WHAT IS GROUP COUNSELLING?

Group counselling is a form of therapy where people with similar experiences/challenges come together with a professional counsellor. The counsellor runs the group but generally everyone contributes in some way, either by listening to others and/or talking themselves. One of the main benefits from attending a group is that students will not feel alone in facing their problems and can benefit from having a shared experience.

The SCC offers many different groups which have been developed specifically for the needs of University of Manitoba students. Our groups are free and available only to University of Manitoba students. Be one of the many students who experience the benefits of being part of a SCC group.

MONDAY

RELATIONSHIPS WTF: WHY THEY’RE FRUSTRATING
(1:30 PM - 3:30 PM)

Who this group is for: Anyone who is feeling frustrated with family, friends, co-workers, or a romantic partner and anyone having difficulty relating to them, communicating, or getting along. It is also a great for anyone who would like to improve relationships that are going well.

Topics covered: Learning what four empirically derived behaviors are a part of research that can predict relationship stability and satisfaction with over 90% accuracy & how to identify and manage them.

Who this group is for: This open group series is for students who would like to learn strategies for managing depression and anxiety.

Preregistration is required for each group topic. This is an open group series, which means that students can attend as many of the group topics as they desire.

**Students are expected to show up on time for each session. Students arriving late will not be able to join the session.

Group Topics:
1. Enhancing Self-Esteem (CBT Session)
   Learn a tool for examining biased expectations and increasing self-esteem.
   (Jan 6, Feb 3, Mar 9, Apr 6, May 4, Jun 1, Jun 29)

2. Knowing and Liking Myself (ACT Session)
   Learn tools for exploring your personal values and how they impact your thoughts, feelings and behaviours.
   (Jan 13, Feb 10, Mar 16, Apr 13, May 16, Jun 8, Jul 6)

3. Approaching My Fears (CBT Session)
   Learn how to desensitize yourself to your fears and worries through development of an anxiety exposure hierarchy.
   (Jan 20, Feb 24, Mar 23, Apr 20, May 18, Jun 15, Jul 13)

4. Activities Scheduling (BA Session)
   Learn to schedule meaningful activities in to your life to promote physical and psychological health.
   (Mar 2, Mar 30, Apr 27, May 25, Jun 22, Jul 20)

TUESDAY

PAY ATTENTION! (1:00 PM - 3:00 PM)

Who this group is for: Any students who have been diagnosed with Attention Deficit/Hyperactivity Disorder (ADHD) or suspect that they have attention related difficulties.

Pre-registration is required for each group topic. Although, students are encouraged to attend all sessions of the group, the group is an open group series, which means students can attend as many of the group topics as they desire.

Students will explore the ways their attention issues impact their lives and learn ways to cope with these difficulties. Each session will target specific areas of concern that are common among students who have attention difficulties.

Group Topics:
1. Managing My Attention and Focus (Mar 10)

2. Organizing Myself and My Time (Mar 17)

3. Managing My Distracting and Negative Thoughts (Mar 24)

4. Improving My Self-Esteem and Social Connections (Mar 31)
Mastery of Anxiety & Worry (1:30PM-3:30PM)
Who this group is for: Students whose lives are being disrupted by anxiety and/or worry.
Topics covered: This group will focus on proven strategies for helping people decrease, and be less disrupted by, anxiety and worry.
What you will learn: The group will include learning different strategies with a focus on negative and worried thinking as well as changing troublesome behaviour. Students will be encouraged to work on goals between sessions to practice new skills and begin to manage anxiety.
* This is a 5-session group and is closed to new participants after the second session.
Approximately 6 to 10 students attend this group.
(Feb 28 - Mar 27)

Loss and Grief Support for Students (1:00PM-2:00PM)
This group is for: students who have lost a loved one through death.
Students will learn: that their emotional experiences arising from the loss of a loved one are meant to be supported in community and not endured in isolation; that a group can provide a safe forum for discussing the realities of loss and grief and a means to find comfort, resources, and hope.
Sessions: Loss and Grief Support takes place in accordance with student need and availability. Students interested in this service may register and the counsellor who facilitates the sessions will be in touch via email to ascertain best days and times for the majority. Sessions will be one hour in duration.
(TBA)

Enneagram: Understanding Your Personality and Enhancing Your Life (10:00 AM-12 NOON)
Who this group is for: Any students who want to learn more about their personality and learn tools to cope more effectively mentally, emotionally or physically.
Topics covered: The Enneagram is one of the most ancient methods to discover one personality type. The enneagram consists of three centres (mind, body & heart) which identify the person’s major psychological orientation to the world and the way one interacts with it.
Students will discover their main personality centre and learn specific techniques to improve their life.
(Feb 28, Mar 6, Mar 13)

Considering Attending a SCC Workshop?
A SCC workshops are single-session events that you can attend, in most cases, without prior registration. Our workshops usually focus on education and skill development. Workshops offered for the Fall of 2019/2020 are listed below. For more information, check our website or the SCC Workshop Brochure.

Communication and Conflict: Skills to Build Positive Relationships and Improve your Relationships with Others
Learning to Cope Series
Mid-Day Mindfulness (Helen Glass)
Mid-Day Mindfulness (474 University Centre)
Empowerment Workshop Series
The Wellness Series
Befriending Emotions
Capacity Building Workshop
Stress Management
Workshop Series for Women

Location of all groups and workshops are held at 474 University Centre unless otherwise stated.

Register for a Group by Contacting:
Student Counselling Centre
474 University Centre
204-474-8592
umanitoba.ca/student/counselling

SCC groups are offered by or under the supervision of professional staff at the Student Counselling Centre.

View all groups on-line:
https://eventscalendar.umanitoba.ca/siterecords/studentaffairs/