

# CAPS Group Counseling

Spring 2023

Group counseling offerings include:

*Psychoeducational & Skills Groups, Community Groups, and Interpersonal Process Groups.*

*For the most up-to-date information, and to submit interest, please visit [caps.sa.ucsb.edu](https://caps.sa.ucsb.edu).*

## **A TRIBE CALLED SIS—** (dates TBD)

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

A Tribe Called Sis provides a space for all Black identified women at UCSB (students, staff, & faculty) to give and receive support to one another, experience healing through community, and explore issues unique to the experience of Black womanhood. *Location: TBD*

## **ADHD SUPPORT GROUP—**Mondays, 1:30-2:30pm

*Jocelyn Levitan, Ph.D.*

The support group is a space for ADHDers (formally or informally diagnosed) to connect, support one another, and share strategies and wisdom learned from navigating the UCSB system, finding interpersonal connections, and managing daily life. This will also be a space to celebrate the strengths of an ADHD brain and connecting with other neurodivergent folk that uniquely “get it.” You will be asked to commit to attending all group sessions so you can build connection and have accountability. *Location: Main CAPS Building*

## **BLACK MEN’S BARBERSHOP TALKS—** (dates TBA)

*Mario Barfield, Psy.D. & Mekhi Mitchell (OBSD)*

Black Men’s Barbershop Talk Series is a drop-in support space open to all Black, male-identified students. Through engagement in meaningful dialogue, Black men at UCSB will have an opportunity to build a healthy/sustainable community in a manner that increases their capacity for: supporting, challenging, and celebrating each other; displaying authentic emotional expression; exploring issues central to Black masculinity; and promoting inclusive and affirming connections with Black women, LGBTQ+ community, staff, faculty, and community members.

*Location: AdCRC*

## **BUILDING RESILIENCE: A SUPPORT GROUP FOR SURVIVORS—**Thursdays, 1-2:30pm

*Liz May, Ph.D. & Bri Freeman, Psy.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. *Location: Zoom*

## **CREATING COMMUNITY: A SUPPORT SPACE FOR GRADUATE STUDENTS OF AFRICAN HERITAGE—**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. *Location: Zoom*

## **DBT SKILLS TRAINING SERIES—**Wednesdays (4/19, 5/3, 5/17, 5/31), 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. *Location: Zoom*

## **FAMILY & RELATIONSHIPS SUPPORT GROUP—**Fridays, 10:30-11:45am

*Whitney Bruice, MFT (ADP)*

Join our 7-week free, confidential process group for students who have family members or loved ones struggling with substance use issues or other related mental health concerns. This group will be virtual. To attend and get the Zoom meeting information- please contact Whitney Bruice, MFT, Alcohol and Drug Program Behavioral Health Therapist, for a brief phone or Zoom telehealth meeting to be sure this group will meet your needs: [whitneyb@ucsb.edu](mailto:whitneyb@ucsb.edu) or 805-893-5013. *Location: Student Health Services*



**FAmS—FILIPINO AMERICAN SUPPORT SPACE**—Fridays, 1:30-3:00pm

*Iris Melo, Psy.D.*

This support space is for Filipino American, Filipinx, and all individuals of Filipino descent. All genders are welcome. Students are welcome to gather and share experiences and perspectives. Students will have the opportunity to connect, create community, and discuss unique challenges and achievements met by members. This group is open to undergraduate and graduate students. *Location: Zoom*

**GOOD GRIEF**—Wednesdays, 4-5:50pm

*Meridith Merchant, Ph.D. & Carlos Vidales, M.A.*

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

**GRADUATE STUDENT INTERPERSONAL PROCESS GROUP**— (Mondays, 3:30-5pm) *Chrissy Sandman, M.A. & Sochanvimean Vannavuth, Ph.D.*

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. *Location: Main CAPS Building*

**HAPI: SUPPORTING HEALTHY ASIAN PACIFIC ISLANDERS**—Thursdays, 11:30am-1pm *Sochanvimean Vannavuth, Ph.D. (CAPS Psychologist), Christine G. Choi (ARC Counselor), Michael Takahara (H&W Health Educator), & Ashkon Molaei (MENASARC Counselor)*

