

CAPS Group Counseling

Spring 21

Group counseling offerings include—*Psychoeducational & Skills Groups, Community Groups, and Interpersonal Process Groups. All groups are held virtually on Zoom.*

For the most up-to-date information, and to submit interest, please visit caps.sa.ucsb.edu.

A TRIBE CALLED SIS—TBD

Meridith Merchant, Ph.D., & Kareen Louis, M.Ed. (OBSD)

A Tribe Called Sis is a Sister Circle that provides a space for all Black women at UCSB to experience healing, give and receive support to one another, and explore issues unique to the experience of Black women.

BUILDING RESILIENCE: A SUPPORT GROUP FOR SURVIVORS—Tuesdays, 1:30-3pm

Kali Lantrip, Ph.D. & Liz May, Ph.D.

This group is for survivors of Interpersonal Violence (sexual assault, dating/relational violence, child abuse, and/or experiences of stalking) who want to gain support and build community with other survivors. Members will share, connect, and learn from each other in their healing journeys - in a safe, facilitated space. This group is open to all genders and identities and will include discussion of how parts of our identities and our lived experiences contribute to how we experience trauma, find meaning, and heal.

CREATING COMMUNITY—Mondays, 3-4:30pm

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

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.

CULTIVATING RESILIENCE—Thursdays, 3:30-4:30pm

Jessica Adams, Ph.D. & Tony Muñoz

This is an online Dream Scholar support group focused on building resilience in a safe and supportive environment. Undocumented students will experience social connection, learn new skills to manage anxiety and worry such as emotional regulation and mindfulness skills, and learn about important campus/community resources. Please sign up if interested or if you have questions and would like to be contacted. Students welcome at any point in the quarter.

DBT SKILLS TRAINING SERIES—Wednesdays, 2:30-4pm

Ashley Gilmore, LMFT & Jennifer Taylor, LMFT (ADP)

This 90 minute didactic group that helps students adopt coping skills in the areas of Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness. A significant focus of this group is psycho-education of emotions and DBT skills training, with mindfulness interwoven in each workshop. The goal of this group is to help students expand their repertoire of emotional management strategies while learning to effectively implement these tools in their lives. Students also have the opportunity to connect with and support their peers as they learn with and from each other. Helpful for a range of issues: Depression, anxiety, stress, mood instability, irritability, feelings of emptiness, identity issues, anger issues, intense or chaotic relationships, impulsivity, substance use concerns, eating disorders, suicidal and self-harming behavior.

ENHANCING WELLNESS AND MANAGING DEPRESSION—Thursdays, 3:30-5pm

Deirdre Rainer, Ph.D.

This group will include peer support discussions about improving mood, motivation, and managing depression. The group will include Cognitive Behavioral Therapy (CBT) as well as how to recognize and disengage from negative thoughts and rumination.

FAMILY & RELATIONSHIPS SUPPORT GROUP—Fridays, 10-11am

Whitney Bruice, MFT (ADP)

Join our 7-week free, confidential process group for students who have family members or other loved ones struggling with substance use issues or other related mental health concerns. If interested, contact: whitneyb@ucsb.edu or 805-893-4978

FIND YOUR FOCUS—Mondays, 1:30-2:30pm

Jocelyn Levitan, Ph.D.

This workshop is designed for students with ADHD-related difficulties 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 skills. Topics include: Understanding Strengths and Weakness of an ADHD Brain, Goal Setting, Time Management, Procrastination, Motivation, Building Attention Span, Adaptive Thinking, Coping Skills, Accommodations, and Self-Advocacy. Special consideration will be taken to unique challenges for working at home and during quarantine. *While students are encouraged to attend every session, drop-ins are welcome.*

You do not need to have an ADHD diagnosis to attend this workshop.

GAUCHO GROUP—Tuesdays, 5:30-7pm

Dave Botsford, Psy.D.

Gaicho Group is designed to help UCSB ICA student athletes manage common challenges before they become problems.

GOOD GRIEF—Wednesdays, 4-5pm

Meridith Merchant, Ph.D. & Chye Hong Liew, Ph.D.

Join with other students who have experienced the loss of a loved one. Receive support as you hear others talk about similar experiences.

GRADUATE STUDENT INTERPERSONAL PROCESS & SUPPORT GROUP—Mondays, 2-3pm

Karen Dias, Psy.D.

OR Fridays, 2-3pm

Darren Del Castillo, Ph.D. & Dhriti Tiwari, M.S.

Designed for graduate students who want to explore ways to address feelings of isolation in the context of COVID-19 related concerns, 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.

HAPI: SUPPORTING HEALTHY ASIAN PACIFIC ISLANDERS—Tuesdays, 2:30-4pm

Sochanvimean Vannavuth, Ph.D. & Chye Hong Liew, Ph.D.

HAPI is an informal zoom-based support and discussion space of South Asian, Southeast Asian, East Asian, Pacific Islander, multi/bi-cultural and multi/bi-racial identified students at UCSB. We hope to use this space to build a sense of community and provide a safe space to share our experiences, connect with others, and support each other as we adjust to remote learning/living and our new normals.

