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. No registration required—just drop in!
*Free pizza provided!

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
Being in the Moment: Introduction to Mindfulness

Danny Zane, Psy.D.
Tuesdays 7:35-8:30pm (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 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, 417-522)

Building Your Social Confidence

Dave Boturdy, 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 session, 418-522)

Creating Emotional Balance and Healthy Relationships

Karen Diaz, Psy.D. Thursdays 1:30-2:30 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. These skills can be especially useful during times of intense emotion, conflict, or crisis.

Empowerment Circle

Jessica Abner, Ph.D. Thursdays 2:30-3:30pm

This is a Dream Scholar group focused on finding empowerment and strength through community and unity. During unsettling times, it is important not to 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

Darcie Rauler, Psy.D. Thursdays 3:45-4:45pm (Main CAPS Office)

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

Graduate Student Process Group

Karen Diaz, Psy.D. & Nick Jackson, M.A. Wednesdays 3:30-4:30pm (Main CAPS Office) - San Clemente Office

Darren Del Castillo, Ph.D. Thursdays 3:30-4:30pm (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 Success—English

Yuch-Ching Hsu, Ph.D. Fridays 2:00-3:30 (Main CAPS Office)

This group provides a safe, English-speaking space for all international students to discuss academic, cultural, 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 (GISB 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.

Integrating Mindfulness into Daily Life

Kali Lantrip, Ph.D. and Pauline Venieris, Ph.D. Thursdays 1:30-2:30pm (Main CAPS Office)

This is a skills group 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 Osiso, Psy.D., D. & Marissa Flores, 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. and Sophia Chang, Psy.D. Tuesdays 1:30-2:30pm - Wednesdays 1:30-2:30pm (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 ability to be open and honest with others. Members will have a safe space 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, Ph.D. Mondays 2:15-3:45pm (Main CAPS Office)

These group yoga classes will provide survivors of sexual violence a means of befriending unacquainted 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. Classes foster community building through shared experience, build strength, affirmations, 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 805-893-4613 and a confidential advocate will schedule you a pre-screening.

Men’s Survivors Group

Beth Grodziebly, Psy.D. and Clay Hartmann, M.A. Tuesdays 3:30-4:30pm (San Clemente Office)

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 for Graduate Students of African Heritage

Meridith Merchant, Ph.D. & Mario Barfield, Psy.D. Mondays 3:00-4:30pm (Grop Support Center)


Finding Your Focus

Joseph Levinan, Ph.D. Mondays 2:00-3:00pm, 4/16-5/21 (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 4:30-5:30pm (BBM Room 2209)

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.

Interpersonal Violence Related Groups

Support After Intimate Partner Abuse

Molly McDonal, 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. 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

Neslia Corders, Psy.D. Tuesdays 3:30-4:30pm ([3 groups will stay until 6pm, dates TBD] Gauchos 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. Classes foster community building through shared experience, build strength, affirmations, 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 805-893-4613 and a confidential advocate will schedule you a pre-screening.

HAAPI: Supporting Healthy Asian/Asian American Pacific Islander Americans

Jessica Shinuma, Psy.D. & Marissa Flores, M.A.
Tuesdays 1:30-4:30pm (Grop Support Center)

Join in a supportive, safe space for all 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.
*Prescreen Required

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

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.