

University Counselling Service

Groups and Workshops



Michaelmas Term 2023



UNIVERSITY OF
CAMBRIDGE

Groups and Workshops at UCS

All groups and workshops are led by experienced counsellors.

Groups

- Meet over a period of several weeks.
- Counselling groups offer a place where you can practise different ways of behaving in a safe and supportive environment.
- The group can offer encouragement and help in overcoming the difficulty you feel.

Workshops

- One-off events.
- Psychoeducational and experiential.
- Opportunities to learn about the topic and yourself as well as potential coping mechanisms.

How to join?

Register your interest on our website:

<https://www.studentsupport.cam.ac.uk/get-support/groups-and-workshops>



Timetables 2023

There have been some changes to how we are offering groups and workshops in the 2023/2024 academic year.

- This year, unless a date is shown, groups and workshops will initially be timetabled to a time and day of the week, not a date.
- Once enough people have registered for the group or workshop the date will be set and those registered contacted.

Undergraduate and Postgraduate groups:

- These two groups will be run as open groups.
- Students will be able to join these groups at any point throughout the year.
- They will be expected to commit to a minimum of 6 sessions.
- These groups meet weekly, with the undergraduate group running in term time only.

The timetables over the next few pages give the day of the week and times for each group or workshop as offered for the **Michaelmas term**. Along with the page number for where a description of that group or workshop can be found.

Timetable - Groups

Title	Day of the week	Time	Description On Page
Undergraduate Group (all academic year excluding vacations)	Monday	15.00 – 16.30	5
Postgraduate Group (all academic year excluding summer)	Wednesday	15.15 – 16.45	5
Learning to be Assertive Group (4 sessions)	Thursday 9 th November to 30 th November	15.00 – 16.45	6
Self-Compassion Group (4 sessions)	Friday 3 rd November to 24 th November	14.45 – 16.15	7
Improving Self-Esteem Group (5 sessions)	Wednesday 1 st November to 29 th November	15.00 – 16.45	7

Undergraduate Group

- An opportunity to address a range of 'life issues' such as relationships, identity, direction, difficulties in academic life, or to gain support over the longer term with problems which are not going to be resolved quickly.
- Supportive and nurturing environment providing an opportunity to see yourself through the eyes of others and to bring your own understanding into the group to help others.

Postgraduate Group

- An opportunity in a supportive setting to explore any issue that concerns you, whether past or present, personal or related to academic life.
- Support through the sometimes solitary experience of independent study and research.
- A space to gain insight and reflect on your thoughts and feelings, seeing yourself through the eyes of others and to bring your understanding into the group to help others.

Learning to be Assertive Group

- This is a series of four sessions that will help you to understand **how to express your needs, preferences and feelings in a way that enables you to be heard** whilst respecting yourself and others.
- The group is experiential, so you will have the opportunity to learn and try out some practical skills of assertiveness, which you can apply to everyday situations.

Bereavement Group

- A safe place to share feelings and the experience of bereavement for those who have lost someone close to them.
- To acknowledge and support the experiences of bereavement in a supportive setting.
- The focus will be on gaining a greater understanding of the processes of grief and mourning, alongside sensitive and supportive sharing of personal experiences.

Self-Compassion Group

- The group will explore the concept of compassion and how this can be of benefit to us.
- We will visit the 3 systems of affect-regulation, explore thinking loops and the ways in which our thought/feeling patterns can sometimes be unhelpful in keeping our threat system activated.
- We will also begin to develop the practice of Self-Compassion further, incorporating Mindfulness as the foundation for this practice.

Self-Esteem Group

- Do you tend to be self-critical or self-blaming?
- Do you often avoid doing things for fear of failure?
- Our self-esteem can fluctuate and be affected by events and encounters with other people. Many of us are constantly judging and evaluating ourselves, often in comparison with others
- This group will help you learn what underpins low self-esteem and new strategies to encourage a more objective perception of self.

