Counselling & Disability Services
Group Program Semester 1, 2016
STUDENTS
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>Anxiety Skills Group</td>
<td>7</td>
<td>17th April-&gt;19th May</td>
<td>Thursdays 10-11am</td>
<td><a href="mailto:m.turner@curtin.edu.au">m.turner@curtin.edu.au</a></td>
</tr>
<tr>
<td>Depression Skills Group</td>
<td>6</td>
<td>5th April-&gt;10th May</td>
<td>Tuesdays 11am-12pm</td>
<td><a href="mailto:Catherine.eliot@curtin.edu.au">Catherine.eliot@curtin.edu.au</a></td>
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<tr>
<td>MBCT (Mindfulness Based Cognitive Therapy)</td>
<td>8</td>
<td>27th April-&gt;15th June</td>
<td>Wednesdays 12-2pm</td>
<td><a href="mailto:r.gerlach@curtin.edu.au">r.gerlach@curtin.edu.au</a></td>
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<tr>
<td>ADHD Support Group</td>
<td>Ongoing throughout semester</td>
<td>9th March-&gt;1st June, 12th April-&gt;7th June</td>
<td>Wednesdays 10-11.30am, Tuesdays 1-2.30pm</td>
<td><a href="mailto:j.booker@curtin.edu.au">j.booker@curtin.edu.au</a></td>
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<tr>
<td>Relationship Boundaries and Communication</td>
<td>1</td>
<td>7th April</td>
<td>Thursday 1-3pm</td>
<td>Bookings open 25th March</td>
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<tr>
<td>Managing Homesickness</td>
<td>1</td>
<td>15th March</td>
<td>Tuesday 9.30-11.30am</td>
<td>Bookings open 8th March</td>
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<tr>
<td>MBSM (Mindfulness Based Stress Management) Online</td>
<td>8</td>
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<td><a href="mailto:r.gerlach@curtin.edu.au">r.gerlach@curtin.edu.au</a></td>
</tr>
<tr>
<td>Assertive Communication</td>
<td>1</td>
<td>29th April</td>
<td>Friday 10am-1pm</td>
<td>Booking open 22nd April</td>
</tr>
<tr>
<td>Freeze up, Freak out or Fail (Fieldwork Support Group)</td>
<td>1</td>
<td>11th April</td>
<td>Monday 3-7pm</td>
<td><a href="mailto:a.cummins@curtin.edu.au">a.cummins@curtin.edu.au</a></td>
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<tr>
<td>Mindfulness Meditation Sessions</td>
<td></td>
<td>Mon, Tue, Thurs, Fri 8 - 8.30am 12 - 12.30pm</td>
<td>No registration required.</td>
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Workshops are free for students. For more information please visit: [http://unilife.curtin.edu.au/health_wellbeing/counselling_workshops_for_students.htm](http://unilife.curtin.edu.au/health_wellbeing/counselling_workshops_for_students.htm)
ADHD Skills Group
As someone with ADHD, there are many skills and strengths you possess that will allow you to flourish in the ‘real world’ but there are others that can present significant challenges while you are a student at university. This group will meet weekly for an hour and a half during semester 2 and together we will identify the things that get in the way of your studies and work on developing skills to overcome them. This group will also be a good way to connect with other students who have similar life experiences as you do and it is envisaged that it might give you the opportunity to help each other by sharing some of the strategies you may have developed over time.

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.

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 practicum.

**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 (with two facilitators) for 8 weekly 2-hour classes. The main ‘work’ of the program is done at home between classes, using audio-guided meditations that support participants’ developing practice outside of class. 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. Please contact (r.gerlach@curtin.edu.au) to discuss attending an assessment session to determine suitability and provide further information about the group.

**Managing Homesickness**

Have you recently arrived in Australia? Studying in Perth can be a life-changing experience. Exploring Australia’s food, culture and mindset can be exciting, but may take some getting used to. “Managing Homesickness” is a space for meeting other International students and sharing tips on surviving study as an overseas student.

**Relationship Boundaries & Communication**

Whether you are in a committed relationship or just out there to have some casual fun, this workshop will help you understand the importance of your personal boundaries and outline ways in which you can communicate them clearly and respectfully.
Depression Skills Group

Whilst most of us occasionally feel sad or “blue”, these feelings tend to pass fairly quickly. By contrast, people who are depressed experience extreme sadness or despair lasting two weeks or longer. Depression can interfere with many aspects of daily life, such as working or concentrating on tasks, eating, sleeping and on relationships.

This 6-week “skills-based” group is designed to create awareness of what contributes to low mood and facilitate the development of new skills to relieve suffering, improve mood and prevent further bouts of depression. Each one-hour session will focus on a different skill, with opportunity for participants to rehearse the skill and reflect on how it works for them. At the end of the program, participants will have gained a set of skills which they will be able to use in order to more effectively manage and improve their mood.

‘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.
Mindfulness-Based Online Course

Have you heard of Mindfulness recently? It seems to be THE buzz word, and is meant to be the cure for everything. Well, that is actually not true!

Aha, so what can it do then? Mindfulness can make a difference on a daily basis to your experience of stress, pain, depression, anxiety and many other issues in a different way. For example, it enables us to be more present in the moment, to be with our internal experience, and also to be more attentive. Mindfulness can help to manage difficult emotions, thoughts or sensations rather than fighting or avoiding them.

Now, why would I want to be with something I actually don’t want or don’t like or that is causing me difficulty? Good question!

Let’s imagine the following scenario. Driving in a car and getting stuck in traffic: there is no way out, no exit, no escape. This is it! Any thoughts or memories showing up right now? Rather than getting frustrated and annoyed, tense and shouting (even though nobody could hear you) you might want to welcome this moment.

Why would I welcome being stuck in traffic? Again, very valid question. Answer: because you can practice being responsive rather than reactive. Being reactive doesn’t take oneself anywhere in a long run. All it does is release stress hormones into the body, activating the amygdala for the fight/flight reaction, and getting oneself caught up in the same old patterns of aversion and avoidance.

Curious? Great. That is a good start and already cultivates a Mindfulness attitude.

And this is what we can offer you:
8 weeks of Mindfulness Online for the practice and experience of mindfulness as a tool and attitude for handling the experience of stress. Participants (students, staff, and spouses) will be provided with weekly posts, material and tapes for learning and/or refreshing mindfulness skills. The main 'work' of the program is done at home using guided meditations that support you to develop a mindfulness meditation practice in your life.

It is essential that you make a commitment to practice the guided meditation exercises daily so you need to consider this before registering your interest. Please register your interest with the program facilitator Regina Gerlach, r.gerlach@curtin.edu.au. You will be provided with further information about important aspects of the program prior to commencement.

**Mindfulness Meditation Session**

The Counselling and Disability Service (CDS) is offering mindfulness meditation sessions during the week:

*Morning Sessions: Mon, Tues, Thurs, Fri (8am-8.30am)*  
*Lunch Time Sessions: Mon, Tues, Thurs, Fri (12pm-12.30pm)*

*** Meditation sessions at CDS do not require any registration required.

For any related queries or if you want to subscribe to our mindfulness community newsletter please contact r.gerlach@curtin.edu.au, or m.turner@curtin.edu.au.