Wellness Seminar Series
Skills for Building Resiliency
Pauline Venieris, Ph.D.
No registration required. Drop in!

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 tools 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.

Use Your Voice: Effective Communication & Assertiveness
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 basics, boundaries, and communication skills for building and maintaining healthy relationships.

Self Compassion: Skills for Being Kind to Yourself
Do you have a tendency to be overly 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.

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Skills for Building Resiliency
Wellness Seminar Series

Peace of Mind: Taming Anxiety & Managing Panic
October 12 & November 9

Beat the Blues: Understanding & Managing Depression
October 19 & November 16

Use Your Voice: Effective Communication & Assertiveness
October 26 & November 30

Self Compassion: Skills for Being Kind to Yourself
November 2 & December 7

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
**Group Counseling**

**Fall 2017**

**Being in the Moment: Introduction to Mindfulness**

Danny Zarin, Psy.D. & Marissa Finn, M.A.  
**Tuesdays 2:30-3:30pm (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 simple practice, but also challenging, profound, and transformative. In this 6-week introductory group you will learn different mindfulness practices and how to integrate them into your daily life to reduce stress and improve your psychological resilience.  
* Prescreen Requested (if session completion, 10/17-11/21)

**Building Your Social Confidence**

Dave Botelho, 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 strategies 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 completion, 10/17-11/15)

**Creating Emotional Balance and Healthy Relationships**

Karen Diaz-Borja, 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, 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 2:30-4:45pm (Main CAPS Office)**

This group will include peer support discussions about improving mood, stress management, mindfulness, and capacity to cope. Group members will acquire skills and strategies to ease anxiety and create emotional wellness with compassion.

**Self Esteem Process Group**

Janet Osimo, Psy.D. & Marissa Finn, M.A.  
**Thursdays 2:00-3:30pm (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.  
**Tuesdays 1:00-2:30pm (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 academic and personal awareness. 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.

**Yoga for Depression**

Molly McDonald, Psy.D.  
**Mondays 2:30-4:30pm (Main CAPS Office)**

This group will focus on healing after interpersonal violence through the use of drumming and experiencing a cathartic emotional release without needing to verbalize the pain. All workshops are open to all interested students who have experienced interpersonal violence regardless of whether the abuse was inflicted by a same or different sex perpetrator. Individuals who identify as a member of a minority ethnic or racial group are especially encouraged to attend. Please note that some workshops require a prescreen. Otherwise, workshops are open for drop-ins.

**Men’s Survivors Group**

Beth Goralnick, Psy.D. & Clay Hartmann, M.A.  
**Wednesdays 3:30-4:45pm (Gauchos 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 sexual physical assistance as children or adults. Men of all sexual orientations and genders are welcome. This group will provide participants the opportunity to share their 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 McDonal, Psy.D.  
**Thursdays 3:30-4:45 pm (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 more 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 Cordeiro, Psy.D.  
**Tuesdays 3:30-6:00pm (Gauchos Support Center–Isla Vista)**

These yoga classes will provide survival 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 learn to breathe 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 and is offered in collaboration with CARS and CAPS.

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

Meridith Merchant, Ph.D. & Maria Bartoli, Psy.D.  
**Mondays 3:00-4:30pm (MCC Lounge)**


**Empowerment Circle**

Melissa Cordos, Psy.D.  
**Thursdays 2:30-3:00pm**

This is a skills group focused on healing and empowering students to support each other and their community and thrive. This group is open to students who have shared similar experiences, stories of challenge, and desire to work together to achieve goals.

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

Meridith Merchant, Ph.D.  
**Wednesdays 4:30-5:30pm (BIB Room 2203)**

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.

**Healing After Childhood Sexual Abuse**

Jessica Cooper, Psy.D.  
**Mondays 3:00-5:00pm (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 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 coping skills for improved coping, and work through common challenges in the healing process.

**Healing After Sexual Assault**

Kari Lantini, Ph.D. & Pauline Venieris, Ph.D.  
**Thursdays 3:30-5:00pm (Gauchos 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 their 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 coping skills for improved coping, and work through common challenges in the healing process.

**Healing with the Beat of a Different Drum**

Melissa Cordos, Psy.D. & Kari Lantini, Ph.D.  
**Thursdays 11/16, 11/27, 12/08, 1-4pm (Gauchos Support Center–Isla Vista)**

This group will focus on healing after interpersonal violence through the use of drumming and experiencing a cathartic emotional release without needing to verbalize traumatic memories. This group is open to survivors of all genders and their friends.  
* Prescreen required and there is no need to have musical experience or talent

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