HEALING, ENCOURAGING, & RISING TOGETHER (HEART) - Wednesdays, 1:30-3pm

Victoria Gonzalez, Ph.D.

This group will focus on creating connections; where Latinas can feel respected, validated, and affirmed. The aim is to help students find relief, gain awareness, and helpful coping strategies for managing the psychological impacts of oppression.

INTERNATIONAL STUDENT SUCCESS—Fridays, 2-3:30pm

Yueh-Ching Hsu, Ph.D. & Chye Hong Liew, Ph.D.

This group is designed to provide a safe and confidential space for international students to receive and provide support through exploring and navigating cultural differences, making connections with each other, and sharing available resources to promote success at UCSB. This is also a space to affirm your strengths as international students. Group is led in English.

MEN'S SURVIVORS GROUP—Thursdays, 3:30-4:45pm

Seth Goradietsky, Psy.D. & Steffanie Tinsley, Ph.D.

This group is designed to provide a supportive and safe environment for male students who have experienced an abusive relationship or sexual assault. Men of all sexual orientations and genders within this spectrum are welcome including Gay, Queer, Bi, and Transgender. This group will provide participants the opportunity to share experiences, connect with other men, 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 and develop skills for improved coping which may lead them to enter safer, more satisfying relationships.

MINDFULNESS AND COMPASSION—Tuesdays, 3:30-5pm

Jessica Cooper, Psy.D. & Katherine Wu, M.A.

Group members will gain a foundation in mindfulness, compassion and nature connection practices through guided meditations and group discussion. Additionally, members will receive resources to learn how to integrate mindfulness practices into daily life and to cope with stress non-judgmentally, with increased self-compassion.

NUESTRA COMUNIDAD: FINDING STRENGTH IN COMMUNITY—Thursdays, 2-3:30pm

Carla Corral, Ph.D. & Ozzie Espinoza, M.A.

This weekly dialogue provides a safe space for ChicanX/LatinX identified students to support each other and recognize their strengths. This group will explore the role that cultural heritage plays in psychological and academic wellbeing. ChicanX/LatinX students will have the opportunity to talk about culture and diversity, family, identity, belonging, financial literacy, healthy relationships, navigating the university, our current socio-political environment, the impact of Covid-19, and what it means to be a ChicanX/LatinX college student.

PEACE WITH FOOD—Thursdays, 2-3:30pm

Robbie Culp, Psy.D. & Betsey Mear, R.D. (SHS)

This group is designed to help members better understand disordered eating habits, process weight and shape concerns, work on managing situational triggers and how these impact their sense of self and relationships with others.

SOUTH ASIAN STUDENT SUPPORT GROUP—Tuesdays, 3-4pm

Dhriti Tiwari, M.S.

This group is designed to provide a supportive space for students who identify as South Asian to make connections and explore shared issues and challenges. The group will be focused on fostering a sense of community, sharing resources and developing skills to facilitate coping and growth.

SUPPORT AFTER INTIMATE PARTNER VIOLENCE—Wednesdays, 3:30-5pm

Molly McDonald, Ph.D. & Katherine Wu, M.A.

This group is open to female-identified students who have experienced unhealthy dynamics or abuse in a romantic relationship.

TRANSFORMATIVE—Thursdays, 2-3pm

Emily Maynard, Ph.D. & Sam del Castillo, M.A.

This is a biweekly group for trans, non-binary, and questioning students to address issues related to transitioning, misgendering, bodies, dysphoria, relationships, medical care, transphobia, and general life topics. This is a drop-in group, however please contact Dr. Maynard for pre-screen and zoom link. Limited to undergraduates only.

TRUE SELVES—Thursdays, 2-3pm

Janet Osimo, Psy.D. & Dana Campagna, M.A.

We will be offering an online support group for the LGBTQ community to come together during COVID-19. Our community is especially vulnerable to the challenges of physical distancing. We may be sheltering in place with family or friends that may or may not know about our identity. Access to health care is likely more challenging. This is a place to come and check in with others, explore your identity, get support and information. You can attend through telephone or Zoom.

UNDERSTANDING SELF & OTHERS—Tuesdays 1-2:30pm

Robbie Culp, Psy.D.

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.

YOGA FOR EMOTIONAL BALANCE—Thursdays, 10-11:15am

Molly McDonald, Ph.D.

These group yoga classes will support students in managing common emotional difficulties, particularly those associated with depression and anxiety. Students can expect to benefit from the use of yoga poses, breathing practices, guided meditation, and yoga philosophy

Please note that each group may have specific dates, commitment requirements, and/or prescreening processes. Some groups will close after the first few weeks of the quarter.

All of this information can be found on the caps.sa.ucsb.edu website.

There, you can also submit interest and/or register for the groups that feel like a good fit.

*If you have any questions regarding groups,
please contact CAPS at (805) 893-4411.*

