Wellbeing Programme 2016-2017

Open to all Registered Trinity College and Marino Institute of Education Students
Please consult Group/Workshop Leaflets, Google Calendar or SCS Staff for further information and dates

Free & Confidential

Mindfulness Meditation Drop In (30 minutes) – Weekly (ALL TERMS)
Day: Monday, term time
Time: 5.00pm (Please attend on time to avoid disruption to class)
Venue: Seminar Room / Room 318, 7-9 St Leinster Street
Facilitator: Annemarie Naughton
Short guided meditation practice- open to all, beginners and regular practitioners

GROUPS
Registration required for Groups:
Please email student-counselling@tcd.ie or call (01) 896 1407

Therapy Group
Ongoing Therapy Group
Day: Wednesday
Time: 6.00pm -7.30pm (during term) and 2.30pm to 4.00pm (during summer months)
Venue: Group Room SCS, 7-9 St Leinster Street
Facilitators: Term 1: Mark Robinson and Magda Listwan
Content: The Therapy group at Trinity College SCS involves a group of up to ten students working with a group facilitator (therapist) in weekly therapy sessions. Group Therapy is a respected method of working through a wide range of distressing emotions such as depression, self esteem difficulties or discomfort in relationships. The characteristics of group therapy enable a type of interaction that is not possible in one to one counselling and offer a chance to learn through others, how to manage distress. Referral through Student Counselling (SCS) or College Health.

Learning outcomes:
• to explore emotional issues and receive support and reassurance from others
• to learn from others about how to manage distress and the chance to be creative about resolving these issues
• to achieve insight into repeated patterns of behaviour
- to increase confidence in group situations
- to improve ability to seek help when encountering problems

**Addictive Behaviours and Recovery Group**

**Support Group (1st Term and possibly 2nd Term)**

**Kindly funded by the Students Union, TCD**

**Time:** 1.5 hours, weekly for 8 weeks

**Venue:** Seminar Room SCS, 7-9 Sth Leinster Street

**Facilitators:** Aisling Holland (External) and Tony Monahan (Student Counselling)

**Content:** This Wellbeing Addictive Behaviours and Recovery Group is a safe and confidential space for members to support each other in relation to substance and alcohol misuse and harmful behaviours. Group participants will respect the confidentiality of others in order to maintain a safe place for members. This group encourages its members to be honest, respectful and non-judgemental.

Many people struggle to make the adjustment to a new way of life and can find it challenging to change habits (of coping). Making lifestyle changes in relation to alcohol and drug use can be hard, but can be a life changing experience. Our personalities are maintained and changed during our relationships with other people. By sharing honestly about our thoughts, feelings and behaviours we become open to getting a better understanding of possible alternatives, which will help us maintain the changes we need to make towards recovery. We learn that balanced attitudes, self-esteem and a good recovery, that works for us, are directly connected to the way in which we relate to each other. Our interactions can have helpful or harmful effects on the quality of our lives. This group aims to explore and share challenges and successes. This allows us to realise that we share and face many common difficulties and joyous times in our recovery.

**Learning outcomes:**
- to achieve insight into repeated patterns of behaviour
- to increase confidence in supporting each other with change and better coping skills
- to improve ability to cope and reduce harmful behaviours

**Coping with Loss**

**Bereavement Support Group (2nd TERM)**

**Time:** 1.5 hours, weekly for 6 weeks

**Venue:** Group Room SCS, 7-9 Sth Leinster Street

**Facilitators:** Chuck Rashleigh, SCS and Jules Hamilton, Chaplaincy

**Content:** Life changes when you lose someone close. The death of a family member or friend can be sudden or expected, prompting many different emotions: shock, disbelief, anger, guilt, numbness, anxiety, sadness... This group offers an opportunity to help you understand your own grief in a personal way, to cope with the issues you
faced at this time, those you continue to face, and to learn from sharing the experience with others in a supportive environment. **Referral through SCS or College Health**

**Learning outcomes:**

- Emotional Support and understanding from others who have experienced loss
- Coping skills to help with the most difficult days of the grief journey
- Increased reflection on the impact of loss in one’s life
- Greater understanding of models of grief, providing frameworks for experience
- “Permission” to grieve and to live a happy productive life
- Opportunity to continue / begin healing through sharing of personal stories and hearing the stories of others
- Instillation of hope through connecting with others who understand the nature of loss
- Discovering new traditions and ways of keeping lost loved ones present in daily life

