Counselling & Disability Services

Group Program Semester 2

STAFF & STUDENTS
Counselling & Disability Services
Group Program Semester 2 - 2013

Counselling & Disability Services
Group Program Semester 2

STAFF
Staff

Please be aware:
Some workshops are multi session workshops that require your commitment to attend all sessions!

<table>
<thead>
<tr>
<th>Topic</th>
<th>No of sessions</th>
<th>Dates</th>
<th>Time</th>
<th>Registration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mindfulness Based Stress Management (MBSM) (T)</td>
<td>8 x 2hrs</td>
<td>8&lt;sup&gt;th&lt;/sup&gt; August - 26&lt;sup&gt;th&lt;/sup&gt; September</td>
<td>Thursdays 12-1.30pm</td>
<td>Enquiries <a href="mailto:r.gerlach@curtin.edu.au">r.gerlach@curtin.edu.au</a></td>
</tr>
<tr>
<td>Relaxation</td>
<td>8 x 1.0hr</td>
<td>Tuesdays</td>
<td></td>
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<tr>
<td>R1</td>
<td>1</td>
<td>20&lt;sup&gt;th&lt;/sup&gt; August</td>
<td>12-1pm</td>
<td>Bookings open 13&lt;sup&gt;th&lt;/sup&gt; August</td>
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<tr>
<td>R2</td>
<td>1</td>
<td>27&lt;sup&gt;th&lt;/sup&gt; August</td>
<td>12-1pm</td>
<td>Bookings open 20&lt;sup&gt;th&lt;/sup&gt; August</td>
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<tr>
<td>R3</td>
<td>1</td>
<td>10&lt;sup&gt;th&lt;/sup&gt; September</td>
<td>12-1pm</td>
<td>Bookings open 3&lt;sup&gt;rd&lt;/sup&gt; Sept</td>
</tr>
<tr>
<td>R4</td>
<td>1</td>
<td>17&lt;sup&gt;th&lt;/sup&gt; September</td>
<td>12-1pm</td>
<td>Bookings open 10&lt;sup&gt;th&lt;/sup&gt; Sept</td>
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<tr>
<td>R5</td>
<td>1</td>
<td>24&lt;sup&gt;th&lt;/sup&gt; September</td>
<td>12-1pm</td>
<td>Bookings open 17&lt;sup&gt;th&lt;/sup&gt; Sept</td>
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<tr>
<td>R6</td>
<td>1</td>
<td>1&lt;sup&gt;st&lt;/sup&gt; October</td>
<td>12-1pm</td>
<td>Bookings open 24&lt;sup&gt;th&lt;/sup&gt; Sept</td>
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<tr>
<td>R7</td>
<td>1</td>
<td>8&lt;sup&gt;th&lt;/sup&gt; October</td>
<td>12-1pm</td>
<td>Bookings open 1&lt;sup&gt;st&lt;/sup&gt; Oct</td>
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<tr>
<td>R8</td>
<td>1</td>
<td>22&lt;sup&gt;nd&lt;/sup&gt; October</td>
<td>12-1pm</td>
<td>Bookings open 15&lt;sup&gt;th&lt;/sup&gt; Oct</td>
</tr>
<tr>
<td>Disability Awareness</td>
<td>1</td>
<td>Wednesday 28&lt;sup&gt;th&lt;/sup&gt; August</td>
<td>10-12pm</td>
<td>Bookings open 21&lt;sup&gt;st&lt;/sup&gt; August</td>
</tr>
<tr>
<td>Levelling the Playing Field for Students with Disabilities</td>
<td>1</td>
<td>Wednesday 4&lt;sup&gt;th&lt;/sup&gt; September</td>
<td>10-12pm</td>
<td>Bookings open 28&lt;sup&gt;th&lt;/sup&gt; August</td>
</tr>
<tr>
<td>Presentation Anxiety</td>
<td>1</td>
<td>Friday 30&lt;sup&gt;th&lt;/sup&gt; August</td>
<td>1-4pm</td>
<td>Bookings open 23&lt;sup&gt;rd&lt;/sup&gt; August</td>
</tr>
<tr>
<td>Topic</td>
<td>No of sessions</td>
<td>Dates</td>
<td>Time</td>
<td>Registration</td>
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<tr>
<td><strong>Mindfulness Based Conflict Response (MBCR)</strong></td>
<td>8</td>
<td>10&lt;sup&gt;th&lt;/sup&gt; September-29&lt;sup&gt;th&lt;/sup&gt; October</td>
<td>Tuesdays 4-6pm</td>
<td>Enquiries <a href="mailto:emily.musgrove@curtin.edu.au">emily.musgrove@curtin.edu.au</a></td>
</tr>
<tr>
<td>“Sleep More Feel Better”</td>
<td>1</td>
<td>Friday 30&lt;sup&gt;th&lt;/sup&gt; August</td>
<td>10-12pm</td>
<td>Bookings open 23&lt;sup&gt;rd&lt;/sup&gt; August</td>
</tr>
<tr>
<td><strong>Retirement</strong></td>
<td>1</td>
<td>Thursday 5&lt;sup&gt;th&lt;/sup&gt; December</td>
<td>2-5pm</td>
<td>Bookings open 28&lt;sup&gt;th&lt;/sup&gt; November</td>
</tr>
<tr>
<td><strong>Mental Health First Aid (MHFA)</strong></td>
<td>Participants must attend the 2 days to gain certificate</td>
<td>Thurs/Friday 3&lt;sup&gt;rd&lt;/sup&gt; &amp; 4&lt;sup&gt;th&lt;/sup&gt; October</td>
<td>8.30am-4.30pm (Both days)</td>
<td>Bookings open 18&lt;sup&gt;th&lt;/sup&gt; September</td>
</tr>
</tbody>
</table>

