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

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 may 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.

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
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March 9
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Creating Emotional Balance and Healthy Relationships
Karen Dias, Psy.D. & Adam Zornes, M.A.
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 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 Rainer, M.A. Thursdays 2:30-4:00 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 disengage from negative thoughts and rumination.

Find Your Focus
Liz May, Ph.D. Monday 2:30-3:30 (Gaucho Support Center—Isla Vista)
This group is designed for students with ADHD to learn strategies for academic and personal success. This group will focus on the internal and external impact of ADHD and is offered in collaboration with CARE.

Graduate Student Process Group
Karen Dias, Psy.D. & Nick Jackson, M.A. Wednesdays 3:01-4:00 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.

Group Counseling Winter 2018
Being in the Moment: Introduction to Mindfulness
Danny Zanini, Psy.D. Tuesdays 2:30-3:00 pm (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. It is simple practice, but also challenging, profound, and transformative. In this 6-week introductory group you will start to develop mindfulness practices and how to integrate them into your daily life to reduce stress and improve your psychological resilience.

* Prescreen Required (if session commitment, 2/2-2/7)

Building Your Social Confidence
Dave Botelho, Psy.D., M.S. Wednesdays 2:30-3:00 pm (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 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.

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