Wellbeing Programme 2017-2018

Open to all Registered TCD and Marino Institute of Education Students

Please consult Group/Workshop Leaflets, Google Calendar or SCS Staff for further information and dates

Free & Confidential

DROP IN GROUPS

Mindfulness Meditation Drop In (30 minutes) – Weekly (ALL TERMS)

Day: Monday, term time
Time: 5.00pm – 5.30pm (Please attend on time to avoid disruption to class)
Venue: Seminar Room / Room 318, 7-9 Sth Leinster Street
Facilitator: Annemarie Naughton

Short guided meditation practice- open to all, beginners and regular practitioners

THERAPY GROUPS

Registration is required for most Therapy Groups, except Addictive Behaviours & Recovery Group, Anxiety Smackdown Sessions and PG Tips Drop In. For further information, please email student-counselling@tcd.ie or call (01) 896 1407.

Addictive Behaviours and Recovery Group

(7 sessions in the 1st Term and 7 sessions in the 2nd Term)

Day: Mondays
Kindly funded by the Students Union, TCD
Time: 1.5 hours, weekly for 7 weeks, 1st Term & 2nd Term
Venue: Seminar Room SCS, 7-9 Sth Leinster Street
Facilitators: Aisling Holland (External) and Scott Ahearn (Student Counselling)

Content: This 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

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**Anxiety Smackdown Sessions (2nd TERM)**

**Time:** 1.5 hours, weekly for 3 weeks. *This Group runs twice in 2nd/Hilary Term.*

**Venue:** Seminar Room, SCS 7-9 5th Leinster Street

**Facilitators:** Trish Murphy/ Intern Student Counsellor

**Content:** A three-week programme that tackles anxiety and stress. It is only when we are really stressed or anxious that the motivation to tackle it really kicks in and it is a great opportunity to gain some skills that will be useful forever. Anxiety blocks our intelligence, capacity and happiness and we do not need any stress in order to be fully functional. These sessions will look at the causes of stress and anxiety and how to begin eliminating them from our lives. The aim is to realise that to do our best work, we need to be in the best condition and this can be done by identifying and dropping the blocks to our well-being. As anxiety rises, we will learn how to identify it and smack it down before it takes over and regain our composure and intelligence.

**Learning outcomes:**
- Understand the cause and effect of anxiety
- Explore and learn effective management strategies

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**Bereavement Support Group (1st TERM)**

**Time:** 1.5 hours, weekly for 5 weeks

**Venue:** Chaplaincy, 3rd Floor, House 27

**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

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

**Time:** 1.5 hours, weekly for 7 weeks

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

**Facilitators:** Annemarie Naughton and Tony Monahan

**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**

**Group Analytic Therapy**

**Day:** Tuesday  
**Time:** 6.00pm - 7.30pm  
**Venue:** Group Room SCS, 7-9 Sth Leinster Street  
**Facilitators:** Maeve Houlihan, UCD  
**Content:** Group Analytic Therapy provides a reflective, supportive and mutual space to talk, think, listen and feel, while sharing and relating with others in the group. Personal issues such as stress, anxiety and depression, confidence, sexuality, relationships, health or family difficulties, motivation, disconnection or loss may be a focus. Patterns of relating and communicating are also explored.  
The group meets weekly for an hour and a half. There is no agenda. Instead the group works with whatever comes up in the here and now, building a relationship of trust and frank communication over time. **Referral through Student Counselling (SCS)**

**Learning outcomes:**  
- To learn about un/conscious patterns of relating and the roles we tend to take up in groups  
- To understand better the family relationships, roles, and the wider social context in which group members have grown up  
- To gradually improve relationships within the group, externally and with oneself

**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)  
(Term 2: Emer O’Loughlin)  
**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

Managing TCD with ASD
Time: 1.5 hours, weekly for 4 weeks in 1st Term and 4 weeks in 2nd Term (8 weeks in Total)
Venue: Group Room, SCS 7-9 7th Leinster Street
Facilitators: Yvonne Tone and Tony Monahan

Content: People with ASD have unique brains that operate slightly differently than those of neurotypical people. Thinking differences, social differences, emotional differences and sensory differences can be challenging. At University students want to integrate comfortably and improve their social skills to help them become more involved. This can be difficult for those on the AS spectrum and can lead to feelings of isolation for some. This group offers a safe supportive space to work on improving confidence and comfort levels socially with others. Referral through SCS or Disability Service.

Learning outcomes:
- To identify challenges in college and explore ways to manage these
- To improve integration in college and confidence in making friends and acquaintances.
- To learn self management, self care and improve confidence in social and interactional skills

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 7th Leinster Street
Facilitators: Term 1: Mark Robinson and Helen Mc Geogh

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

**PG Tips: Postgrad Support Group - Drop In**

**Day:** Friday, term time  
**Time:** 1 hour, weekly  
**Facilitators:** (Term 1: Jo Harney)  
**Venue:** Group Room, SCS 7-9 Stth Leinster Street  
**Content:** A series of ‘drop in’ 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.