Some Groups/Workshops may incur a fee. Please go to our website listed below for further information.

If attending a Therapeutic group (T next to workshop name) that requires a prior assessment, payment will need to be received after confirmation of entry to that group.

Payments are non-refundable (Please see policy on CDS website).

Go online to book at [http://unilife.curtin.edu.au/health_wellbeing/GroupProgramsForStaff.htm](http://unilife.curtin.edu.au/health_wellbeing/GroupProgramsForStaff.htm)

Click on “Topic” for more detailed information and book by clicking on “Book Here” (last column)
Relaxation and Mindfulness

Stress and worry can lead to physical tension in the body as well as physical and emotional un-wellness. Relaxation is a good antidote and it’s a skill that can be learned. Relaxation increases wellbeing and helps us to manage stress. Over eight weeks we will be offering some different methods of relaxation. Come along and enjoy some or all of these sessions to find a method that best works for you.

Time: 12.00-1.00pm

Please arrive on time as latecomers will not be accepted in order to minimise the disruption to other participants. Thank you for your understanding.

Mindfulness- Based Stress Management (MBSM)

The MBSM program is designed for people who have experienced difficulty in managing stress and/or are interested in developing some mindfulness techniques to prevent or better manage stressful situations in future.

Participants meet together as a class for 8 weekly 1.5 hour classes. The main ‘work’ of the program is done at home between classes, using CDs with guided meditations that support participants' developing practice outside of class.

It is essential that participants make a commitment to practice the guided meditation exercises daily so you need to consider this before registering your interest. Also, a brief discussion with one of the facilitators is a pre-requisite for beginning the program to determine whether this program fits your particular goals and/or circumstances.

Please contact r.gerlach@curtin.edu.au to arrange a pre-group screening assessment.
Mindfulness Based Conflict Response

The MBCR program is designed for people who have experienced difficulty in managing conflict and are interested in developing some skills to prevent or better manage conflict in the future. The practice of mindful conflict management allows you to pay attention to the present moment on conflict, recognising your conflict pattern, behaviour and conflict response with an attitude of openness and non-judgement. It will help you identifying your automatic response with an attitude of curiosity towards your perceptions and then working more skilfully with discomfort, frustration, anger, and worry, emotions that automatically occur when not feeling comfortable in conflict.

