

CAPS Group Counseling

Spring 2024

Group counseling offerings are available for registered undergraduate & graduate students which 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.

ADHD SUPPORT GROUP—Tuesdays, 2-3:15pm

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.” Discussion topics will be guided by the group members needs, but possible topics may include understanding the ADHD brain, increasing executive skills, self-advocacy in the face of oppressive systems, the neurodiversity movement, self-compassion, emotion-regulation, mindfulness, and rejection sensitivity dysphoria. This will be a closed group in that you will be asked to commit to attending all group sessions so that you can build connection and have accountability. If interested, please sign up with the link below and I will reach out to you to schedule a 20-minute pre-screen to determine goodness of fit. *Location: Main CAPS Building*

ADHD SUPPORT GROUP FOR GRADUATE STUDENTS—Thursdays, 10-11am

Jocelyn Levitan, Ph.D. & Katherine Jo, M.A.

The support group is a space for GRADUATE STUDENT 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.” Discussion topics will be guided by the group members needs, but possible topics may include understanding the ADHD brain, increasing executive skills, self-advocacy in the face of oppressive systems, the neurodiversity movement, self-compassion, emotion-regulation, mindfulness, and rejection sensitivity dysphoria. This will be a closed group in that you will be asked to commit to attending all group sessions so that you can build connection and have accountability. If interested, please sign up with the link below and I will reach out to you to schedule a 20-minute pre-screen to determine goodness of fit. *Location: Main CAPS Building*

BLACK MEN’S BARBERSHOP TALKS— date TBA

Mario Barfield, Psy.D. & Mekhi Mitchell-Tave

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

COMMUNITY ART STUDIO—Wednesdays, 1-2:30pm

Laina Pauker, LCSW & Julia Pennick, MSW

Are you looking for a break from screen time, a creative space to explore your artistic process, reduce your stress, and connect with others? In this therapeutic art group you can expect to start each session by selecting art materials to experiment with. Depending on your needs and preference, you are invited to chat with others while you work or take some time for yourself. Each session will close with debriefing about your process that day, any takeaways, and goals for the future. Materials are provided. No experience necessary.

Location: SRB 2nd Floor Conference Room

CREATING COMMUNITY: A SUPPORT SPACE FOR GRADUATE STUDENTS OF AFRICAN HERITAGE—Mondays 4-5:30pm

Mario Barfield, Ph.D., Meredith Merchant, Ph.D., & Jahnessa Davis, M.A.

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: Main CAPS Building*



DBT SKILLS TRAINING SERIES—Wednesdays, 2:30-4pm*Ashley Gilmore, LMFT & Jennifer Taylor, LMFT (ADP)*

This 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: Student Health Services*

DISSERTATION SUPPORT GROUP—Thursdays, 1-2:30pm*Lily Clark, Ph.D.*

The end of a graduate program can be particularly difficult. This group is an opportunity to have consistent support related to dissertations, comprehensive exams, and theses. In this group, members will have the opportunity to share about challenges they face in the dissertation process and provide support to other members as they navigate graduate work. Topics may include coping with stress, navigating the job market, getting support from family and friends who may not understand academia, navigating relationships with committees.

*Location: Main CAPS Building***FAMILY & RELATIONSHIPS SUPPORT GROUP**—Mondays, 1:30pm*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 or 805-893-5013. *Location: Student Health Services*

FIND YOUR FOCUS—Wednesdays, 2-3pm*Jocelyn Levitan, Ph.D., Jess Lin, MA, Katherine Jo, M.A., & Mental Health Peers*

This 6-week workshop is designed for students with ADHD-related difficulties to learn strategies for academic and personal well-being. 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, Time Management, Goal Setting, Procrastination, Motivation, Working with your Attention Span, Adaptive Thinking, Coping Skills, Emotion Regulation, Accommodations, and Self-Advocacy.

**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. * Location: Zoom*

GRADUATE STUDENT INTERPERSONAL PROCESS GROUP— Mondays, 2:30-4pm *Sochanvimean Vannavuth, Ph.D. & Yuanhong Huang, Ph.D.*

This group focuses on providing support with academic and life stressors and will help students increase their understanding of how they relate to themselves and others. This group is for graduate students with relational concerns (e.g., shame, low self-esteem, difficulty opening up to/trusting others, social anxiety, fear of disappointing others, difficulty expressing their needs to others, difficulty setting boundaries, feeling that they'll be a burden if they share with others thus, they are depressed & isolated). This group is for those who want to build intimacy and cultivate vulnerability 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. Two main components of the group are support and here-and-now processing. *Location: Main CAPS Building*

GRADUATE STUDENT SAFETY NET: AN INFORMATIVE & REFLECTIVE SPACE FOR INVESTING IN YOURSELF—Tuesdays, 10:30am-12pm*Gianna Galindo, Ph.D. & Maya Hargens, M.A. (Career Services)*

This five session, drop-in workshop is designed for grad students seeking to build confidence, learn tangible tools for navigating grad student related stressors, and connect with their peers. Throughout this series, we'll review essential skills for investing in the self and each session will center a different topic. Come for the guidance, stick around for the snacks and crafts!

