

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!

Thursdays, 12-1pm
in the CAPS Main Office

Peace of Mind: Taming Anxiety & Managing Panic

January 18 & February 15

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

January 25 & February 22

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

February 1 & March 1

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

February 8 & March 8

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.

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

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

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

February 23
March 9

*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.

Group Counseling

Winter 2018

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

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Group Counseling Winter 2018

Being in the Moment: Introduction to Mindfulness For Psychological Resilience

Danny Zamir, Psy.D.

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 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 Required (6 session commitment, 1/23-2/27)

Building Your Social Confidence

Dave Botsford, Psy.D., M.S. **Wednesdays 2-3:30pm (Main CAPS Office)**

Social connections are important, but they don't come easily for everyone. In this series, students will gain a better understanding of common social challenges and develop greater comfort 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 (6 session commitment, 2/7-3/14)

Creating Emotional Balance and Healthy Relationships

Karen Dias, Psy.D. & Nick Jackson, 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

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. **Mondays 2:00-3:30 (Gaucho Support Center—Isla Vista)**

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. & Nick Jackson, M.A.

Wednesdays 3:00-4:30pm

(San Clemente Office)

Darren Del Castillo, Ph.D.

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.

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.

International Student Success—English

Yueh-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 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 3:30-5:00 (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.

Taming Anxiety with Skills and Compassion

Victoria Gonzalez, Ph.D. & Clay Hartmann, M.A.

Thursdays 1:30-3:00 (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 Osimo, Psy.D. & Marissa Floro, 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.

Understanding Self and Others

Robbie Culp, Psy.D.

Tuesdays 1:00-2:30

(Main CAPS Office)

Sophia Chang, Psy.D.

Wednesdays 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.

Yoga for Depression

Molly McDonald, Ph.D. **Mondays 2:15-3:45 (Main CAPS Office)**

These group yoga classes will help members manage symptoms of depression (and anxiety) through the use of yoga poses, breathing practices, guided meditation, and yoga principles. Members will learn and practice yoga skills that will support their mental health both during the class and to practice at home.

Drop In Workshops

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

Meridith Merchant, Ph.D. & Mario Barfield, Psy.D.

Mondays 3:00-4:30pm (EOP 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.

Empowerment Circle

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

(for location, please contact Diana Valdivia at: diana.valdivia@sa.ucsb.edu)

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

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

Please note that some workshops require a prescreen.

Otherwise, workshops are open for drop-ins.

HAAPI: Supporting Healthy Asian/Asian American Pacific Islanders

Junichi Shimaoka, Psy.D. & Marissa Floro, M.A.

Tuesdays 3:30-4:45pm (EOP Conference 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 Required

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.

RA Support Space

Robbie Culp, Psy.D. **Mondays 12:00-1:00 (Santa Catalina Wellness Center)**

Join us in a supportive space for students who are currently working as RAs in various residence halls. Participants will have the opportunity to talk about managing the challenges of their role, setting appropriate boundaries, and practicing self-care.

Interpersonal Violence Related Groups

Healing After Childhood Sexual Abuse

Jessica Cooper, Psy.D. **Mondays 3:30-5:00pm (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 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. & Pauline Venieris, 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.

Healing with the Beat of a Different Drum

Melissa Cordero, Psy.D. & Kali Lantrip, Ph.D.

Thursdays; 1/25 & 2/22; 5:00-6:00pm (Gaucho Support Center—Isla Vista)

This drop-in 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.

**No prescreen required and there is no need to have musical experience or talent.*

Men's Survivors Group

Seth Goradietsky, Psy.D. & Clay Hartmann, M.A.

Wednesdays 3:30-5:00pm (Gaucho Support Center—Isla Vista)

This group is designed to provide a supportive and safe environment for male-identified students who have experienced sexual 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 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. 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 Cordero, Psy.D. **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 and is offered in collaboration with CARE and CAPS.