SPRING 2019

Counselling Services Seminars and Workshops

Alleviating Anxiety

This single-session seminar will help you better understand anxiety, its causes, and the factors that maintain it. Throughout this seminar, we will introduce you to a number of strategies designed to alleviate anxiety in the moment, challenge your anxious thoughts, and change behaviours that maintain your anxiety.
Many dates and times available.

Cognitive Processing Therapy

In the Cognitive Processing Therapy (CPT) group, you will learn more about the cognitive model of PTSD and strategies that help you to cope and reduce symptoms of PTSD. You will not be asked to disclose the details of your trauma(s) in this group. **Starts May 22.**

Developing Your Compassionate Mind

Participants can learn and practice developing the skill of self-compassion through teaching, mindfulness practice, and time to apply the teachings.
This 5 week program **starts May 23**.

Overcoming Anxiety

This program can help you reduce your anxiety, face your fears, and gain an ability to cope with difficult emotions.
This 8 week program **starts May 23**.

Coping Skills Seminars

We offer four 1-hour long seminars that can help you challenge your thinking, cultivate resiliency, thrive with emotions, and empower habit change.
Many dates and times available.

Preventing Depression Relapse

This mindfulness-based group offers proven therapy that helps sustain recovery from depression and decrease risk of relapse.
This 8 week program **starts May 22.**

Dealing with Depression

Focus on the present and help see how negative thoughts can lead to distressing feelings and problem behaviours and learn to replace unhelpful thoughts with adaptive thoughts and healthier behaviours.
This 8 week program **starts May 22**.

Regulating Emotions

Dialectical-behavioural therapy combines cognitive-behavioural to help you learn to (1) cope with intense, distressing emotions; and (2) develop healthy ways to manage distress when feeling overwhelmed. Each session will present a selection of skills in mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness.
This program **starts June 1**.

Grad Student Stress Management Group

This group offers a safe, confidential space in which to talk about the stressors in graduate school and life, emotions (including problems with anxiety and depression), and relationships.
This program **starts May 16**.

For more information

uwaterloo.ca/cw/events

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