**Coping with Anxiety /Depression**

**Trekking Through Anxiety Group (TWO TERMS)**

**Time:** 1.5 hours, weekly for 4 weeks

**Venue:** Group Room SCS, 7-9 St Leinster Street

**Facilitators:** (Term 1: Emer O’Loughlin and Scott Ahearn) (Term 2: Jo Harney or Orla Mc Loughlin)

**Content:** This group gives attendees the opportunity to understand anxiety and stress through a group psycho-educational approach based on CBT principles. It explores the experience of anxiety from a thinking, behavioural, physiological and emotional perspective. Working in this way identifies triggers, and explores strategies aimed at finding new perspectives around managing anxiety and finding underlying causes. Guidance on stress reduction techniques are included. **Referral through SCS or College Health**

**Learning outcomes:**

- Explore underlying causes and triggers to Anxiety through self-reflection and psychoeducation
- Understanding the role of anxiety in life
- Anxiety management strategies including meditation and relaxation exercises
- Opportunity to experience and benefit from group experience and interaction in various modes

**Mindfulness**

**Cultivating Mindfulness and Compassion (TWO TERMS)**

**Time:** 1.5 hours, weekly for 8 weeks

**Venue:** Group Room, SCS 7-9 St Leinster Street

**Facilitators:** Annemarie Naughton and Jennifer Fennell
Content: Cultivating Mindfulness and Compassion is an 8-week group programme to help you improve your resilience and feel more connected to others—ultimately providing an overall sense of well-being, reducing stress and anxiety.

A compassionate attitude can greatly reduce the distress people feel in difficult situations and can become a profound personal resource in times of stress.

This course combines mindfulness meditation and compassionate mind teachings and practices. Through instruction, daily meditation, mindfulness, and group discussion, you can strengthen the qualities of mindfulness, compassion, empathy, and kindness.

Learning Outcomes:
Learn how to train your mind to intentionally choose compassionate thoughts and actions and develop skills that help you relate to others and to yourself.

- Calm the mind and direct thoughts more positively
- Increase kindness and compassion for yourself and others
- Develop a sense of calm, resilience, and creativity
- Sharpen your ability to focus and pay attention
- Access a variety of self-care skills and techniques

Attendees benefit most by committing to attend 8 weekly classes and daily homework practice of mindfulness meditation. The facilitator will speak with people individually before the course begins to clarify details around attendance. Referral is through the SCS or College health

Coping with depression
Managing Mood Group (TWO TERMS)
Time: 1.5 hours, weekly for 4 weeks
Venue: Group Room, SCS 7-9 Sth Leinster Street
Facilitators: (Term 1: Yvonne Tone & Andrina Monaghan) (Term 2: Magda Listwan)
Content: This group uses a cognitive behavioural approach to learn how to manage low mood experiences. It centres around the idea that our perception of an event or experience powerfully affects our emotional, behavioural and physiological responses to it. It involves sharing of experiences with others and teaches how to identify and challenge negative thinking patterns towards more helpful ways of viewing our experiences.

Referral through SCS or College Health.
Learning outcomes:

- To understand the effects of depression on thoughts mood experience and behaviour
- To achieve insight into how negative thinking cycles can impact on mood
- To increase confidence in challenging negative thinking and coming up with alternatives
- Opportunity to benefit from group experience, coping and self-care strategies

**Perfectionism**

**Pros & Cons of Perfectionism Group (2nd TERM)**

**Time:** 1.5 hours, weekly for 4 weeks

**Venue:** Group Room, SCS 7-9 St Leinster Street

**Facilitator:** Michaela Spiteri/Scott Ahearn

The Pros and Cons of Perfectionism Group is an opportunity to explore patterns of thinking, feeling and behaviour associated with perfectionism with a view to making choices about which ones may be helpful and which ones may be getting in the way. We will meet weekly for four sessions of 90 minutes duration. Group members will be encouraged to share details of their own experience and to give support and reassurance to others to the extent they are comfortable with. **Referral through SCS or College Health.**

**Learning outcome:**

- To understand what drives perfectionism
- To appreciate the difference between perfectionism and striving to do well
- To recognise the effect idealistic standards can have on mental health and wellbeing
- To learn skills of self management and adapting a ‘good enough’ approach

**Support for postgraduate students**

**PG Tips: Postgrad Support Group (1st TERM)**

**Time:** 1.5 hours, weekly for 6 weeks

**Facilitators:** Michela Spirteri Paris and Aaron Jackson

**Venue:** Seminar Room, SCS 7-9 St Leinster Street

**Content:** A series of six support group sessions tailored specifically to postgraduate students (PHDs, Professional Doctorates, Masters, H.Dips.) aiming at equipping students with the skills to manage stress, the work-life balance, increase self-care practices, communication and assertiveness skills, and look at how best to negotiate the supervisory relationship. The support group will aim to be both educational and interactive in its delivery. **Referral through SCS or College Health.**
Learning outcomes:

- To have opportunity to share postgrad experiences with others
- To explore supervisor relationships and how best to manage these
- To learn the importance of self care as a postgrad
- To learn relaxation and anxiety management techniques to improve coping skills

Places on Group Therapy Programmes are limited. For registration and/or further information, please contact us: email student-counselling@TCD.ie and phone +353 (01) 896 1407

WELLBEING WEDNESDAY TALKS - A LUNCHTIME SERIES OF WORKSHOPS

No registration required – Just drop in!

