

## SUPPORTING PEOPLE IN DISTRESS

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**TUTOR:** Nicola Neath

University of Leeds Staff Counsellor – Nicola is also an MBACP Accredited Psychotherapist.

**Dates:** Thursday 19<sup>th</sup> November 2015 9.30-12.30am  
and Monday 18<sup>th</sup> April 2016, 9.30-12.30am

### **Overall aim of course:**

This workshop will help participants understand the range of possible reactions a person may have in times of distress. The content will be helpful when dealing with work colleagues, students or people one manages. It will look at ways to manage those reactions and how to ensure a distressed person gets adequate support and care in the moment of distress and methods to consider managing distress in the mid and longer term afterwards for both individuals and teams.

### **Intended outcomes and benefits from attending:**

By the end of this workshop, participants will:

- Understand the range of reactions of people in distress.
- Have a variety of alternative approaches in times of distress.
- Have considered how to manage individuals and teams in the short, mid and long term.

### **Indicative content: what the session will cover:**

- Distress responses.
- How to manage our reactions to the distress of others.
- Finding alternative approaches to responding
- Techniques for managing and supporting individuals and teams.

**Learning and teaching methods:** An interactive workshop

**Suitability:** Open to all Staff. If the course is full please register your interest by emailing Mandy Ellis ([a.d.ellis@adm.leeds.ac.uk](mailto:a.d.ellis@adm.leeds.ac.uk))

**Course Code:** tbc

**Max Places:** 24

**Pre-requisites:** None

Anyone interested or wanting further information can also contact Nicola directly on [n.e.neath@adm.leeds.ac.uk](mailto:n.e.neath@adm.leeds.ac.uk)

### **Related Courses:**

Personal resilience is the ability to bounce back from adversity and sustain performance in times of change. As such the University is offering a range of pick and mix workshops to staff to aid individual coping strategies as we deal with organisational change. The range of workshops in this area is:

- Values and Direction – knowing what matters personally and professionally
- Working with Stress and emotion
- Mindfulness and attention skills to steady and focus your mind
- Switching Off – Relaxation and Sleep
- Active approaches to worry, meeting things head on.
- Working with change and uncertainty
- Understanding and managing anxiety and panic
- Developing Assertiveness and Working with Confidence
- Working with habitual thinking patterns – thoughts are not facts
- Understanding grief, loss and set backs in everyday life
- Knowing your head and heart for effective decision making

Attendance at other workshops in the series may be beneficial

**To find out more about these related courses please contact the Staff Counselling and Psychological Support Service**

Telephone **0113 34 33694** or email [staffcounselling@leeds.ac.uk](mailto:staffcounselling@leeds.ac.uk)

Or to book on these courses go to <http://www.sddu.leeds.ac.uk/index.php>

