Wellness Seminar Series

Skills for Building Resiliency

Pauline Venieris, Ph.D.
Students can drop in or register online to receive an email reminder. Undergrads and grads welcome!

The ABZzz’s of Sleep: Getting the Rest You Need
April 20 & May 18
Do you struggle to make getting enough sleep a priority? Do you tend to have an unsustainable sleep schedule that negatively impacts your health, academics, and mental health? In this seminar you will learn about why sleep is so important and how you can implement strategies to make getting consistent rest a reality.

Break-Up Bootcamp: Recovering from the Loss of a Romantic Relationship
April 27 & May 25
Are you broken-hearted over a relationship that has ended? Are you having trouble moving forward with your life or getting over your ex? This seminar will help you understand romantic loss and to develop a plan of action for adjusting to life as a single person.

Peace of Mind: Taming Anxiety & Managing Panic
May 4 & June 1
Do you tend to experience overwhelm, anxiety, and/or panic? This seminar will focus on understanding the symptoms of anxiety and panic. The seminar will also teach helpful things to do during episodes of anxiety and panic as well as ways that you can increase your overall sense of calm and relaxation.

Beat the Blues: Understanding & Managing Depression
May 11 & June 8
Are you having a hard time getting motivated? Are you feeling hopeless or sad? This seminar will focus on better understanding what leads to depressed moods and how to manage them. You will learn how to challenge your negative thoughts and activities that can help lift depressed moods.

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International Student Lunch Discussion

Junichi Shimaoka, Psy.D. of CAPS & Nicole Morgan, B.A. of OISS
We offer a safe and welcoming space for all students with an international background. Come and join our informal conversation on a variety of topics.

Every other Tuesday, 12-1pm
in OISS Conference Room

Welcome Back and Hopes for the Spring Quarter
April 10
Remembering Self-Care and Wellness
April 24
Celebrating our Success, Strength, and Growth
May 8
Keeping the Motivation Going
May 22
End of the Year, Graduation, and Beyond
June 5

For more information about specific groups or to sign up,
please call 805.893.4411, or visit caps.sa.ucsb.edu
Group Counseling Spring 2018

Being in the Moment: Introduction to Mindfulness
Danny Zanz, Psy.D. Tuesdays 2:00-3:00pm (Main CAPS Office)

Mindfulness involves paying attention to the present moment and accepting our experience as it is instead of engaging in our habitual pattern of judging it. It is simple practice, but also challenging, profound, and transformative. In this 6-week introductory group we will learn different mindfulness practices and how to integrate them into your daily life to reduce stress and improve your psychological resilience.

* Prescreen Required (if session session, 4/17/20)

Building Your Social Confidence
Dove Bothard, Psy.D., M.S. Wednesdays 2:30-3:30pm (Main CAPS Office)

Social connections are important, but they don't come easy for everyone. In this series, students will gain a better understanding of common social challenges and develop skills for navigating social situations. Students will learn new interpersonal skills, practice different approaches within a supportive setting, and receive guidance for continuing to grow social confidence outside of the group.

* No Prescreen Required (if session session, 4/18-2/20)

Creating Emotional Balance and Healthy Relationships
Karen Dias, Psy.D. Thursdays 1:00-2:30 pm (San Clemente)

This is a skills-focused group based on Dialectical Behavior Therapy (DBT), designed to help students learn to better identify and manage their emotions, improve their interpersonal and relationship skills, and learn more effective coping skills. This can be especially useful during times of intense emotion, conflict, or crisis.

Empowerment Circle
Jessica Alers, Ph.D. Thursdays 2:30-3:30

This is a Dream Scholar group focused on finding empowerment and strength through community and unity. During untimings, it is important to not lose hope or be silenced. This is a safe place to help process the complexities of being undocumented and receive support.

Enhancing Wellness and Managing Depression
Darci Rieder, Ph.D. Thursdays 4:00-5:00pm (Main CAPS Office)

This group will include peer support discussions about improving mood, motivation, and managing depression. Group members will learn to look at the links between feelings, thoughts, and behaviors and what needs to change in order to feel better. The group will include Cognitive Behavioral Therapy (CBT) as well as how to recognize and discharge from negative thoughts and rumination.

Graduate Student Process Group
Karen Dias, Psy.D. & Nick Jackson, M.A. Wednesdays 3:00-4:00pm (Main CAPS Office)

Designed for graduate students who want to explore ways to build intimacy in interpersonal relationships, work on the interpersonal aspects of anxiety and depression, resolve problems and conflicts, and become more aware of their actions and communication styles.

International Student Success—English
Yue-Ching Hui, Ph.D. Fridays 2:00-3:30pm (Main CAPS Office)

This group provides a safe, English-speaking space for all international students to discuss academic, educational, relationship, familial, and other issues unique to the international student experience. Members will have the opportunity to provide and receive support through making connections with each other, discuss acculturation and adjustment process, and share available resources to promote success at UCSB.

International Student Support Group—Mandarin
Sophia Chang, Psy.D. Fridays 3:30-4:00 (DBS Conference Room)

This group provides a safe space for Mandarin-speaking Chinese international students to discuss academic, interpersonal, and cultural challenges. The university is a time of significant life transition, and this group will enhance students’ abilities to cope with stress and learn to advocate for themselves. Students will feel supported in their adjustment process and will develop a stronger capability to navigate and thrive within the host culture.