In the MBCR program, participants meet together as a class (with two facilitators) for 8 weekly 2-hour classes. The main 'work' of the program is done at home between classes, using CDs with guided meditations that support participants' developing practice outside of class. In each class, you have an opportunity to talk about your experiences with the home practices, the obstacles that inevitably arise, and how to deal with them skilfully. Each class is organized around a theme that is explored through both group inquiry and mindfulness practice.

It is essential that participants make a commitment to practice the 45-minute guided meditation exercises daily so you need to consider this before registering your interest. Also, a brief discussion with one of the facilitators is a pre-requisite for beginning the program to determine whether it fits your particular goals and/or circumstances. Information shared by participants in the pre-group meeting and classes will remain confidential.

Staff must commit to attending all sessions.

Please contact m.musgrove@curtin.edu.au to arrange a pre-group screening assessment.
Levelling the Playing Field for Students with Disabilities

This group is aimed at assisting academic staff to support students with disabilities. The group will include case studies and examples of reasonable adjustment to assist students to access their course. Disability processes, including Curtin Access Plans, will be explained and discussed. Staff are welcome to bring their own case studies to the group (de-identified to ensure confidentiality) for discussion.

Sleep More, Feel Better!

Do you toss and turn each night unable to fall asleep? Do you lie awake at night worrying about all the things you have to do? Do you wake up feeling tired and irritable? Do you have to take substances during the day to keep you awake to do your work? Do you find it difficult to concentrate during the day?

If you answered “yes” to any of these questions, you are not alone, as sleep difficulties are a common problem among many people. If you would like to change this pattern, come along to our workshop to improve your understanding of the typical patterns of sleep. We will also focus on learning some effective, practical ways to improve the quality and quantity of your sleep, so that you can feel better and improve your overall wellbeing.

“The good life” – Preparing for Retirement

Retirement - A New Direction in Life:

You may have done some financial planning for retirement, but what other planning should you do?

This workshop will highlight factors other than financial planning necessary for a happy retirement including selecting appropriate retirement activities and strategies for adjusting to retirement. Issues to be covered include:

- That successful retirement requires planning;
- That planning involves an examination of current work and personal circumstances;
- That stress is an inevitable part of change;
That stress is reduced if change is incremental;
Successful ageing requires engagement in social activities that are meaningful and include a healthy balanced lifestyle.

Hypothetical cases will be presented and participants will have the opportunity to discuss these cases and interact with other participants and the presenters.

Disability Awareness: Demystifying the process

Ever felt confused or unsure about how to handle disability matters when they arise? Or how they affect your role at Curtin? This session is run by Disability Counsellors for Curtin staff who would like to know more about working with students with disabilities. Feel free to come along and ask a question you have always wanted to ask.

The session will include:
- information about disability
- relevant Curtin policies and disability legislation
- making ‘reasonable adjustments’ including alternative fieldwork and examination arrangements
- case studies and an opportunity for discussion/Q & A.

“Cool, calm & collected” - Dealing with Presentation Anxiety

Do you have concerns about doing presentations in front of your fellow colleagues? Many roles units require you to carry out presentations as part of the job. For some, this can be a source of anxiety. While we can’t eliminate anxiety, we can learn to bring it down to a level that actually enhances our presentation skills. These sessions will help you understand what causes presentation anxiety, and provide you with a range of strategies to manage public speaking situations.
Mental Health First Aid

Mental Health First Aid (MHFA) is a 12 hour course conducted over 2 days, teaching people how to provide initial support to someone experiencing a mental health crisis or developing a mental illness. Participants will receive a course manual and a certificate on completion of the course.

