Counseling Groups & Workshops for Students

University Health Services
Spring 2014
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, 3:15 – 4:45 pm
- Tuesdays, 1:15 – 2:45 pm
- Thursdays, 2:15 – 3:45 pm
- Fridays, 1:15 – 2:45 pm – GRAD STUDENTS ONLY
These 8-week 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. Topics include: self-care strategies, modifying unproductive thinking, developing healthier attitudes, improving relationships, expanding social support, & relaxation skills.

Overcoming Shyness – Undergrad & Grad
- Thursdays, 4:15 – 5:45 pm
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 social anxiety) in a supportive, informal atmosphere.

Mindfulness Meditation – Undergrad & Grad
- Mondays, 3:15 – 4:45 pm
- Wednesdays, 3:15 – 4:45 pm
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.

Managing Emotions Skills – Undergrad & Grad/ Pre-group meeting required
- Tuesdays, 10:15 – 11:45 am
- Thursdays, 2:15 – 3:45 pm
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. Participants MUST be in concurrent individual therapy to participate in this group.

SUPPORT GROUPS

From Self-Criticism to Kindness – Undergrad & Grad
- Fridays, 3:15 – 4:45 pm
This support group will provide a space for students to learn skills for building self-compassion and kindness, as well as opportunities to offer support and encouragement to one another. Topics will include: fostering an attitude of kindness towards self & others, building self-esteem through self-acceptance, discovering the benefits of self-compassion and using mindfulness to facilitate emotional resilience & self-confidence.
Grief & Loss Support – Undergrad & Grad / Pre-group meeting required
• Fridays, 3:15 – 4:45 pm
This support group is for students who have had a significant person in their life die more than 3 months ago. The group provides a safe space to learn about the grieving process, share experiences of loss, and give & receive emotional support.

Womyn of Color Support Circle – Undergrad & Grad / Pre-group meeting required
• Tuesdays, 4:15 – 5:45 pm
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: LaMisha Hill, PhD at 510-642-9215 or Cynthia Medina, PhD at 510-642-9231)

Graduate Women’s Support – GRAD STUDENTS ONLY
• Mondays, 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.

Queer Womyn Support – Undergrad & Grad / Pre-group meeting required
• Fridays, 1:30 – 3:00 pm
This support group is designed for self-identified women who love women, regardless of other identities or labels. Together we will work to create a safe, confidential place where we can discuss our multiple identities, communities, coming out, self-esteem, relationships, sexuality, the “isms”, and other topics of interest.

Queer Womyn of Color Support – Undergrad & Grad / Pre-group meeting required
• Fridays, 1:15 – 2:45 pm
This support group is for queer womyn (queer/lesbian/bi/bi/boi/ trans/questioning) who identify as people of color (including biracial/multiracial) to connect. The purpose of the group is to provide and receive collective wisdom around these multiple identities, including how to navigate challenges, complexities, and celebrations of these identities at Cal.

Graduate Men’s Support – GRAD STUDENTS ONLY /Pre-group meeting required
• Wednesdays, 4:15 – 5:45 pm
This support group is offered for male graduate students who wish to come together to share the challenges & struggles of being a student, discuss ways to deal with the hurdles & hassles of school, find ways to connect with others, discuss relationship issues, and consider ways to manage stress and live a balanced, satisfying life as a Berkeley grad student.

INTERPERSONAL GROUPS

Understanding Self and Others – Undergrad & Grad / Pre-group screening required
• Fridays, 3:15 – 4:45 pm
This weekly therapy group is 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, and exploring you’re “here-and-now” feelings and reactions with other participants in the group.

DROP-IN SUPPORT GROUPS

New OUTlook Queer Men’s Group – Undergrad & Grad / Drop-In Group / No referral needed
• Wednesdays, 6:00 – 7:15 pm (every other week starting 1/29/14)
This bi-weekly drop-in support group for queer and questioning men is designed to offer a safe place for professional and peer support, discussion and advice focused on dating, intimacy and relationship difficulties. For further info, contact the group facilitator, Dr. Don Capone at 510-642-4853.

UNIVERSITY HEALTH SERVICES Tang Center
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