1-2pm in the Seminar Room, Student Counselling Services

<table>
<thead>
<tr>
<th>Term 1 - Wellbeing Wednesday Workshops</th>
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<tbody>
<tr>
<td><strong>Stress Buster: A Master Class</strong></td>
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<tr>
<td><strong>Facilitator:</strong> Yvonne Tone</td>
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<tr>
<td><strong>Day/Date:</strong> 19th October</td>
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<td><strong>Time:</strong> 1:00-2:00 pm</td>
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<td><strong>Venue:</strong> Seminar Room 318, SCS 7-9 Sth Leinster St</td>
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<td><strong>Content:</strong> Learn how to alert yourself to signs of stress. Explore how avoidance and some coping strategies may reinforce anxiety and worry. Understand how anxiety provoking ideas and beliefs can increase stress. Introduces cognitive, behavioural and stress reduction ideas for overcoming anxiety/stress. Learn how to relax your mind and body. Explore ways to wind down and ease anxious thinking and bodily tensions.</td>
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| Feeling introverted in an extroverted world |
| **Facilitator:** Magda Listwan           |
| **Day/Date:** 26th October               |
| **Time:** 1:00-2:00 pm                   |
| **Venue:** Seminar Room 318, SCS 7-9 Sth Leinster St |
| **Content:** Gain understanding of what introversion is (and is not). Recognise and affirm the benefits of introversion, improve your ability to embrace your own introversion in an extroverted world. |
Self Esteem: Manage your inner critic

Facilitator: Tony Monahan

Day/Date: 2nd November

Time: 1:00-2:00 pm

Venue: Seminar Room 318, SCS 7-9 St Leinster St

Content: Learn about low self-esteem – where it comes from, how it develops, and how it is maintained. Identify areas where low self-esteem affects your wellbeing and your ability to work towards your goals, and develop strategies to build confidence and become less self-critical

Cultivating Mindfulness and compassion

Facilitator: Annemarie Naughton

Day/Date: 16th November

Time: 1:00-2:00pm

Venue: Seminar Room 318, SCS 7-9 St Leinster Street

Content: Learn how to alter your relationship with thoughts, feelings and body sensations. This encourages the ability to move towards allowing distressing emotions, thoughts and sensations to "come and go" rather than struggling and reacting to experience. Learn how to be more self-compassionate.

Dealing with Difficult people

Facilitator: Trish Murphy

Day/Date: 23rd November

Time: 1:00-2:00 pm

Venue: Seminar Room 318, SCS 7-9 St Leinster St

Content: No one gets through life without encountering difficult people and it can feel that they are the cause of a lot of suffering and stress. This workshop takes a practical and light-hearted look at how you can become un-affected by these difficult people while still being open to possibilities for challenge or change.

Keep your Cool: Be OK with Anger

Facilitator: Sheila Devane

Day/Date: 30th November

Time: 1:00-2:00 pm

Venue: Seminar Room 318, SCS 7-9 St Leinster St

Content: Understanding the emotion of anger and learning how to live with it in a positive way. Remaining cool when a situation is provoking and you are feeling hot and ready to go

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The Perfectionism Paradox: Striving to excel
Facilitator: Mark Robinson
Day/Date 7th December
Time: 1:00-2:00 pm
Venue: Seminar Room 318, SCS 7-9 Sth Leinster St
Content: Do you set very high standards for yourself and struggle when you feel you have failed to meet them? Is it at times hard to enjoy your successes in life? Do you find yourself putting things off for fear of not doing them ‘right’? Come to this workshop (meeting / discussion) where we will be talking about choices we may have about some of this.

Assertiveness: Standing up for yourself
Facilitator: Emer O’Loughlin
Day/Date 14th December
Time: 1:00-2:00 pm
Venue: Seminar Room 318, SCS 7-9 Sth Leinster St
Content: Build your confidence in expressing your needs, wants and feelings.

Term 2 - Wellbeing Wednesday Workshops

Stress Buster: A Master Class
Facilitator: Jeniffer Fennell
Day/Date 8th February
Time: 1:00-2:00 pm
Venue: Seminar Room 318, SCS 7-9 Sth Leinster St
Content: Learn how to alert yourself to signs of stress. Explore how avoidance and some coping strategies may reinforce anxiety and worry. Understand how anxiety provoking ideas and beliefs can increase stress. Introduces cognitive, behavioural and stress reduction ideas for overcoming anxiety/stress. Learn how to relax your mind and body. Explore ways to wind down and ease anxious thinking and bodily tensions.