The MHFA program is based at the Orygen Youth Health Research Centre at the University of Melbourne. It has been well evaluated and is now run across Australia and internationally. Training is provided by accredited MHFA instructors. This is the first time the course has been offered at Curtin.

Crisis situations covered include:
- Suicidal behaviours
- Acute stress reaction
- Panic attacks
- Acute psychotic behaviour

Mental health problems covered include:
- Depression
- Anxiety disorders
- Psychosis
- Substance use disorder

For more information see the MHFA website: www.mhfa.com.au

Please note this course is 2 FULL days- you MUST complete both days to receive an attendance certificate.

Please Note: This course can be used for PD points for various professions. Please check the MHFA website for further details.
Counselling & Disability Services
Group Program Semester 2

STUDENTS
Student

Most workshops are multi session workshops that require your commitment to attend all sessions!

<table>
<thead>
<tr>
<th>Topic</th>
<th>No of sessions</th>
<th>Dates</th>
<th>Time</th>
<th>Bookings open</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Feel Better in Connecting with Others</strong></td>
<td>8</td>
<td>Tuesdays 10(^{th}) Sept-29(^{th}) Oct</td>
<td>10.00-12.00pm</td>
<td>Enquiries to <a href="mailto:magdalena.goryczko@curtin.edu.au">magdalena.goryczko@curtin.edu.au</a></td>
</tr>
<tr>
<td><strong>Relaxation</strong></td>
<td></td>
<td>Tuesdays</td>
<td></td>
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<tr>
<td>R1</td>
<td>1</td>
<td>20(^{th}) Aug</td>
<td>12-1pm</td>
<td>Bookings open 13(^{th}) August</td>
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<tr>
<td>R2</td>
<td>1</td>
<td>27(^{th}) Aug</td>
<td>12-1pm</td>
<td>Bookings open 20(^{th}) August</td>
</tr>
<tr>
<td>R3</td>
<td>1</td>
<td>10(^{th}) Sept</td>
<td>12-1pm</td>
<td>Bookings open 27(^{th}) August</td>
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<tr>
<td>R4</td>
<td>1</td>
<td>17(^{th}) Sept</td>
<td>12-1pm</td>
<td>Bookings open 3(^{rd}) Sept</td>
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<tr>
<td>R5</td>
<td>1</td>
<td>24(^{th}) Sept</td>
<td>12-1pm</td>
<td>Bookings open 10(^{th}) Sept</td>
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<tr>
<td>R6</td>
<td>1</td>
<td>1(^{st}) Oct</td>
<td>12-1pm</td>
<td>Bookings open 17(^{th}) Sept</td>
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<tr>
<td>R7</td>
<td>1</td>
<td>8(^{th}) Oct</td>
<td>12-1pm</td>
<td>Bookings open 24(^{th}) Sept</td>
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<tr>
<td>R8</td>
<td>1</td>
<td>22(^{nd}) Oct</td>
<td>12-1pm</td>
<td>Bookings open 15(^{th}) Oct</td>
</tr>
<tr>
<td><strong>“Dancing on the Fence” (Bisexuality</strong></td>
<td>8</td>
<td>Mondays 26(^{th}) August-14(^{th}) Oct</td>
<td>3-5pm</td>
<td>Enquiries to <a href="mailto:d.morley@curtin.edu.au">d.morley@curtin.edu.au</a></td>
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<tr>
<td><strong>Discussion Group)</strong></td>
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<tr>
<td><strong>Mindfulness Based Cognitive Therapy</strong></td>
<td>8</td>
<td>Wednesdays 28(^{th}) Aug-16(^{th}) Oct</td>
<td>10-12pm</td>
<td>Enquiries to <a href="mailto:j.booker@curtin.edu.au">j.booker@curtin.edu.au</a></td>
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<tr>
<td><strong>(MBCT)</strong></td>
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### Counselling & Disability Services
**Group Program Semester 2 - 2013**

