

Support Group for PhD Students



Is your concentration on your research affected by stress, depression or relationship worries?

Are you feeling blocked in your thesis writing?

Is being a research student making you feel isolated?

Are you struggling with managing the tension between personal and academic issues?

Does the relationship with your supervisor sometimes feel difficult?

Is it hard to maintain confidence, motivation or a sense of the relevance of your research?

Do you need someone to talk to?

Concerns such as these affect many PhD students and can get in the way of reaching one's academic potential. This aim of the PhD Support Group is to provide a safe, confidential space where participants can support each other with personal, emotional and relationship issues that are holding one back.

Through sharing with others who may be having similar experiences one can gain a clearer perspective and disentangle the personal and emotional issues which can impede thesis writing and academic progress.

The group is facilitated by Dr Jessica Mayer Johnson, an experienced Group Therapist within the counselling team. Jessica has a specialist interest in group work for helping

participants with blocks to intellectual and creative energy. She also supervises postgraduate theses in another setting and has herself been through the process of writing a PhD

The research student group will run for 4 weekly sessions on Fridays from 12.15pm to 1.45pm starting 28 January to 25 February 2011

If you think that you would like to join the group or would like to find out more please email welfare@qmul.ac.uk and ask to make an appointment with Jessica Mayer Johnson

Advice and Counselling Service

www.welfare.qmul.ac.uk