

Group Therapy and Workshop Programme 2011-2012.

Drop in Workshops 2011-2012

Mindfulness Group

Title: Drop in Mindfulness Session

Facilitator: Annemarie Naughton

Begins Tuesday, 17th January, 2012

Time: 5.00pm to 5.30pm

Venue: Group Room, SCS, 3rd Floor, 7-9 Sth. Leinster St.

Course Content: Guided meditation practice every Tuesday for 30 minutes **term time only.**

Building Self Esteem and Confidence

Title: Building Self Esteem and Confidence

Facilitator: Orla McLoughlin

Day/Date: Wednesday, 15th February 2012

Time: 3:00pm to 4:30pm

Venue: Seminar Room SCS 7-9 Sth. Leinster St.

Course 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 well being and your ability to work towards your goals, and develop strategies to build confidence and become less self-critical.

Eating Disorders Support

Title: Appetite for Life (4 sessions)

Facilitators: Orla McLoughlin, SCS & Dr. Niamh Farrelly, CH

Dates: Thursday, 23rd February, Monday, 27th February, Thursday, 1st March & Monday, 5th March.

Time: 12.30 to 1.45pm

Venue: Group Room, SCS, 3rd Floor, 7-9 Sth. Leinster St.

Content: The Appetite for Life Group is run jointly by the Student Counselling Service and College Health Service for students who experience disordered eating (e.g. Anorexia, Bulimia and Binge Eating Disorder). The aim of the group is to provide information about disturbed eating and weight control behaviours, and offers help to change from unhealthy to more healthy behaviours. Participants explore the relationship between eating behaviours and emotional experience and how the cycle of disordered eating is maintained. Guidance will be given on developing strategies to improving self esteem and participant's relationship with food, and relapse prevention. The group combines information with facilitated discussion, in which attendees are encouraged to share their experiences and advice with each other. Referral through SCS or College Health.

Therapy Group

Title: Ongoing Therapy Group

Day/Date: Tuesday, 17th January 2012

Time: 6:00pm to 7:30pm

Venue: Group Room, SCS, 3rd Floor, 7-9 Sth. Leinster St.

Facilitators: Angie McLaughlin & Daragh Keogh

Content: The Therapy group at Trinity College SCS involves a group of up to ten students working with a group facilitator (counsellor) in weekly therapy sessions. The number of group sessions each member can attend is agreed based on individual need. 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, enables a type of interaction that is not possible in one to one counselling and offers a chance to learn through others, how to manage distress.

Referral through the Student Counselling Service or College Health.

(Further information on the above group is available in our news item slot on this site).

Anxiety Group

Title: Trekking Through Anxiety

Facilitators: Joanna Harney

Day/Date: Tuesday, Jan.24th – Feb. 28th 2012 x 6 sessions

Time: 3:30pm to 5:00pm

Venue: Seminar Room, SCS, 3rd Floor, 7-9 Sth. Leinster St.

This group gives attendees the opportunity to understand anxiety and stress through a group psycho-educational approach based on CBT principles. Cognitive Behaviour Therapy explores the experience of anxiety from a thinking, behavioural, physiological and emotional perspective. Working in this way helps identify triggers, practice stress reduction techniques and explores strategies aimed at reducing negative and catastrophic thinking which can maintain anxiety. The format will be interactive with some between session homework practice. Referral through the Student Counselling Service or College Health.

Group Therapy Numbers are limited -For Registration/ further information e-mail student-counselling@TCD.ie