<table>
<thead>
<tr>
<th>Event Description</th>
<th>Date</th>
<th>Time</th>
<th>Booking Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>“Sleep More, Feel Better”</strong></td>
<td>6th Sept</td>
<td>12-2pm</td>
<td>Bookings open 30th August</td>
</tr>
<tr>
<td><strong>Presentation Anxiety</strong></td>
<td>12th September</td>
<td>2-5pm</td>
<td>Bookings open 5th September</td>
</tr>
<tr>
<td><strong>“Freaking out about exams”- Exam Anxiety</strong></td>
<td>5th November</td>
<td>1-4pm</td>
<td>Bookings open 29th October</td>
</tr>
<tr>
<td><strong>A Better Deal! Supporting Future Clients with Mental Health Issues</strong></td>
<td>17th October</td>
<td>9-4pm</td>
<td>Bookings open 3rd October</td>
</tr>
<tr>
<td><strong>International Students Support Group</strong></td>
<td>15th, 22nd, 29th Aug, 12th Sept</td>
<td>10-12pm</td>
<td>Enquiries to <a href="mailto:louise.tay@curtin.edu.au">louise.tay@curtin.edu.au</a></td>
</tr>
<tr>
<td><strong>Finding Equality in your Relationships</strong></td>
<td>14th Oct- 18th Nov</td>
<td>9-11am</td>
<td>Enquiries to <a href="mailto:angela.rogers@curtin.edu.au">angela.rogers@curtin.edu.au</a></td>
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</tbody>
</table>

Workshops are free for students with the Exception of “A Better Deal!” which incurs a $25 fee for a full day training with certificate on completion.


Click on “Topic” for more detailed information and book by clicking on “Book Here”
Relaxation

Stress and worry can lead to physical tension in the body as well as physical and emotional un-wellness. Relaxation is a good antidote and it’s a skill that can be learned. Relaxation increases wellbeing and helps us to manage stress. Over five weeks we will be offering some different methods of relaxation. Come along and enjoy some or all of these sessions to find a method that best works for you.

Time: 12.00-1.00pm

Please arrive on time as latecomers will not be accepted in order to minimise the disruption to other participants. Thank you for your understanding.

Sleep More, Feel Better!

Do you toss and turn each night unable to fall asleep? Do you lie awake at night worrying about all the things you have to do? Do you wake up feeling tired and irritable? Do you have to take substances during the day to keep you awake to do your work? Do you find it difficult to concentrate on study?

If you answered “yes” to any of these questions, you are not alone, as sleep difficulties are a common problem among many people. If you would like to change this pattern, come along to our workshop to improve your understanding of the typical patterns of sleep. We will also focus on learning some effective, practical ways to improve the quality and quantity of your sleep, so that you can feel better and get improved results in your studies.
Bisexuality Discussion Group:
Dancing on the Fence!

This is a discussion group for people who identify as (or think their sexuality might be) **bisexual, pansexual, omnisexual, fluid, queer, demisexual, are attracted to more than one gender, or just prefer not to label their sexuality.** It will be a safe place to explore the issues people might be facing while trying to live their life authentically in a world that wants to put everything into categories. It will be an opportunity to explore the dimensions of being attracted to more than one gender in our culture - the pressures, challenges, and joys - with other like-minded people. The group is open to Curtin students of all genders.

There will be 8 sessions over 8 weeks which will cover issues like identity and labelling, sexual attraction, heteronormativity and myths, homophobia and biphobia, invisibility, disclosing, family, friends, partners, social scenes, staying safe and taking care of self, joys, strengths, and role models.

The group will be facilitated by 2 counsellors who have extensive experience working in the field of sexuality and sexual health and are passionate about celebrating diversity in sexuality.

If you are interested, contact Leeanne Purdom or Davina Morley for further information and to discuss whether this group is right for you.

Phone: 9266 7850

d.morley@curtin.edu.au

l.purdom@curtin.edu.au
Mindfulness Based Cognitive Therapy for Depression

This group is designed for people who have had at least one episode of depression and are interested in developing some skills to prevent or better manage future episodes.