Location: SRB Graduate Student Resource Center

HAPI: SUPPORTING HEALTHY ASIAN PACIFIC ISLANDERS—Thursdays, 12-1:30pm *Sochanvimean Vannavuth, Ph.D. (CAPS Psychologist), Katherine Jo, M.A. (CAPS Doctoral Intern), 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: SRB Asian Resource Center*

HEALTHY STEPS—Wednesdays, 1:30-3pm *Caitlin Allaway, Psy.D. & Sara Assaad, Psy.D.*

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*

INTERNATIONAL STUDENT VENT GROUP—Wednesdays, 2:30-4pm *Xin Sui, Psy.D. & Cristina Carney (OISS)*

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) about their daily experiences or challenges. This is also a space for students to recognize their strengths and receive guidance and resources! *Location: SRB OISS 3rd Floor Conference Room*

INQUEERY—Wednesdays, 3-4pm *Gianna Galindo, Ph.D.*

This support space is for LGBTQIA+ graduate students who want to receive and provide support, build resilience and community, and celebrate identities. 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: Zoom*

MEN'S SURVIVORS GROUP—Thursdays, 3-4:15pm *Seth Goradietsky, Psy.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. *Location: Gaucho Support Center 2nd Floor Conference Room (Isla Vista)*

MENA/SWANA-M SUPPORT SPACE —Thursdays, 4-5pm *Badia Siddiqi, LMFT, LPCC and Sara Assaad, Psy.D.*

This weekly support space is an offering for MENA/SWANA identified students. Providing the opportunity to create community amongst shared identities, offer support, lean into strengths, and explore the intersections of identify and society and the impact it has on students' well-being. *Location: Main CAPS Building*

NUESTRA COMUNIDAD: FINDING STRENGTH IN COMMUNITY—Wednesdays, 12-1:30pm *Carla Corral, Ph.D. & 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 shared directly with participants, please sign up to receive information*

SERENITEA: CULTIVATING MINDFULNESS— Thursdays, 3-4pm *Rosaline Lin, Ph.D.*

Mindfulness is a practice aimed at fostering open-hearted awareness in daily life. This weekly experiential cultivating mindfulness group is designed for students seeking respite from their hectic schedules and a return to the present moment. Come join us for a cup of tea and cultivate a practice of mindfulness together. *Location: Main CAPS Building*



SISTER CIRCLE— Wednesdays, 5-6pm*Dominique Broussard, Ph.D. & Tara Jones, Ph.D. (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 in-person 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*

TRANSFORMATIVE.—Thursdays, 3:30-5pm*Dana Campagna, Ph.D.*

TransFormative is a group for trans, nonbinary, gender nonconforming, gender fluid, gender queer and other gender questioning/exploring students to meet others, share and process, heal and help one another, and find/practice community in a safe, co-created, therapeutic and celebrating space. Topics may include trans identity, transitioning, internalized transphobia/negativity, friends and family, gender and physiological dysphorias, HRT and gender congruent procedures, community building, dating, self compassion, empowerment, and many others. 15 minute pre-screens are required; max 10 participants. *Location: Main CAPS Building*

TRAUMA 101: MANAGING ALL THE FEELINGS —Thursdays, 10:30-11:30am*Steffanie Tinsley, Ph.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. & Jahnessa Davis, M.A.*

This is a 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*

UNDOCUSTUDENT SUPPORT GROUP—Wednesdays, 3:30-4:30pm*Sara Villegas, Ph.D. & Raul Poblano, ACSW*

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*

YOU CAN SIT WITH US (SOCIAL ANXIETY SUPPORT)—Thursdays, 1:30-2:30pm*Vanessa Garcia, LCSW & Laina Pauker, 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*



Please note that each group may have specific dates, commitment requirements, and/or prescreening processes. All groups are open to registered UCSB undergraduate and graduate students unless the description notes otherwise. 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.