Counselling & Disability Services
Group Program Semester 1, 2015
STUDENTS
**Student**

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

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### Counselling & Disability Services

**Students Group Program**  
**Semester 1 – 2015**

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>Enquiries to</th>
</tr>
</thead>
<tbody>
<tr>
<td>Screening event ‘The Connection’</td>
<td>1</td>
<td>6th March</td>
<td>RSVP to <a href="mailto:r.gerlach@curtin.edu.au">r.gerlach@curtin.edu.au</a></td>
<td></td>
</tr>
<tr>
<td>Anxiety Skills Group</td>
<td>6</td>
<td>21st April &amp; 26th May</td>
<td>Tuesdays 1-2pm</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>Bisexuality Discussion Group</td>
<td>8</td>
<td>21st April &amp; 9th June</td>
<td>Tuesdays 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>MBCT (Mindfulness Based Cognitive Therapy)</td>
<td>8</td>
<td>13th April &amp; 1st June</td>
<td>Mondays 3.30-5.30pm</td>
<td>Enquiries to <a href="mailto:r.gerlach@curtin.edu.au">r.gerlach@curtin.edu.au</a></td>
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<tr>
<td>Relaxation</td>
<td>8 x 1.0hr</td>
<td>Mondays</td>
<td></td>
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<tr>
<td>R1</td>
<td>1</td>
<td>23rd March</td>
<td></td>
<td>Bookings open 16th March</td>
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<tr>
<td>R2</td>
<td>1</td>
<td>30th March</td>
<td></td>
<td>Bookings open 23rd March</td>
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<tr>
<td>R3</td>
<td>1</td>
<td>20th April</td>
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<td>Bookings open 13th April</td>
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<tr>
<td>R4</td>
<td>1</td>
<td>4th May</td>
<td></td>
<td>Bookings open 27th April</td>
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<tr>
<td>R5</td>
<td>1</td>
<td>11th May</td>
<td></td>
<td>Bookings open 4th May</td>
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<tr>
<td>R6</td>
<td>1</td>
<td>18th May</td>
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<td>Bookings open 11th May</td>
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<tr>
<td>R7</td>
<td>1</td>
<td>25th May</td>
<td></td>
<td>Bookings open 18th May</td>
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CRICOS Provider Code 00301J (WA), 02637B (NSW)  
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<table>
<thead>
<tr>
<th>Workshop</th>
<th>Date</th>
<th>Time</th>
<th>Details</th>
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<tbody>
<tr>
<td>R8</td>
<td>1st June</td>
<td></td>
<td>Bookings open 25th May</td>
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<tr>
<td>Self-Care at Uni</td>
<td>30th March</td>
<td>Monday 2-4pm</td>
<td>Bookings open 23rd March</td>
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<tr>
<td>The Difference</td>
<td>24th March</td>
<td>Tuesday 1.30-3.30pm</td>
<td>Bookings open 17th March</td>
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<tr>
<td>Exam Anxiety</td>
<td>27th May</td>
<td>Wednesday 1-4pm</td>
<td>Bookings open 20th May</td>
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<tr>
<td>Procrastination</td>
<td>25th March</td>
<td>Wednesday 9-12pm</td>
<td>Bookings open 18th March</td>
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<tr>
<td>Sleep More, Feel Better</td>
<td>21st April</td>
<td>Tuesday 9-11am</td>
<td>Bookings open 14th April</td>
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<tr>
<td>Assertive Communication</td>
<td>30th April</td>
<td>Thursday 10-12pm</td>
<td>Bookings open 23rd April</td>
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<tr>
<td>Sharing Affection, not Infection</td>
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<td></td>
<td>Enquiries to <a href="mailto:Catherine.eliot@curtin.edu.au">Catherine.eliot@curtin.edu.au</a></td>
</tr>
<tr>
<td>Freeze up, Freak out or Fail (Fieldwork Support Group)</td>
<td>26th March</td>
<td>Thursday 3-6pm</td>
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Discover the power you have to change your mind and change your health.

The Connection is a feature documentary revealing the ground breaking research by world leading experts in mind body medicine and true stories of recovery. For further information please go to https://www.theconnection.tv/

RSVP: R.Gerlach@curtin.edu.au.
Please RSVP your attendance by Thursday, 5 March.
Early responses are appreciated.

Counselling will also provide information about Mindfulness-Based Programs at CDS after screening this documentary.
Stress and Anxiety Skills Group

We all experience stress and anxiety but sometimes it gets so high that it starts to interfere with our lives in different ways. It can interfere with our sleep, our eating habits and our relationships as well as our capacity to concentrate on and complete our studies.

This 6-week group is designed to teach participants some practical skills in calming down their mind and body so that they can do the things they normally do. Each one-hour session will focus on a different skill with time for participants to practice the skill and investigate how it works for them. At the end of the program, participants will have a range of skills at their disposal that they can use to calm their mind and body at the times when they really need it.

Enquiries to j.booker@curtin.edu.au

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 or 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.
In the MBCT program, participants meet together as a class for 8 weekly 2.5 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. 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 (r.gerlach@curtin.edu.au) to discuss attending an assessment session to determine suitability and provide further information about the group.
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 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.

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

The Difference  International Student Support Group

Studying in another country is an experience that you will never forget. What is the difference? Is it the food, culture, experience, language/lingo or more? How about putting it all together that makes this journey your unique own! Whether you are new to Perth or have been in the country for a few years, this meet and greet group may help to enhance your experience in Australia.

This two hour session will be a space for meeting with other International students, celebrating your culture and background and sharing some tips on making the difference work.

Email: louise.tay@curtin.edu.au
Tel: +61 9266 7850 (Louise)

‘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.

Self- Care at Uni
Enquires to m.turner@curtin.edu.au

“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.

‘Just do it – easier said than done’ - Overcoming Procrastination

Does doing the vacuuming and cleaning suddenly become more appealing when you should be studying or working on your assignments? Find yourself putting off studying because you feel stressed at the thought of doing all that work? Or, do you put off studying because you think "there's plenty of time" and "I work best under pressure"? Ultimately, putting off your study means that you end up working under stressful conditions.

Everyone procrastinates to some extent. Many students find that they are able to put off studying and then make up for this towards the end of the semester. Procrastination becomes a problem when it has a negative impact on your
performance. In this workshop, we explore the factors that impact on procrastination. We also focus on developing new skills to help manage your procrastination.

**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.

‘Have your say and feel good about it’ – Assertive Communication

Do you have trouble saying what you think in front of your friends? Is it difficult to express your opinion in tutorials? Do you find it hard to ask others for help or advice? Do you ever work with others in a group and find that they aren't doing their share of the work? Do you find it hard to say "No"?

If you have ever had to deal with any of these situations, this group is for you. You will gain more control of your life and learn that you do have choices. One way to take control of your life is to learn how to communicate assertively by expressing your needs and feelings directly. Greater assertiveness increases your sense of self-
worth. This group will help you learn the difference between passive, aggressive and assertive communication styles and teach you practical techniques on how to be more assertive.

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Sharing Affection not Infection

Being a university student can be exciting; a time when many students experiment and learn about relationships, sex, and their sexual identities. This session will be an opportunity for you to consider and understand healthy communication in relationships, alcohol use and safety, to make your time in University a positive one. This session will also provide you information about the types of support available on and off campus if something goes wrong.

Freeze up, freak out, or fail: Managing common fears about fieldwork

As exciting as fieldwork can be, it can also provoke anxiety and place added pressure on students. This FREE workshop focuses on ways to assist students make the most of their fieldwork experiences and to overcome the common challenges faced on prac.