, respecting their rights and the rights of others. |
| **COUNSELLING GROUPS** |  |  |
| Undergraduate Group  (14 sessions excluding Christmas vacation) | Tuesday 3 November –  Tuesday 1 December  (Continuing in Lent Term  19 January – 16 March 2021)  3.00 – 4.30 pm | The groups offer an opportunity to discuss with others, in a supportive environment, a range of life issues (relationships, identity, leaving home, difficulties in academic life, moving on from university, dealing with difficult feelings) and to gain an understanding of self and others. |
| Postgraduate Group  (15 sessions including Christmas vacation) | Thursday 19 November –  Thursday 17 December  (Continuing in Lent Term  7 January – 18 March)  3.30 – 5.00 pm |