HAPI is an in person/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. This space is a collaboration between CAPS, ARC, MENASARC, and Health & Wellness to build a supportive community. *Location: Student Resource Building (SRB)*

**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. *Location: Zoom*

**HEALING THROUGH CREATIVITY** - Fridays (5/5, 5/12, 5/19, 5/26), 2-3pm

*Yuanghong Huang, Ph.D. & Badia Siddiqi, LMFT, LPCC, 200RYT*

This in-person, 4-week workshop is an offering for students to explore positive coping strategies through different creative avenues. Each week, students will learn a new skill through art, music, movement, etc that can support stress reduction, creativity, self-care, and healing. Possible activities may include origami, slime, coloring, mindfulness, and drum circle. Come learn something new and have fun while doing it! *Location: Main CAPS Building*

**HEALTHY STEPS**—Thursdays, 1-2:30pm

*Caitlin Allaway, Psy.D. & Sarah Porat, LMFT (ADP)*

This is an online group for students who want to learn how to reduce their current substance use. We will cover a gamut of relapse prevention techniques and harm-reduction strategies. Students seeking support with abstinence or harm-reduction are welcome. This goal-orientated group will be a safe space to find support and build a recovery community. This group is open to undergraduate and graduate students. No pre-screen required. Please sign up if you are interested or have any questions. \*\*while students are encouraged to attend every session, drop-ins are welcome\*\* *Location: Zoom*

**INQUEERY**—Wednesdays, 4-5pm

*Gianna Galindo, Ph.D.*

This support space is for LGBTQIA+ graduate students who want to explore their sense of self, receive and provide support, build resilience and community, and address the impact of oppressive systems. *Location: Main CAPS Building*

**INTERNATIONAL STUDENT VENT CIRCLE** —Wednesdays, 2:30-4pm

*Xin Sui, Psy.D. & Cristina Carney (OISS)*

**(VALIDATING, EMPOWERING, NAVIGATING TOGETHER)**

This weekly social circle provides a casual and safe space for international students to connect and support one another. International students will have the opportunity to share (or vent) their daily experience or/and challenges. This is also a space for students to recognize their strengths and receive guidance and resources. *Location: OISS Conference Room (SRB 3rd floor)*



**MEN OF COLOR COLLECTIVE**—Thursdays, 4-5pm*Carlos Vidales, M.A.*

This group is devoted for men of color to gather to empower and support one another. Groups members will have the opportunity to connect with other men of color through common experiences, hardships, and vulnerability. This is also a place to discuss the systematic challenges that come from being a man of color in higher education. *Location: Main CAPS Building*

**MEN'S SURVIVORS GROUP**—Tuesdays, 9:30-11am*Seth Goradietsky, Psy.D. & Troy DuFrene, M.A.*

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. *Location: Gaucho Support Center (Isla Vista)*

**MINDFULNESS AND COMPASSION**—Mondays, 1:30-3pm*Victoria Gonzalez, Ph.D. & Christal Stanley, Psy.D.*

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. *Location: Main CAPS Building*

**NUESTRA COMUNIDAD: FINDING STRENGTH IN COMMUNITY**—Thursdays, 2-3:30pm*Ozzie Espinoza, M.A. (EOP) & Raul Poblano, MSW*

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. *Location: Hybrid: Zoom & In person El Centro Building 406*

**OMG I'M GRADUATING!**—Mondays, 1:30-2:30pm*Chrissy Sandman, M.A. & Badia Siddiqi, LMFT, LPCC, RYT200*

This 4-week workshop (4/10, 4/17, 4/21, 5/1) is designed for undergraduate students who are graduating this Spring or Summer and would like some support with their upcoming transition. Group members will have the opportunity to connect with and support their peers, explore and process their thoughts and emotions regarding finishing undergrad, learn stress management skills, and identify how to listen to their needs, desires, and values as guides to navigating their futures. Participants are strongly encouraged to attend all 4 workshops. *Location: Main CAPS Building*

