



University of  
Central Lancashire  
UCLan Cyprus

The School of Sciences



University of Central Lancashire Cyprus

Psychological Wellbeing  
& Counselling Centre

# Group Therapy Anxiety Free

The Psychological Wellbeing and Counselling Centre is inviting you to a series of a group therapy sessions. Join other compassionate individuals who are seeking to receive and provide support in a safe, judgment free environment!

## Topics to be explored

- Understanding automatic Thoughts and Anxiety Styles
- Understanding Thinking Errors & Core Beliefs
- Cognitive Restructuring
- Exposure Exercises

1st group session starts

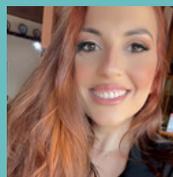
**16/03/2022 (Wednesday)**

**16:00 - 17:30**

**\*\*\*The upcoming dates will be updated weekly\*\*\***

**You are invited to share, learn, gain support, and build confidence with us!** / Subject to COVID-19 measures in place at the time, the sessions will be held in a physical presence at the Psychological Wellbeing and Counselling Centre of UCLan Cyprus, located in Pyla.

## Group coordinators:



Elena Papageorgiou

Elena is currently a Forensic Psychologist Trainee. She holds a bachelor's degree in psychology from the University of UCLan Cyprus and a master's degree in Psychology Research Methods from the University of Nottingham, UK. She is currently an intern in a variety of organisations including the Red Cross, Hope for Children and Solidarity Network, as well as an active therapist at the Well-being Centre in UCLan. Her work experience include application of the rTMS therapy in mental health population and a broad involvement in research.



Konstantinos Papanicolaou

I am now a Trainee Forensic Psychologist in my second practical year of my Master's degree of Forensic Psychology in University of Central Lancashire in Cyprus. I have graduated from American Academy Private High school in Larnaka in 2015 with an overall mark of 92.5% and based on several psychology lessons provided in my high school, I have developed an interest following the Psychology pathway. I have decided to follow the Bachelor of Psychology for three years in the University of Northumbria in Newcastle in 2017-2020. In the University of Northumbria, I have followed seminars and lectures based on Forensic Psychology where I grew an interest on how Psychology can help understand and acknowledge the forensic population.

Follow the link below to register for the group therapy sessions, by completing the online form, at the section **"Arrange a Meeting"**. You are kindly advised at point **12. Any other information**, to indicate that you are interested in a group therapy and state the type of group therapy you are interested in (i.e. Anxiety free). [www.uclancyprus.ac.cy/the-psychological-wellbeing-and-counselling-centre/](http://www.uclancyprus.ac.cy/the-psychological-wellbeing-and-counselling-centre/)

For further information you could contact the Psychological Wellbeing and Counselling Centre at:

**Email: [wellbeing@uclancyprus.ac.cy](mailto:wellbeing@uclancyprus.ac.cy) and Telephone:24-694050**