

Counselling Service Groups and Workshops
Michaelmas term 2025 schedule

Week beginning	Week no.	Day	Time	Group/Workshop name	Mode (In-person/online)	One-off or week number group will run (e.g. Weeks 5-8 inclusive)
6-Oct	0	Fri	10:00-11:30	Tea and Talk	In-person	Weeks 0-9 inclusive
13-Oct	1	Thurs	14:15-15:15	Healing from Childhood Trauma	In-person	Weeks 1-8 inclusive
		Thurs	15:30-16:30	DPhil Therapy Group	In-person	Weeks 1-8 inclusive
		Thurs	18:00-19:30	Undergraduate Group	In-person	Weeks 1-8 inclusive
20-Oct	2	Mon	14:30-16:00	Introduction to Mindfulness	In-person	One-off
		Tue	14:00-15:30	Survivor Support Group	In-person	Weeks 2-8 inclusive
		Wed	17:15-18:30	Bereavement Support Group	In-person	Weeks 2, 4, 6 and 8
		Wed	17:30-18:45	Neurodiversity Group	In-person	Weeks 2-8 inclusive
		Thurs	11:15-12:45	DPhil Overview Workshop: Surviving Your DPhil and Thriving Emotionally	In-person	One-off
		Fri	14:30-16:00	Can't Work	In-person	One-off
27-Oct	3	Mon	14:15-15:15	Managing Sleep and Insomnia	In-person	One-off
		Wed	17:00-18:30	Students of Colour Workshop: "The Oxford Culture Shock and My Mental Health"	Online	One-off
		Thurs	13:00-14:00	DPhil Workshop 1 - Getting started: beginning your DPhil life in Oxford as you mean to go on – finding a work life balance and looking after your emotions	In-person	One-off
		Fri	15:00-16:15	Low Mood Group	In-person	Weeks 3-7 inclusive

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3-Nov	4	Tues	4.45-6.15	Anxiety Group	In-person	Weeks 4 & 6
		Wed	10:30-11:30	Managing Trauma Symptoms	Zoom	One-off
		Wed	17:00-18:30	Students of Colour Workshop: "Unapologetically Me, Looking Forward to the Year Ahead"	Online	One-off
		Fri	10:00-11:30	Self-Compassion Group	Online	Week 4-8 inclusive
		Fri	14:30-16:00	Can't Work	In-person	One-off
10-Nov	5	Mon	14:15-15:15	Managing Panic	In-person	One-off
		Mon	15:30-16:30	Courage to Connect	In-person	MT Weeks 5-8 and HT Weeks 1-5 inclusive
		Tues	11:00-12:30	Emotionally Demanding Research-Researcher Wellbeing Workshops	In-person	Weeks 5, 7 and 9
		Wed	17:30-19:00	Students of Colour Group	Online	Weeks 5-8 inclusive
		Thurs	13:00-14:00	DPhil Workshop 2 - Getting on: managing professional relationships (supervisors, lab, peers), preparing emotionally for transfer of status, and dealing with DPhil crises along the way	In-person	One-off
17-Nov	6	Wed	11:00-12:30	Navigating Persistent Pain and Illness	Online	Week 6 & Week 9
		Wed	14:30-16:00	Introduction to Mindfulness	In-person	One-off
		Wed	17:30-18:30	Relaxation Workshop	Online	One-off
		Thurs	17.00-19.00	Managing Strong Emotions	In-person	Weeks 6&7

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		Fri	14:30-16:00	Can't Work	In-person	One-off
24-Nov	7	Thurs	13:00-14:00	DPhil Workshop 3 - Getting finished – preparing emotionally for submission, your viva, and life after the DPhil	In-person	One-off
1-Dec	8					
8-Dec	9					