**PEACE WITH FOOD**—Thursdays, 2-3:30pm*Robbie Culp, Psy.D. & Christal Stanley, Psy.D.*

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. *Location: Zoom*

**SISTER CIRCLE**—Wednesdays, 5-6pm*Dominique Broussard, Ph.D., Janel Davis, Ph.D., & Tara Jones, MST, MA (AdCRC)*

Sister Circle is a weekly drop-in support space for Black womxn. This is a discussion-based group to receive support and feedback from similarly identified womxn within a safe and nurturing environment. *Location: AdCRC African Diasporic Cultural Resource Center*

**STANDING TOGETHER: A JEWISH SUPPORT SPACE.**—Mondays, 3-4pm*Steffanie Tinsley, Ph.D*

This virtual drop-in space is for Jewish identified students to come together and process any feelings or concerns related to antisemitism and how it feels to be a Jewish student at UCSB. This group will be a safe space to find support, community, and belonging. Feel free to come once or weekly throughout the quarter. *Location: Zoom*



**STRESS MANAGEMENT GROUP**—Tuesdays, 10:30-11:30

*Janel Davis, Ph.D. & Christal Stanley, Psy.D.*

In this 6-week group, students will learn about stress, how stress impacts the body, and the consequences of unmanaged stress. Group members will increase their awareness of personal stressors and learn specific skills to help them cope. The following skills will be discussed: diaphragmatic breathing, progressive muscle relaxation, mindfulness, guided imagery, and autogenics. There will be an opportunity to practice each new skill through participation in guided exercises. Group members will also receive resources to support their ongoing practice of stress management skills. *Location: Main CAPS Building*

**TRAUMA 101: MANAGING ALL THE FEELINGS** —Thursdays, 10:30-11:30am

*Steffanie Tinsley, Ph.D. & Bri Freeman, Psy.D.*

This 7-week semi-structured group is for survivors of Interpersonal Violence (sexual assault, dating violence, stalking, child abuse) who would like to gain an understanding of how trauma continues to affect them and connect with others who have been through similar traumatic experiences. Group members will not be prompted to share their trauma story, as this group will focus more on the different ways in which traumatic experiences have impacted them, discuss coping skills and ways to manage trauma symptoms, and provide a safe space for members to feel less isolated/alone and more empowered to take charge of their own healing process. This group will heavily emphasize safety, self-compassion, and support, and is open to students of all genders and identities. Pre-screen required. *Location: Zoom*

**TRUE SELVES**—Wednesdays, 2-3:15pm

*Janet Osimo, Psy.D. & Carlos Vidales, M.A.*

This is an online group for the LGBTQ community to address concerns, challenges and triumphs. This is a safe space to check in with others about their experiences, explore your identity, whether you are questioning or clear about your identity, thinking about coming out, or want support in general. Connect with others in the community. All topics are on the table. This group is for both undergraduate and graduate students. Pre-screen required. *Location: Main CAPS Building*

**UNDERSTANDING SELF & OTHERS**—Tuesdays 3-4:30pm

*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. *Location: Zoom*

**UNDOCUSTUDENT SUPPORT GROUP**—Thursdays, 3-4pm

*Jessica Adams, Ph.D.*

This is a support group for undocumented students where we will foster social connection, talk about the psychological impact of oppression, explore using 'culture' as a resource, support healing from racial, immigration, and intergenerational trauma when present, learn new skills to manage stress, support wellness, and build agency and empowerment. Please sign up if interested or if you have questions and would like to be contacted. Students welcome at any point in the quarter. *Location: Main CAPS Building, Room 1109*

**YOU CAN SIT WITH US (SOCIAL ANXIETY SUPPORT)**—Tuesdays, 2:30-3:30pm

*Vanessa Garcia, LCSW*

This 6-week, in-person skills group is intended to support, teach, and guide individuals who suffer from fear of public speaking, meeting new people, engaging in social events, starting conversations, and being more assertive in their lives. We will use Cognitive Behavioral Therapy (CBT) and In-Vivo Exposure practices to reinforce skills and embrace discomfort. Don't let social anxiety keep you from living your life in a way you wish to. Lastly, you will also learn strategies to help manage physical reactions with calming techniques and positive affirmations. Comes sit with us, while we also meet new people with similar challenges. *Location: Main CAPS Building, Room 1109*

*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](https://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.*