**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

**Social Anxiety Group (2nd TERM)**

**Time:** 1.5 hours, weekly for 6 weeks  
**Venue:** Group Room, SCS 7-9 Stth Leinster Street  
**Facilitators:** Yvonne Tone & Scott Ahearn  
**Content:** Social anxiety is a common form of anxiety that causes students to experience severe anxiety in some or all of the social interactions of college life. Students tend to endure social situations with intense anxiety and fear negative evaluation by others (or from potential social or academic events). This group will focus on understanding the social anxiety experience, naming avoidance behaviour and work on challenging safety behaviours. The group will explore thoughts, feelings, moods and behaviour as key component and the practice of homework between sessions is essential to gain most benefit.

**Learning outcomes:**
- Explore underlying causes and triggers to Social Anxiety.  
- Understand the role of behaviours and avoidance in maintaining anxiety.  
- Learn anxiety management strategies  
- Opportunity to experience and benefit from group experience and homework practice between sessions.
Trekking Through Anxiety Group (1st TERM)

Time: 1.5 hours, weekly for 4 weeks

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

Facilitators: (Term 1: 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

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

WORKSHOPS

WELLBEING WEDNESDAY TALKS - A LUNCHE TIME SERIES OF WORKSHOPS

No registration required – Just drop in!

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

Term 1 - Wellbeing Wednesday Workshops

Procrastination: Don't put it off!

Facilitator: Scott Ahearn

Date: 18th October
**Content:** Want to become more efficient? This talk will help you to understand how you manage your work, and alert you to the dangers of procrastination and avoidance. The aim of the talk is to help students beat procrastination and improve their ability to learn more effectively and manage themselves more efficiently.

**Self Care and Relaxation**  
**Facilitator:** Helen Mc Geough  
**Date:** 25th October  
**Content:** University can be exciting but also cause stress. Learn how to identify stress and explore tips on how to self care. Explore strategies aimed at reducing tension and increasing one’s ability to relax your mind and body.

**The Perfectionism Paradox: Striving to excel**  
**Facilitator:** Mark Robinson  
**Date:** 1st November  
**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.

**Stress Buster: A Master Class**  
**Facilitator:** Annemarie Naughton  
**Date:** 15th November  
**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.

**Dealing with Difficult people**  
**Facilitator:** Trish Murphy  
**Date:** 22nd November  
**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:** Chuck Rashleigh  
**Date:** 29th November
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…………………..

Boosting Mood: A Master Class
Facilitator: Yvonne Tone
Date: 6th December
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.

Assertiveness: Standing up for yourself
Facilitator: Helen Mc Geough
Date 13th December
Content: Build your confidence in expressing your needs, wants and feelings.

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Term 2 - Wellbeing Wednesday Workshops

Shy? Coping with Social Anxiety
Facilitator: Yvonne Tone/ Scott Ahearn
Date 7th February
Content: Social anxiety is a common form of anxiety that causes students to experience severe anxiety in some or all of the social interactions of college life. Students tend to endure social situations with intense anxiety and fear negative evaluation by others. This talk will explore the impact of Social Anxiety and will outline supports and strategies of coping.

Exam Stress? The relaxed approach
Facilitator: Tamara O’Connor
Date 14th February
Content: Preparing for exams can be stressful. Planning and managing your workload effectively in advance reduces stress. Explore ways to positively approach exam preparation, reduce your stress and look after your wellbeing.

Self Esteem: Manage your inner critic
Facilitator: Student Counsellor Trainee
Day/Date: 21st February
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: Don’t put it off!
Facilitator: Scott Ahearn / Jo Harney
Date: 7th March
Content: Want to become more efficient? This talk will help you to understand how you manage your work, and alert you to the dangers of procrastination and avoidance. The aim of the talk is to help students beat procrastination and improve their ability to learn more effectively and manage themselves more efficiently.

Relationships: The laws of attraction
Facilitator: Trish Murphy
Date: 14th March
Content: Relationships: 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
Date: 21st March
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.

Boosting Mood: A Master Class
Facilitator: Yvonne Tone
Date: 28th March
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.

Resilience: How to strengthen yourself
Facilitator: Chuck Rashleigh
Date: 4th April
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.

Learning outcomes for Wellbeing Wednesday Workshops:

- Learn about stressors
- Learn how to cope
- Learn how to improve self-care and wellbeing

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:

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

Self Help Support Groups

Aware
Depression and Bipolar Disorder Support Services, including Support Line, Support Mail and Support Groups. Aware’s Young Adults Group meets on Thursdays at 7.30pm in 72 Leeson Street, Dublin 2. Please see Aware’s website for details about their current nationwide support groups and other support services: www.aware.ie

Bodywhys
Support services for people affected by eating issues / eating disorders. Support Groups meet in Temple Bar, Dublin City Centre, on the 1st & 3rd Wednesday of every month at 7.30pm. Please see the Bodywhys website for details about their current meeting schedules: http://www.bodywhys.ie

OCD Ireland
For students struggling with problematic perfectionist thoughts/behaviours and Obsessive Compulsive Disorder (OCD). Support Groups meet in St. Patrick’s Mental Health Services, Dublin 8. Please see OCD Ireland’s website for details about their current meeting schedules: https://www.ocdireland.org/