

# Counseling Groups & Workshops for Students

## University Health Services

Fall 2009

Visit <http://www.uhs.berkeley.edu/students/counseling/calendar.shtml>

### Groups offered through Counseling & Psychological Services

For more information about groups or to register for a group, please call 642-9494 (CPS)

#### **Understanding Self and Others** – Undergrad Only – *Registration & Pre-Group Meeting required.*

These therapy groups are designed to foster greater self-awareness and more satisfying relationships by exploring how your background and upbringing affect your relationships, becoming more aware of your thoughts and feelings, developing interpersonal skills for more meaningful relationships, practicing giving and receiving support, fostering more compassion for yourself and others, and exploring you're here-and-now feelings in the group sessions.

- Thursdays, 3:15 – 4:45 pm, (beginning late September 2009)
- Fridays, 3:15 – 4:45 pm, (beginning late September 2009)

#### **Health & Wellness Skills** – Undergrad & Grad – *Registration required.*

These groups are for students experiencing mild to moderate anxiety, depression and stress. Participants will learn stress management and relaxation skills, cognitive skills to combat negative thinking, and practical strategies to decrease anxiety and improve relationships. Over eight sessions, topics include: self-care strategies, organizations skills, identifying and interrupting unproductive thoughts; developing healthier attitudes; improving relationships; and relaxation skills.

- Mondays, 4:15 – 5:45 pm, expected start: Oct 12 (**For Grad Students Only**)
- Mondays, 3:15 – 4:45 pm, expected start: Oct 19
- Tuesdays, 2:15 – 3:45 pm, expected start: Sept 15
- Wednesdays, 4:15 – 5:45 pm, expected start: Sept 23
- Fridays, 1:15 – 2:45 pm, expected start: Oct 2

#### **Home Away from Home** – Undergrad – *Registration & Pre-Group conversation with leaders required.*

This eight-week group is for undergrad students who are missing home and want some support in transitioning to life at Cal. Topics to be discussed include: homesickness, coping strategies for missing home, ways to get connected with other students, and how to become more comfortable at Cal.

- Thursdays, 3:15 – 4:45 pm (beginning early September)

#### **International Student's Support** – Undergrad & Grad – *Registration & Pre-Group meeting required.*

This support group is offered for any new or returning international students who want to connect and network with other international students by sharing experiences, exploring cultural adjustment issues, and helping one another with the transition to living in the USA and studying at Cal.

- Tuesdays, 4:15 – 5:45 pm (beginning mid September)

**Social Skill Building** – Undergrad & Grad – *Registration required.*

This group is for students who want to learn new social skills (like making small-talk, being more assertive, practicing self-disclosure, building relationship skills, and managing anxiety in social situations) in a supportive, informal atmosphere.

- Wednesdays, 3:15 – 4:45 pm (expected start: Sept 23)

**Grief & Loss Support** – Undergrad & Grad – *Registration & Pre-Group meeting required.*

This support group is for students who have had a significant person in their life die more than 3 months ago. The group will provide a safe space to learn about the grieving process and to share experiences of loss.

- Fridays, 3:15 – 4:45 pm (beginning late September 2009)

**Graduate Student's Support** – Grad Only – *Registration & Pre-Group meeting required.*

This support group is offered for male and female grad students who want a forum to discuss relationships with faculty and peers, the challenges of grad school, ways to foster a work-leisure balance, and interpersonal issues. Group members will have a forum to explore emotional, relational and academic concerns, and offer each other feedback and support.

- Thursdays, 4:15 – 5:45 pm, (beginning late September 2009)

**Graduate Women's Support** – Grad Only – *Registration required.*

This support group is offered for female graduate students who wish to come together to share the challenges and struggles of being a grad student, discuss ways to balance school & personal life, discuss relationships with advisors and peers, increase self-confidence, and develop relationships with other women in grad school at Cal.

- Wednesdays, 4:15 – 5:45 pm (beginning mid September 2009)

**5 Steps to Choosing a Career** – Undergrad & Grad – *Registration required.*

This structured six-week group is designed to help students go through a series of steps to explore career options and identify some good career paths that match their interests, temperament and values. Participants will take and review the results of several career assessment instruments during the course of the group. There will be time for discussion and interaction, too.

- Thursdays, 4:15 – 5:45 pm (expected start: Oct 15)

**End-of-Semester Stress Management** – Undergrad & Grad – *Registration required.*

This series of meetings during the last 6 weeks of the semester is for students who want to learn stress management and relaxation skills, ways to combat negative thinking, and practical strategies to improve well-being. Over six sessions, topics include: self-care strategies, interrupting unproductive thoughts, developing healthier attitudes, living a balanced life, and relaxation strategies.

- Tuesdays, 2:15 – 3:45 pm (expected start: Nov 3)



**UNIVERSITY HEALTH SERVICES** Tang Center

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