

Wellness Seminar Series

Skills for Building Resiliency

No registration required. Drop in!

Mondays, 3:30-4:30pm
in the CAPS Main Building

Peace of Mind: Taming Anxiety & Managing Panic

Jan. 23 & Feb. 27

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

Jan. 30 & Mar. 6

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.

Use Your Voice: Effective Communication & Assertiveness

Feb. 6 & Mar. 13

Are you experiencing communication difficulties in relationships with family, friends, roommates, romantic partners, co-workers, or supervisors? Do you struggle to feel heard in these relationships? This workshop will focus on relationship basic rights, boundaries, and communication skills for building and maintaining healthy relationships.

Self Compassion: Skills for Being Kind to Yourself

Feb. 13 & Mar. 20

Do you have a tendency to be very hard on yourself? Do you beat yourself up for making mistakes? This seminar will focus on the benefits of learning to be kind to yourself and strategies for developing gentle self talk through acceptance, self compassion, and self care.

Riding the Wave

Navigating the Ups and Downs of Grad School with Greater Ease

We will discuss some of the common challenges that graduate students face and we will provide guidance on how to cope more effectively. Sessions provide practical information and engaging discussions, as well as individualized exercises to personalize your experience. Sessions build on each other but attending individual sessions is welcome.

Please register for each individual session you would like to attend at caps.sa.ucsb.edu

Thursdays, 3:30-5pm
in Elings Hall Rm 1601

1. Understanding & Optimizing Motivation

January 31

2. Defining Personal Goals & Making an Action Plan

February 7

3. Effective Communication

February 14

4. Achieving Your Desired Work-Life Balance & Renewing Your Vitality

February 21

Series is open to students of all graduate areas of study.

International Student Lunch Discussion

We offer a safe and welcoming space for all students with international background. Come and join our informal discussion on a variety of topics.

*Food Provided

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

Welcome Back & Navigating Cultural Identities

January 17

Balancing Multiple Expectations (Family, School, Friends, Self)

January 31

Dating & Relationships Across Cultures

February 14

Career & Job Expectations

February 28

Spring Break & "Final Stretch"

March 14

Group Counseling

Winter 2017

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.

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

 UCSB | Counseling & Psychological Services

Group Winter 2017 Counseling

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.

Being in the Moment: Mindfulness For Psychological Resilience

Danny Zamir, Psy.D. & Krishna Kary, M.A.
Tuesdays 2:00-3:30pm (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 is a simple practice, but also challenging, profound, and transformative. In this 6-week group, you will learn different mindfulness practices and how to integrate them into your daily life to reduce stress and improve your psychological resilience.

Building Your Social Confidence

Kimberly Nenemay, Psy.D.
Mondays 2-3:30pm (Main CAPS Office)

Social connections are important to thrive. In this series, students will develop a better understanding of difficulties experienced in social settings and learn to feel more at ease in social interactions. Students will learn practical skills, engage in exercises to try them out, and receive guidance on how to be more selective in choosing relationships and social environments to grow confidence outside of the group.

* No Prescreen Required (6 session commitment, 1/23-2/27)

Creating Emotional Balance and Healthy Relationships

Karen Dias, Psy.D. & Danilo Donoso, M.A.
Fridays 1:00-2:30 (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

Deirdre Rainer, Ph.D.
Thursdays 2:30-4pm (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 disengage from negative thoughts and rumination.

Find Your Focus

Liz May, Ph.D & Asha Wilkus-Stone, M.A.
Mondays 2:00-3:30 (Main CAPS Office)

This group is designed for students with ADHD to learn strategies for academic and personal success. The emotional impact of ADHD 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.
Mondays 3:00-4:30pm (San Clemente Office)

Darren Del Castillo, Ph.D. & Pauline Venieris, M.A.
Thursdays 3:00-4:30pm (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 Group—Mandarin

Sophia Chang, Psy.D.
Tuesdays 3:30-5:00 (OISS 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.

True Selves Process Group

Janet Osimo, Psy.D.
Wednesdays 3:30-4:45 (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.

Understanding Self and Others

Robbie Culp, Psy.D. & Sophia Chang, Psy.D.
Wednesdays 1:00-2:30 (Main CAPS Office)

Robbie Culp, Psy.D.
Tuesdays 1-2:30pm (Main CAPS Office)

This is an undergraduate process oriented group helping members with interpersonal skills, increased expression of emotion, understanding social dynamics, gaining increased self-confidence, and a greater awareness of one's self including culture and identity. Members will have a safe place to explore feelings and thoughts, give and receive support and feedback, and practice healthier ways of relating to themselves and others.

Interpersonal Violence Related Groups

Healing After Childhood Sexual Abuse

Jessica Cooper, Psy.D. & Asha Wilkus-Stone, M.A.
Thursdays 3:30-5:00pm (Women's Center—SRB)

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

Kali Lantrip, Ph.D. & Jill Huang, Ph.D.
Thursdays 3:30-5:00pm (Gaucho Support Center—Isla Vista)

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 participants the opportunity to share experiences, 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.

Drop In Workshops

Please note that some workshops require a prescreen. Otherwise, workshops are open for drop-ins.

Creating Community: A Support Space for Graduate Students of African Heritage

Meridith Merchant, Ph.D. & Mario Barfield, Psy.D.
Mondays 3:00-4:30 (MCC Lounge)

Join in a discussion of the unique challenges commonly experienced as a graduate student of African Heritage. Relieve stress. Be empowered. Be encouraged. Celebrate successes. Share ideas for maintaining a work-life-school-home balance.

Good Grief: Managing Life After the Loss of a Loved One

Meridith Merchant, Ph.D.
Wednesdays 4:00-5:00pm (SRB Room 2293)

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 personal story, as well as learn ways to deal with loss in a safe and supportive environment.

Men's Survivors Group

Seth Goradietsky, Psy.D.
Wednesdays 4:00-5:00pm (Gaucho Support Center—Isla Vista)

This group is designed to provide a supportive and safe environment for male-identified students who have experienced sexual assault or physical 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 experience on current relationships, and work through common challenges in the healing process.

Support After Intimate Partner Abuse

Molly McDonald, Ph.D. Thursdays 3:30-4:45pm (Main CAPS Building)

This group is open to female-identified students who have experienced unhealthy dynamics or abuse in a romantic relationship. Topics discussed include dynamics of partner violence, the relationship between thoughts and feelings, boundaries, managing emotions, self-esteem, and self-care. Space and support is provided for sharing the unique and profound betrayal that can occur within unhealthy intimate relationships.

Yoga as Healing

Melissa Cordero, Psy.D. & Pauline Venieris, M.A.
Tuesdays 3:00-5:00pm (Gaucho Support Center—Isla Vista)

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 tune in to breath and movement in guided practice and meditation. Class themes foster community building through restorative postures, core strength, affirmations, guided activities, journaling, and art. This group is open to survivors of all genders.

HAAPI: Supporting Healthy Asian/Asian American Pacific Islanders

Jill Huang, Ph.D. & Junichi Shimaoka Psy.D. *prescreen preferred
Tuesdays 3:30-5:00 (MCC Meeting Room)

Join in a supportive, safe space for all Asian/Asian American (South, South East, East) Pacific Islander identified students. Participants 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. *prescreen preferred
Thursdays 2:00-3:30pm (SRB Room 2228)

This weekly dialogue provides a safe space for ChicanX/LatinX student to share, learn, and support each other and recognize and develop their strengths. ChicanX/LatinX 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 ChicanX/LatinX college student.