Taming Anxiety with Skills and Compassion
Pauline Verien, Ph.D. Thursdays 1:30-3:30 (Main CAPS Office)

This group is for individuals experiencing persistent anxiety and will focus on minimizing anxious thoughts and feelings by increasing one’s insight and capacity to cope. Group members will acquire skills and strategies to ease anxiety and create emotional wellness with compassion.

True Selves Process Group
Janet Ocksis, Psy.D. & Marissa Flores, M.A. Thursdays 2:00-3:15pm (Main CAPS Office)

This is a weekly group for gay, lesbian, bisexual, queer, and transgender individuals to address issues related to coming out, relationships, transitioning, finding support on campus, and general life topics. The group provides an opportunity for members to share their concerns with others in a safe, supportive environment.

Interpersonal Violence Related Groups

Support After Intimate Partner Abuse
Molly McDonald, Ph.D. Thursdays 3:00-4:00pm (Main CAPS Building)

This group is open to female-identified students who have experienced unhealthy dynamics or abuse in a romantic relationship. Members will share their experiences and connect with others in a supportive setting, learn about common themes, dynamics and responses involved in partner abuse, develop greater self-compassion and coping skills, and experience a sense of shared empowerment.

Yoga as Healing
Melissa Cordero, Psy.D. Tuesdays 3:00-6:00pm (Main CAPS Office)

These group yoga classes will provide survivors of sexual violence a means of becoming reacquainted with their bodies, help to become grounded in the moment, and allow exploration of the benefits of mindfulness as they take in breath and movement in guided practices and meditation. Classes foster community-building through relaxation, stress reduction, stress awareness, guided activities, journaling, and art. This group is open to survivors of all genders. This group is offered in collaboration with CARE and CAPS. Please contact Care at 805-893-4411 and a confidential advocate will schedule you a prescreening.

HAAPI: Supporting Healthy Asian/Asian American Pacific Islanders
Jurchi Shinmeiya, Psy.D. & Marissa Flores, M.A. Thursday 3:30-4:45pm (EOP Center Room)

Join in a supportive, safe space for all Asian/Asian American (South, South East, East) Pacific Islander identified participants. Students will learn ways to balance personal multicultural identity, psychological health, and well-being with family dynamics, social expectations, and cultural heritage. AAPI students will have the opportunity to talk about these and other topics they have in common.

Nuestra Comunidad: Finding Our Strength in Community
Carla Corral, Ph.D. & Ozzie Espinoza, M.A.

This weekly dialogue provides a safe space for Chicana/Latina student to share, learn, and support each other to recognize and develop their strengths. Chicana/Latina students will have the opportunity to talk about culture and diversity, family, identity, belonging, financial literacy, healthy relationships, navigating the university, and what it means to be a Chicana/Latina college student.

Healing After Childhood Sexual Abuse
Jessica Cooper, Psy.D. Mondays 3:15-4:45pm (Main CAPS Office)

This group is designed for female-identified students who have experienced sexual abuse during childhood or as a teenager. This group will provide a safe space and the opportunity to share experiences, connect with others, and receive support in regaining a greater sense of control and empowerment. Participants in this group can expect to achieve a greater understanding of common reactions to sexual abuse and the ways in which it can impact life, develop skills for improved coping, and work through common challenges in the healing process.

Healing After Sexual Assault
Kat Lantrup, Ph.D. & Pauline Verien, Ph.D.

This group is designed to provide a supportive and safe environment for female-identified students who have experienced sexual assault as an adult. This group will provide carefully facilitated opportunities for group members to share, connect with others, and receive support in regaining a greater sense of control and empowerment in their lives. Participants in this group can expect to achieve a greater understanding of common reactions to assault and the ways in which it can impact life, develop skills for improved coping, and work through common challenges in the healing process.

Men’s Survivors Group
Beth Gorkuletsky, Psy.D. & Clay Hartmann, M.A. Wednesdays 3:30-4:00pm (Gaucho Support Center—Isla Vista)

This group is designed to provide a supportive and safe environment for male-identified students who have experienced sexual or physical assault as children or adults. Men of all sexual orientations and genders are welcome. This group will provide participants the opportunity to share experiences, connect with other men, and receive support in a confidential setting. The group aims to build understanding around the common reactions to assault, explore the impact of abusive experiences on current relationships, and work through common challenges in the healing process.

Creating Community: A Support Space forGraduate Students of African Heritage
Meridith Merchant, Ph.D. & Maria Barfeli, Psy.D. Mondays 3:00-4:15pm (EOP Lounge)


Join Your Focus
Jacqueline Levitan, Ph.D. Mondays 2:00-3:00pm, 4/16-5/2 (Main CAPS office)

These workshops are designed for students with ADHD to learn strategies for academic and personal success. These workshops offer a supportive, collaborative environment where students are encouraged to share experiences and practice new behaviors.

Good Grief: Managing Life After the Loss of a Loved One
Meridith Merchant, Ph.D. Wednesdays 4:00-5:00pm (BRB Room 220B)

Join with other students who have experienced the loss of a loved one. Receive support as you hear others talk about similar feelings, share your story, as well as learn ways to deal with loss in a safe and supportive environment.

Please note that all groups require a pre-screening unless otherwise noted. Sign up for group at caps.sa.ucsb.edu or by calling 805.893.4411.