The practice of mindfulness meditation allows you to pay close attention to the present moment, noting your thoughts, feelings and body sensations with an attitude of curiosity and non-judgment. This non-reactive stance on your experience creates the possibility of working more wisely with sadness, fear and worry, emotions that are central to the experience of depression.

In the MBCT program, participants meet together as a class (with two facilitators) for 8 weekly 2-hour classes. The main 'work' of the program is done at home between classes, using CDs with guided meditations that support participants' developing practice outside of class. In each class, you have an opportunity to talk about your experiences with the home practices, the obstacles that inevitably arise, and how to deal with them skilfully. Each class is organized around a theme that is explored through both group inquiry and mindfulness practice.

It is essential that participants make a commitment to practice the 45-minute guided meditation exercises daily so you need to consider this before registering your interest. Also, a brief discussion with one of the facilitators is a pre-requisite for beginning the program to determine whether it fits your particular goals and/or circumstances. Information shared by participants in the pre-group meeting and classes will remain confidential.

Please contact (j.booker@curtin.edu.au) to discuss attending an assessment session to determine suitability and provide further information about the group.
‘Cool, calm & collected’ - Dealing with Presentation Anxiety

Do you have concerns about doing class presentations in front of your fellow students? Many Curtin units require you to carry out a class presentation as part of the course. For some students, this can be a source of high levels of anxiety. While we can’t eliminate anxiety, we can learn to bring it down to a level that actually enhances our presentation skills. These sessions will help you understand what causes presentation anxiety, and provide you with a range of strategies to manage public speaking situations.

“Freaking out about exams?” - Managing Exam Anxiety

Do you have high levels of anxiety about doing major exams? Most Curtin units require you to attend and pass major tests or exams as part of the course. For some students, this can be a source of high levels of anxiety. But an appropriate level of anxiety can also enhance your performance. These sessions will help you learn what triggers the anxiety, and what you can do to bring it down to a functional level.

A Better Deal! Supporting Clients with Mental Health Issues

How confident do/will you feel when encountering a client with a mental health issue? Do you worry about saying the wrong thing or making the situation worse? Would you know who to call and where to get help?

Speaking with clients with mental health concerns can be a daunting experience. Come along to our workshop to learn helpful practical skills while increasing your understanding in supporting such clients. During the workshop we’ll explore what we need to know about mental health, what we need to do when dealing with distressed clients, where to go for help and we’ll also we’ll learn how to manage these situations in the best interests of the client as well as ourselves.
International Student Support Group

This support group is open to all International students. Whether you are newly arrived to Perth, or have been in the country for a few years, this group may be helpful in addressing your adjustment to the Australian way of life. This group will run for four weeks and will be a safe space to discuss issues, meet others and learn new skills and celebrate who you are in a new environment and different culture. If you are interested in finding out more about this group, please email or ring Louise or Jo-ann for a chat.

Email: louise.tay@curtin.edu.au, j.naidu@guild.curtin.edu.au
Tel: +61 9266 7850 (Louise) or +61 9266 2900 (Jo-Ann)

Finding Equality in our Relationships

Each of us enters into romantic relationships with ideas about what we want based on family values, what we’ve seen in the media, and our own past relationship experiences. We strive to be in a happy healthy relationship but sometimes it is difficult to know what this looks like. Sometimes we are aware that something is not right; we might feel fearful, isolated, belittle and guilty for our relationship issues. The group is for women who are experiencing these emotions. The group will run for six weeks and will explore healthy and unhealthy relationships. It will be a safe place to explore relationship issues, signs of a healthy relationship and what we can do if we decide we are in an unhealthy relationship. If you are interested in finding out more about this group please email or ring Angela or Melanie for a chat.

Email: angela.rogers@curtin.edu.au, m.turner@curtin.edu.au
Tel: 9266-7850