Counselling & Disability Services

Group Program
Semester 2, 2015

STAFF & STUDENTS
Counselling & Disability Services
Group Program Semester 2, 2015

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 2.5hrs</td>
<td>31st August-19th October</td>
<td>Mondays 4.30pm-7pm</td>
<td>To register interest please contact <a href="mailto:r.gerlach@curtin.edu.au">r.gerlach@curtin.edu.au</a></td>
</tr>
<tr>
<td>Mindfulness Based Cognitive Therapy (MBCT) (T)</td>
<td>8 x 2hrs</td>
<td>26th August-14th October</td>
<td>Wednesdays 4-6pm</td>
<td>To register interest please contact <a href="mailto:r.gerlach@curtin.edu.au">r.gerlach@curtin.edu.au</a></td>
</tr>
<tr>
<td>Discovering Happiness (T)</td>
<td>6</td>
<td>24th September-29th October</td>
<td>Thursdays 12-1pm</td>
<td>To register interest please contact <a href="mailto:emily.musgrove@curtin.edu.au">emily.musgrove@curtin.edu.au</a></td>
</tr>
<tr>
<td>Mental Health Basics in the Workplace</td>
<td>1</td>
<td>21st August</td>
<td>Friday 9am-4pm</td>
<td>Bookings open approximately 1 week before group commences.</td>
</tr>
<tr>
<td>Mental Health First Aid (MHFA)</td>
<td>Participants must attend the 2 days to gain certificate.</td>
<td>3rd &amp; 4th September 3rd &amp; 4th December</td>
<td>Thursdays &amp; Fridays 8.45am-4.30pm</td>
<td>Bookings open approximately 2 weeks before group commences.</td>
</tr>
<tr>
<td>Demystifying Disability</td>
<td>1</td>
<td>19th August</td>
<td>Wednesday 10am-12pm</td>
<td>Bookings open approximately 1 week before group commences.</td>
</tr>
<tr>
<td>Understanding Curtin Access Plans</td>
<td>1</td>
<td>2nd September</td>
<td>Wednesday 10am-12pm</td>
<td>Bookings open approximately 1 week before group commences.</td>
</tr>
</tbody>
</table>

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.
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.

Enquiries to r.gerlach@curtin.edu.au, m.turner@curtin.edu.au

MINDFULNESS BASED COGNITIVE THERAPY (MBCT)

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 and/or anxiety.

In the program, participants meet together as a class for 8 weekly 2-hour classes. 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 the facilitator is a pre-requisite for beginning the program to determine whether it fits your particular goals and/or circumstances.

Enquiries to r.gerlach@curtin.edu.au, m.turner@curtin.edu.au
DISCOVERING HAPPINESS

We all experience feeling sad or blue from time to time. But sometimes these feelings persist and you can begin to feel stuck, helpless and isolated. When we experience depression, our relationships can suffer, we can feel fatigued and irritable, we may lose interest in the things that used to bring us joy, and our ability to concentrate and focus on our studies can be impaired.

This six-week course is designed to help you move from feeling hopeless to feeling hopeful. The course will help you identify your own depression cues and with mindfulness and self-compassion, assist you to develop skills to get out of the depression loop. Each week we will focus on a different skill which will be practiced in the session. You will then be encouraged to discover how these skills work for you at home. At the end of the program you will have a range of strategies with which to create greater calm, peace and happiness.

Enquiries to emily.musgrove@curtin.edu.au

MENTAL HEALTH BASICS IN THE WORKPLACE

Mental Health Basics in the Workplace is a practical, one-day course to provide one a basic understanding of common mental health concerns and how to respond to the different presentations.

What the group covers:

- A basic understanding of common mental health concerns
- How to differentiate between presentations of people with mental health concerns and respond appropriately
- How to become attentive toward own emotions and boundaries while supporting someone in the workplace
- Practicing attending skills to help respond as an “accidental counsellor”
- Provision of internal and external resources that are available for a variety of scenarios.
MENTAL HEALTH FIRST AID

The Counselling & Disability Services offer MHFA Courses to adults as authored by MHFA Australia, delivered by Instructors who are currently accredited by MHFA Australia.

The 12-hour Standard Mental Health First Aid (MHFA) course teaches adults (18 years and over) how to provide initial support to adults who are developing a mental illness or experiencing a mental health crisis.

The course is conducted over two days. Participants will receive a course manual and a certificate on completion of the course.

A MHFAider will now have the opportunity to complete an on-line exam in order to become an Accredited MHFAider for 3 years.

Crisis situations covered include:
- Suicidal behaviours, non-suicidal self-injury
- 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 conducted over 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.
DEMYSTIFYING DISABILITY

Ever felt confused or unsure about how to handle disability matters when they arise? Or how they affect your role at Curtin?

This group is aimed at all staff to improve awareness of disability issues for students. This group will also assist staff to provide appropriate relevant and informed support for students with disabilities.

