Welcome Back Celebration of Cultural Diversity
January 16

Balancing Multiple Roles and Responsibilities
January 30

Dating and Relationships Across Cultures
February 13

Career and Job Expectations
February 27

Spring Break and the “Final Stretch”
March 13

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 discussion on a variety of topics. No registration required—just drop in! *Free pizza provided!

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

Hold Me Tight: A Relationship Enhancement Workshop for Individuals and Couples
Sophia Chang, Psy.D.

Hold Me Tight ® is an educational and experiential workshop that introduces core concepts of Emotionally Focused Therapy (EFT) to nurture emotional closeness in a couple. This workshop will help partners get unstuck from repeating patterns of arguing or silent distancing, co-regulate intense emotions with your partner when you are both distressed, and learn how to communicate in new ways that promote better understanding, closeness, and connection.

UNDERGRADUATE students Friday, 10am-12pm, Main CAPS Office

GRADUATE students Friday, 10am-12pm, Main CAPS Office

Peace of Mind: Taming Anxiety & Managing Panic
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
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.

The ABZzz’s of Sleep: Getting the Rest You Need
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
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.

Skills for Building Resiliency
Welcome Back to UCSB! Let’s talk about strategies to help you stay on track during what’s sure to be a challenging and exciting year!

Every other Thursday, 12-1pm in the CAPS Main Office

Beat the Blues: Understanding & Managing Depression
January 25 & February 22

The ABZzz’s of Sleep: Getting the Rest You Need
February 1 & March 1

Break-Up Bootcamp: Recovering from the Loss of a Romantic Relationship
February 8 & March 8

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

All Counseling & Psychological Services (CAPS) groups welcome diversity and inclusivity. Our groups provide a safe, supportive environment in which students of differing ethnicities, genders, sexual orientations, social class and ability are welcome to explore issues as related to the group offering.

Some GROUPS, WORKSHOPS, and SEMINARS require a prescreen appointment with the group leader to make sure the group is a good fit for your needs while others are drop-in, meaning you can stop by to any session.

Undergraduate students
Friday, 10am-12pm, Main CAPS Office

Graduate students
Friday, 10am-12pm, Main CAPS Office

*Sign up for a 1 session commitment. You can register as an individual participant or a couple. Your partner does not need to be a UCSB student.
Creating Emotional Balance and Healthy Relationships
Karen Dias, Psy.D., M.A.
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, to improve their interpersonal and relationship skills, and to learn more effective coping skills. These skills can be especially useful during times of intense emotion, conflict, or crisis.

Enhancing Wellness and Managing Depression
Denise Raiter, Psy.D.
Thursdays 2:30–4:45 pm (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 desensitize from negative thoughts and rumination.

Find Your Focus
Liz Mey, Ph.D.
Monday 2:30–3:30 pm (Gaucho Support Center—Isla Vista)

This group is designed for students with ADHD to learn strategies for academic and personal success. This group will help students identify and understand the impact of ADHD and will also be addressed. The group is a supportive, collaborative environment where members are encouraged to share experiences and practice new behaviors.

Graduate Student Process Group
Karen Dias, Psy.D., N. Jackson, M.A.
Wednesday 3:30–4:45 pm (San Clemente Office)

Delmar Castillo, Ph.D.
Thursdays 3:30–4:45 pm (San Clemente 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 Support—English
Yuh-Ching Hou, Ph.D., Friday 2:00–3:30 pm (Main CAPS Office)

This group provides a safe, English-speaking space for all international students to discuss cultural, 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 pm (IBIS 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’ ability 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.

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