A Day in the Life

Elizabeth Treasure, Counsellor and CBT Therapist at the Counselling Service, part of Student Welfare and Support Services.

"My working day is mainly spent counselling students at our offices near Gloucester Green, where I have a lovely room looking out at Worcester’s magnificent Indian Bean Tree. When I started as a trainee nearly 25 years ago we were a much smaller team housed in Wellington Square, and I worked in any room available, but we have expanded significantly in recent years.

Students new to the service are offered an initial consultation to explore the problem they have come with, and these sessions are always fascinating: everyone’s story is unique. A therapeutic conversation can be transformative in itself. I meet with one or two new students every day, and spend other clinical hours following up with students whom I have met previously, mainly doing brief, focused work. I also run a 5-week group most terms, an introduction to CBT for depression. It’s great how open and supportive the students are to each other and how much that benefits them. There is often trepidation about going into a group, but I get 100% positive responses to ‘Would you recommend this group to a friend?’

Lunchtimes are usually working breaks, meetings with colleagues or having a sandwich at the desk, but if it is a Thursday I drop everything at 1.15 and run over the road to Worcester College chapel, where I sing in The Allsorts, Worcester’s innovative staff choir. I love it, and it is my chance to practice what I preach: resisting the pressure to work on relentlessly with admin, instead doing an enjoyable, creative activity which involves the body and connecting with others. I return to work feeling re-energised, and experience what all the evidence for this type of activity demonstrates: a lift in mood and greater sense of well-being, and also better mental focus and productivity than when I make the mistake of saying, “I can’t go, I’ve got too much to do.”