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

UNDERSTANDING CURTIN ACCESS PLANS

This group aims to assist academic staff to understand how the Curtin Access Plan facilitates the process of providing reasonable academic adjustments for students with disabilities/medical conditions. The group will include case studies and examples of reasonable adjustment to assist students to access their course. Staff are welcome to bring their own case studies to the group (de identified to ensure confidentiality) for discussion.
Counselling & Disability Services
Group Program Semester 2, 2015
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>Please contact</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Trans Support Group</strong></td>
<td>8</td>
<td>8th Sept-27th Oct</td>
<td>Tuesdays 3pm-5pm</td>
<td><a href="mailto:d.morley@curtin.edu.au">d.morley@curtin.edu.au</a></td>
</tr>
<tr>
<td><strong>ADHD Skills Group</strong></td>
<td>11</td>
<td>12th Aug-4th Nov</td>
<td>Wednesdays 10am-11am</td>
<td><a href="mailto:j.booker@curtin.edu.au">j.booker@curtin.edu.au</a></td>
</tr>
<tr>
<td><strong>Anxiety Skills Group</strong></td>
<td>6</td>
<td>17th August-21st September</td>
<td>Mondays 11am-12pm</td>
<td><a href="mailto:emily.musgrove@curtin.edu.au">emily.musgrove@curtin.edu.au</a></td>
</tr>
<tr>
<td>“Freeze up, Freak out or Fail”</td>
<td>1</td>
<td>25th August</td>
<td>Tuesday 3pm-6pm</td>
<td><a href="mailto:catherine.eliot@curtin.edu.au">catherine.eliot@curtin.edu.au</a></td>
</tr>
<tr>
<td><strong>Mindfulness Based Cognitive Therapy (MBCT)</strong></td>
<td>8</td>
<td>27th August-15th October</td>
<td>Thursdays 4pm-6pm</td>
<td><a href="mailto:r.gerlach@curtin.edu.au">r.gerlach@curtin.edu.au</a></td>
</tr>
<tr>
<td>“Freaking out about exams”- Exam Anxiety</td>
<td>1</td>
<td>29th October</td>
<td>Thursday 1.30pm-4.30pm</td>
<td>Please contact reception on 9266 7850</td>
</tr>
<tr>
<td><strong>Managing Homesickness</strong></td>
<td>1</td>
<td>18th August</td>
<td>Tuesday 10am-12pm</td>
<td><a href="mailto:louise.tay@curtin.edu.au">louise.tay@curtin.edu.au</a></td>
</tr>
<tr>
<td><strong>Procrastination Skills Group</strong></td>
<td>4</td>
<td>11th September-2nd October</td>
<td>Fridays 11am-12pm</td>
<td>Please contact reception on 9266 7850</td>
</tr>
<tr>
<td><strong>Depression Skills Group</strong></td>
<td>6</td>
<td>1st September-6th October</td>
<td>Tuesdays 10am-11am</td>
<td><a href="mailto:r.gerlach@curtin.edu.au">r.gerlach@curtin.edu.au</a></td>
</tr>
<tr>
<td><strong>Relationship Boundaries &amp; Communication</strong></td>
<td>1</td>
<td>24th August</td>
<td>Monday 1pm-4pm</td>
<td>Please contact <a href="mailto:m.krcmar@curtin.edu.au">m.krcmar@curtin.edu.au</a></td>
</tr>
<tr>
<td><strong>Assertive Communication</strong></td>
<td>1</td>
<td>5th October</td>
<td>Monday 10am-1pm</td>
<td>Please contact reception on 9266 7850</td>
</tr>
</tbody>
</table>

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)
Trans Support Group

This is a support group open to people who are transsexual, transgender, gender non-conforming, genderqueer, genderfluid, genderquestioning, gender outlaws, crossdressers, people whose sex or gender is different to their assigned sex at birth, and people who prefer not to label their sex or gender (or use a different word to describe it). You are welcome to attend whether you find the gender binary helpful or problematic. Anyone with an experience of diverse sex and/or gender is welcome, and any way you identify your sexuality will be acknowledged and respected.

The group is free of charge, and will run for 2 hours each week for 8 weeks. Depending on what the group wants and needs, the issues addressed in the group may include dealing with transphobia, telling people, managing disclosure in relationships, transitioning, the gender binary, being misgendered, ‘passing’, stealth, medical issues, sex, accessing health care, surgeries, money, relationships and sexuality, family and friends, public toilets, hormones, hair, work, feminism and gender politics, masculinity, femininity, androgyny, what being a woman, man, both, or neither means to you, gender expression, changing identification documents, bodies, brain sex, safety, gender activism and politics, homophobia, cis privilege, gender roles, the trans community, the queer community, the gay/lesbian scene, labelling and identity, pronouns, names, respect, being connected, having fun, taking good care of yourself, and celebrating who you are.

The group will be facilitated by two non-trans women who are passionate about gender, have experience working as counsellors in the queer community, and have consulted with trans people to develop this group. Both counsellors (Leeanne and Davina) are aware of their cis privilege and the transphobia and cissexism that is present in our society, and are passionate about holding a safe space where people can speak freely about their experiences of sex and gender, and hear the experiences of others. If you are interested in finding out more about this group please email or ring Lephanne or Davina to have a chat and see if this group is right for you. Davina Morley d.morley@curtin.edu.au or phone on 9266 7850 Leeanne Purdom l.purdom@curtin.edu.au or phone on 9266 7850
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.

“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.

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.
Procrastination Skills Group
Do you struggle with procrastination? University presents a unique challenge when it comes to procrastination. This group aims to provide you with the skills to meet this challenge by helping you to discover your own personal procrastination idiosyncrasies and develop strategies to tackle them. These strategies will stand you in good stead during your university years and beyond, assisting you to improve your performance. Procrastination is a significant source of stress. Therefore, along the way you will learn strategies to decrease stress and increase the satisfaction and enjoyment you get out of your study. So don't put it off a moment longer, sign up now!

Depression Skills Group
This is a 6 weeks skills development group for people who are struggling with the experience of depression. The group will be delivered via weekly one-hour sessions. Participants are encouraged to complete home practice assignments between sessions, i.e., practicing taught strategies on a daily basis. Participants will be taught short techniques including: identification of signs of depression, acceptance of unwanted emotions, learning defusion techniques, relating to experience of depression in a different way, and developing alternative problem-solving skills. At the end of the program participants will have gained a greater understanding of depression including a range of different skills for better managing their experience of depression.

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.
'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.