Listen Up! Advance your support skills (S2S)
Facilitator S2S Supporters
Day/Date: 15th February
Time: 1:00-2:00pm
Venue: Seminar Room 318, SCS 7-9 Sth Leinster Street
Content: It’s no secret that most of us find it easier to talk to a friend when something’s getting to us, but it’s not always easy to know how to respond when a friend comes to you for help. This one hour interactive workshop is designed to help you with a few key pointers on how to really support someone if they’re looking for assistance, and how to make sure it doesn’t get too much for you!

**Self Esteem: Manage your inner critic**
**Facilitator:** Jennifer Fennell
**Day/Date:** 22nd February
**Time:** 1:00-2:00 pm
**Venue:** Seminar Room 318, SCS 7-9 Sth Leinster St

Content: Learn about low self-esteem – where it comes from, how it develops, and how it is maintained. Identify areas where low self-esteem affects your wellbeing and your ability to work towards your goals, and develop strategies to build confidence and become less self-critical.

**Procrastination Station: Don’t put it off!**
**Facilitator:** Scott Ahearn & Aaron Jackson
**Day/Date:** 8th March
**Time:** 1:00-2:00pm
**Venue:** Seminar Room 318, SCS 7-9 Sth Leinster Street

**Relationships: The laws of attraction**
**Facilitator:** Trish Murphy
**Day/Date:** 15th March
**Time:** 1:00-2:00pm
**Venue:** Seminar Room 318, SCS 7-9 Sth Leinster Street

Content: What creates attraction and maintains it from the early stages to the long term situation. Common pitfalls are looked at and well-researched practical suggestions outlined. This short workshop aims to be both light and penetrating and encourages comment and challenge!

**The Perfectionism Paradox: Striving to excel**
**Facilitator:** Mark Robinson
**Day/Date:** 22nd March
**Time:** 1:00-2:00pm
**Venue:** Seminar Room 318, SCS 7-9 Sth Leinster Street

Content: Do you set very high standards for yourself and struggle when you feel you have failed to meet them? Is it at times hard to enjoy your successes in life? Do you find yourself putting things off for fear of not doing them
'right'? Come to this workshop (meeting / discussion) where we will be talking about choices we may have about some of this.

**Increasing your Bounce Back Ability**

**Facilitator:** Chuck Rashleigh  
**Day/Date:** 29th March  
**Time:** 1:00-2:00pm  
**Venue:** Seminar Room 318, SCS 7-9 Sth Leinster Street  
**Content:** “In an increasingly complex world, we can’t avoid shocks – we can only build better shock absorbers.” - CHRIS ANDERSON editor in chief of Wired. Come get some ideas on how to bounce back better in high-stress circumstances.

**Boosting Mood: A Master Class**

**Facilitator:** Magda Listwan  
**Day/Date:** 5th April  
**Time:** 1:00-2:00pm  
**Venue:** Seminar Room 318, SCS 7-9 Sth Leinster Street  
**Content:** Learn to recognise early signs of clinical depression. Understand what depression is, what causes it and what keeps it going. Learn ways to manage low mood experiences.

**Learning outcomes for Wellbeing Wednesday Workshops:**
- Learn about stressors
- Learn how to cope
- Learn how to improve self care and wellbeing

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**Self Help Support Groups**

The following self-help support group meetings are held in the Student Counselling Service, during term time. No registration required - Just come along to the **Seminar Room 318 in Student Counselling** when the group is meeting to share and hear others’ experiences. Non-judgemental & non-directive.

**Bodywhys**

For students with eating issues / eating disorders. The aim of the group is to provide a safe and non-judgemental environment for people with eating disorders to discuss and share feelings and difficulties with others going through a similar experience.
**When:** 1st Wednesday, Monthly, during Term Time  
**Time:** 6pm to 7.30pm

**OCD Ireland**  
For students struggling with problematic perfectionist thoughts/ behaviours and Obsessive Compulsive Disorder.  
**When:** 2nd Monday, Monthly, during Term Time  
**Time:** 6.30pm to 8pm

The Groups & Workshops schedule may need to be changed occasionally. Please consult our website/ google calendar for any changes to this programme during term time. If you have any queries about the groups or workshops detailed above, please do not hesitate to contact us:

Student Counselling Services  
Trinity College Dublin, the University of Dublin  
Dublin 2, Ireland

+353 (01) 896 1407  
student-counselling@tcd.ie  
http://tcd.ie/student-counselling