



# TUS Midlands Student Counselling Service Newsletter

## Newsletter Content

- Introduction: Applied Psychology Placement Students
- Body Project



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## Introduction: Applied Psychology Placement Students



Shauna Conroy

Hi, my name is Shauna, and I am a third year Applied Psychology student who is working alongside the counselling service team for my placement. I am very excited to have this opportunity as I feel it will be an excellent time to learn new things and do things I have never had the chance to do. For a little bit of information about me, I am from Connemara in Galway which makes me love the ocean very much as I find it very relaxing. I have been interested in psychology since I was 16 but particularly in the clinical/ counselling area. One of the main things that got me interested in this area was that I was always very passionate about helping people in as many ways as I could. As well as that, I am very interested in wanting to know why the brain works the way it does and love the behavioural side of psychology. In working in the TUS counselling service, I want to raise awareness on certain topics, such as Body Activism, and I also want to try and decrease the stigma that can sometimes exist around counselling by making it an even more supportive and accepting environment across the TUS campus.



Rian Fox

Hey, my name is Rian and I'm currently studying Applied psychology at TUS Midlands. I am eager to experience the professional environment of the Student Counselling Service on my placement, and exchange insight and knowledge with the counselling team. My passion in psychology is focused on neuropsychology and my ambition is to progress into a career involving neurorehabilitation. I am a mature student and see the study of the mind as a means to help both ourselves and others. I love animals, particularly my dogs and may sometimes be overheard singing the praises of animal-assisted therapies. I believe that because students spend much of their time studying, communicating and developing on campus, an open and accessible attitude toward mental health is paramount to maintaining the health and well-being of TUS students. I am optimistic that my work placement position will give me the opportunity to contribute to TUS, learn new skills and gain valuable experience.

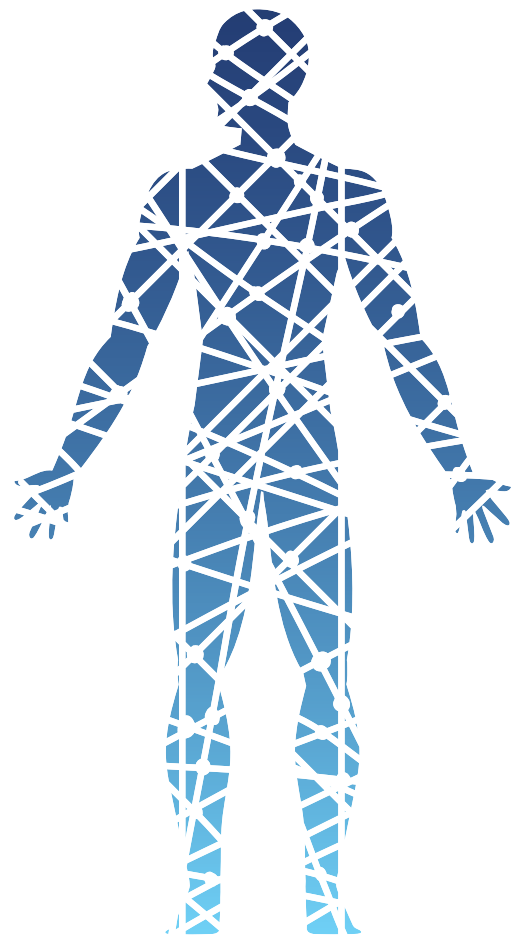
Regards,  
Rian.

**Our roles are centred around project work, we do not have access to any student using the service or their confidential data.**

- The Body Project is an evidence-based program which has been delivered to over 1 million people globally and consists of verbal, written, and behavioural exercises critiquing and addressing the "appearance ideal".
- The Body Project was created by Dr Eric Stice of Stanford University to help both second and third-level-age students to apply learned skills to address sociocultural pressures and the appearance ideal.
- The main focus of The Body Project is to reduce our body dissatisfaction, improve our self-body image, and equip us with the tools to identify and engage with negative stereotypical behaviours that lead to unrealistic expectations of ourselves. This will allow us to become more comfortable expressing positive attitudes towards ourselves and our peers when discussing body issues.

## **The Program Contains:**

- Four one-hour sessions detailing the origins of the appearance ideal
- Exercises promoting healthy body image and language
- Tools to respond to statements stemming from the appearance ideal perspectives
- Exercises to help us relate to ourselves and our own perceptions about body image
- Instruction on Self-Affirmation and positive behaviours

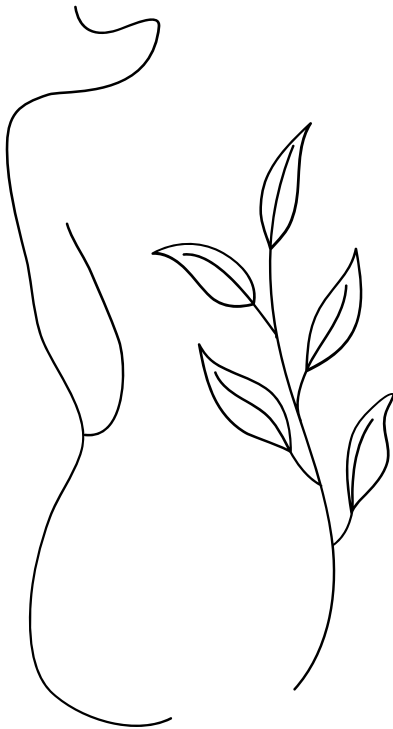


# COMING IN FEBRUARY... BODY PROJECT



## Body Project in TUS Midlands:

Professor Eric Stice trained Student Counsellors at TUS Midlands, in facilitating the Body Project. Last semester, Olivia Feehan and Deirdre Hanamy held the first group with six students, one session a week over four weeks in facilitating the body project to peers. The first of its kind in a third-level setting, Body Project is a great forum to discuss how body image affects everyone and how we can empower and support one another when contemplating and engaging with our bodies.



**If you would like to participate in on our next peer facilitated Body Project group this February, please email [ofeehan@ait.ie](mailto:ofeehan@ait.ie)**

## Student Feedback:

*In my opinion, this workshop is not only extremely educational and helpful if you are interested in knowing more about the thin ideal and its effect on people all around the world, but it is also a very wholesome and comforting experience. It made me feel very understood and seen, as I was talking about things that I wouldn't normally talk about, and I felt so comfortable in doing so. The environment was so wholesome the entire time. Also, the information in the workshop, such as the activities, were very helpful for me to feel good about myself and I still practice some of these things every day! I would highly recommend.*

(Year 3 Student)

*This body project had help me to encourage myself to accept my own body and increase self-confidence through my body. I also found that I am not the only one who struggle in it. It is also a comfort space that I am comfortable to share my opinion which I never share before which I really recommend everyone to join.*

(Year 2 Student)