How Art Thou? Workshop

- Difficulty expressing or finding words for your feelings?
- Would you like to develop a method that will help you better identify your emotional self?
- In this 2-session workshop you will make use of art materials to help you become more aware of what you feel. This method can alleviate symptoms of distress, help you put language on your emotions and improve your general well-being and experiencing.
- Both sessions will guide you through this method, in a supportive and relaxed atmosphere.”

Understanding & Managing Your Anxiety Workshop

- An opportunity to reflect on factors that lead to and maintain anxiety and learn new ways to manage anxiety, including relaxation techniques.

Exam Preparation Workshop

- This workshop on 'exam technique' is a skills based workshop designed to explore and share strategies/techniques/ideas to help you prepare for exams.
- Focusing on planning and preparation, revision and memory, and handling exams themselves, together with some simple relaxation exercises
- It is not subject specific.

Learning Grounding & Self-Soothing Techniques Workshop

- Do you experience overwhelming thoughts or emotions?
- Grounding and self-soothing techniques can enable you to keep present and calm. Reducing feelings of distress or anxiety.
- This workshop will go through a range of grounding and self-soothing techniques. They can be done anywhere at any time and are a useful resource to have to hand and can help to increase your resilience.

Imposter Syndrome Workshop

- Ever feel not good enough, out of your depth or like you are waiting to be found out?
- This workshop is designed to help you identify:
- Why you might feel like an Imposter
- How it might be impacting your daily life.
- What “thinking traps” might be perpetuating your Imposter Syndrome.
- How you might start to overcome your thinking traps and manage your Imposter Syndrome.

Understanding & Managing Low Mood Workshop

- Using CBT principles and techniques this workshop aims to help you to;
- Re-gain your routine, create structure and improve the balance of activities in your day.
- Reduce rumination and improve problem solving and feelings of stuckness.
- Feel less alone by being able to hear from other students who are feeling similarly.

Perfectionism Workshop

- Setting high standards can be useful, leading to high achievement and personal fulfilment. However, unrelenting high standards can also lead to procrastination and problematic levels of stress which are ultimately unsustainable.
- This workshop will explore ways to understand and escape the trap of perfectionism.

Understanding & Managing Procrastination Workshop

- "The avoidance of doing a task which needs to be done- postponing until tomorrow what can be done today."
- This workshop will help you gain an understanding of the thoughts and feelings connected with procrastination and explore ways to address the behaviour.

Introduction to Self-Compassion Workshop

- Find yourself being self-critical? Negatively comparing yourself to others? Blame yourself for things you are not responsible for?
- The ideas of Self Compassion are evidence based and promote the concept of being self-compassionate as a healthier way to relate to ourselves.
- The focus will be on letting go of harsh self-judgments and criticism and to develop strategies to encourage a more compassionate view of self.

A Good Night's Sleep Workshop

- Having problems sleeping?
- In this workshop we will discuss common sleep difficulties with practical strategies for how to overcome them.
- Based on CBT principles and using CBT techniques, the aim of the workshop is to help you be better equipped and more confident in knowing how to achieve a good night's sleep.

Address your Stress Workshop

- Are you stressed?
- 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.
- Using a cognitive behavioural approach you will learn how to reduce stress by using better coping strategies and look at stress in a whole new light.

Time Well Spent Workshop

- An opportunity to think about how to get time to work for you.
- Identifying what prevents you from managing your time effectively and learn ways to achieve desired goals.
- To identify the main difficulties that people experience and link them to possible emotional components.
- This is an interactive workshop, where people are invited to understand their own particular difficulties, to find out about useful strategies and think about how to put these and some new tools into practice.

How to Get the Best Out of Your Supervisory Relationship Workshop

- We will look at what can contribute to making the relationship between a postgraduate student and their supervisor a successful one.
- We will cover the common difficulties by looking at: managing expectations; developing awareness of personal relationship styles; and developing assertive communication skills.
- It is an opportunity to increase your understanding of your own difficulties and think about new ways of managing them through sharing experiences.

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