

# Counseling Groups & Workshops for Students

## University Health Services

**Spring 2012**

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 510-642-9494 (CPS)

#### **SKILLS GROUPS**

##### **Health & Wellness Skills** – Undergrad & Grad

- Mondays, 10:15 – 11:45 am, (starting in February)
- Fridays, 1:15 – 2:45 pm, (starting in February)
- Tuesdays, 4:15 – 5:45 pm, (starting in February) **For Grad Students Only**

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

##### **Mindfulness Meditation** – Undergrad & Grad

- Wednesdays, 3:15 – 4:45 pm, (starting in February)
- Fridays, 3:15 – 4:45 pm, (starting in February)

Mindfulness meditation is the practice of focusing your mind on the present moment and living in the here and now. To be mindful involves becoming aware of your thoughts and feelings as they occur without judging them. Research suggests mindfulness meditation can decrease stress, improve mood, and boost immune functioning. In this 8 week group, participants will learn, practice, and discuss mindfulness meditation.

##### **Overcoming Shyness** – Undergrad & Grad

- Wednesdays, 4:15 – 5:45 pm (starting in February)

This group is for students who want to learn and practice 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.

##### **Managing Emotions Skills** – Undergrad & Grad

- Mondays, 2:15 – 3:45 pm (starting in February)
- Tuesdays, 10:15 – 11:45 am (starting in February)

This group, based on Dialectical Behavior Therapy (DBT), is designed to teach students skills to manage and regulate emotions more effectively. In a structured and supportive environment, participants will learn and refine skills to modify behavioral, emotional, and thinking patterns associated with problems in living that cause misery and distress.

## **SUPPORT GROUPS**

### **Grief & Loss Support** – Undergrad & Grad / 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 February 2012)

### **Graduate Women's Support** – Grad Only / Pre-group meeting required

- Mondays, 4:15 – 5:45 pm
- Wednesdays, 4:15 – 5:45 pm

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.

### **Women of Color Support Circle** – Undergrad & Grad / Pre-group meeting required

- Day and Time TBD

This support group is designed to provide a supportive space where both graduate and undergraduate women of color can engage in discussion, exploration and self-expression related to the challenges, complexities, and celebrations related to their life at UC Berkeley. (Contact: Laura Ortiz Guillén, PhD at 510-643-5738)

### **Graduate Men's Support** – Grad Only / Pre-group meeting required

- Thursdays, 4:15 – 5:45 pm

This support group is offered for male graduate students who wish to come together to share the challenges and struggles of being a student, discuss ways to deal with the hurdles and hassles of school, find ways to connect with others, discuss relationship issues, and consider ways to manage stress and live a balanced, satisfying and happy life as a Berkeley grad student.

## **PROCESS GROUPS**

### **Understanding Self and Others** – Grad & Undergrad Groups/ Pre-group screening required

- Mondays, 4:15 – 5:45 pm, (starting in February)
- Fridays, 3:15 – 4:45 pm (starting in February)

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.

## **WORKSHOPS PLANNED FOR SPRING SEMESTER 2012**

**End-of-Semester Stress Management** – Wednesday, May 2, 2012 4:15 – 5:45 PM

**Mindfulness Meditation Session** – Friday, May 4, 2012, 1:15 – 2:45 PM

(Check back or call CPS for May workshop locations)



**UNIVERSITY HEALTH SERVICES** *Tang Center*

Counseling and Psychological Services, 2222 Bancroft Way, 3<sup>rd</sup> Floor, 510-642-9494