



UHS Zoom Groups for Students

Summer 2021

Want to get connected quickly? Join a UHS virtual group today!
Zoom groups are free on and do not require health insurance.

Single Session Groups

To get started: talk with your UHS mental health or medical provider or call Counseling and Psychological Services (CAPS) at (510) 642-9494.

Starting a New Medication for Anxiety or Depression

Mondays, 1:45-2:30pm (May 24 - August 9)

Facilitated by Raghav Suri, PsyD

This single session psycho-educational group covers the basic facts of common anxiety and depression medications, and factors that increase the likelihood of effectiveness. The group discusses tips and tricks for effective communication with your prescriber for ongoing medication management.



Raghav

Holistic Sleep Wellness: Behavioral Changes to Reduce Insomnia and Sleep Difficulties

Thursdays, 2:15-3pm (May 27 - August 12)

Facilitated by Robyn Papatkakis Shannon, PsyD

This single session psycho-educational group is based on the concept of holistic sleep wellness. It focuses on increasing your understanding of the mechanisms and habits that impact your sleep, in order to help you identify and experiment with behaviors that can improve your sleep and work for you, your body, and your life.



Robyn

Worry, Stress, and Your Health

Alternate Tuesdays, 1:45-2:30pm (June 1 - August 10)

Facilitated by Heath Schechinger, PhD

This single session group is focused on increasing your understanding of (1) the body's physical sensations and responses, (2) the different ways that persistent worry about our health may impact our stress response and behaviors, and (3) strategies for coping with thoughts, behaviors, and emotions related to health, pain, and physiological sensations.



Heath

Skills and Support Groups

To Get Started: Unless otherwise stated in the description, register at tinyurl.com/capsgroup2020, sign up via your eTang portal, talk with your UHS mental health or medical provider, or call (CAPS) at (510) 642-9494.

Wellness in Action Drop-In

Tuesdays, 1:15-2pm (June 1 - June 29)

Facilitated by Jeanine Baillie, PsyD

This drop-in skill building group is for students experiencing stress, mild to moderate anxiety, panic, and depression. Participants will learn mental health and general wellness strategies to build personal awareness, develop coping strategies, and integrate wellness techniques into their daily routines. Participants will have an opportunity to engage in discussion, as well as to give and receive support. Topics include: self-care (e.g.: sleep, exercise, nutrition), thinking patterns and mood, mindfulness, resilience, and fostering positive connections. The drop-in format is flexible to allow students to join at any point and still gain insight/benefit from collective wisdom.



Jeanine



UNIVERSITY HEALTH SERVICES

Understanding Self & Others

Wednesdays, 1:30-3pm (June 2 - July 21)

Facilitated by Raquel Castellanos Miller, MSW and Kusha Murarka, PsyD



Raquel



Kusha

This 8-week 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, and exploring your “here-and-now” feelings with other group members. This group requires a brief pre-group meeting with the group facilitator(s) before joining.

Mindfulness Meditation

Wednesdays, 10:15am-11:30am (June 16 - July 21)

Facilitated by Sam Tourek, PhD



Sam

Mindfulness meditation is the practice of focusing your mind on the present moment to become more aware of thoughts, feelings and sensations as they occur without judging them. In this 6-week group, participants will learn general mindfulness meditation skills by doing a variety of mindfulness exercises together, discussing their experiences doing the exercises, and considering ways to apply mindfulness in daily life.

Black Womxn’s Sister Circle

Tuesdays, 2:30-4pm (Begins June 15 and is ongoing)

Facilitated by Amber Jaiza Jones, LCSW and Geneé Jackson, PhD, BHC



Jaiza



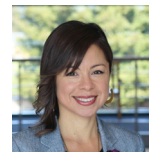
Geneé

The weekly group is designed to provide a supportive space for undergraduate and graduate self-identified womxn of African descent to explore the challenges of navigating life at UC Berkeley. It provides a weekly opportunity to engage in cultivating self-care and wellness practices, to build meaningful connections, and create a mutually supportive and inclusive community. This group requires a brief pre-group meeting with the group facilitator(s) before joining.

HeartSpeak: USP Support Circle

Thursdays, 3:30-5pm (Begins in June and is ongoing)

Facilitated by Diana Peña, PhD



Diana

This weekly support space for undocumented students at Cal will center social connection as a foundation for wellness, racial-trauma healing, and resilience. This group requires a brief pre-group meeting with the group facilitator(s) before joining. You may directly schedule your pre-screen appointment online via: wejoinin.com/USPmentalhealth.

Graduate Women’s Support

Mondays, 5-6:30pm (July 12 - August 16)

Facilitated by Linda Zaruba, PhD



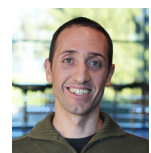
Linda

This support group is offered for students who self-identify as 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.

Graduate Men’s Support

Thursdays, 1:30-3pm (June 3 - August 12)

Facilitated by Richard Chiovarelli, PsyD



Richard

This weekly support group is offered for students who self-identify as male grad students who wish to come together to discuss the challenges of being a grad student, ways to deal with the hurdles & hassles of school, find ways to connect with others, discuss relationship issues, and consider ways to manage stress & live a balanced life as a Berkeley student. This group requires a brief pre-group meeting with the group facilitator(s) before joining.

Pathways to Health & Healing

Thursdays, 2:30-4pm (June 3 - June 24)

Facilitated by Shanta Jambotkar, LCSW and Erin O'Connor, LCSW



Shanta



Erin

This four-week group is for students who navigate the impacts of physical injuries and/or newly diagnosed or chronic health conditions. Welcoming of all social and cultural identities, this space will build a community for coping and thriving. Themes will include the powerful connection between mind and body, how past body pain, negative thoughts, and challenging emotions can resurface with present stressors, and the interplay between healing and wellbeing. Members will exchange and co-create strategies that promote healing in their daily lives. If interested, please contact Social Services at (510) 642-6074 to connect with a group facilitator.

Psychiatry Check-In Group

Wednesdays, 10-10:45am (June 23 - July 28)

Facilitated by Danielle Davidson, LCSW, Ron Elson, MD, and Kristi Panik, MD



Danielle



Ron



Kristi

This six-week skills building and support group is for students prescribed psychotropic medications within UHS. Topics will include biological treatments for mental health including vitamins, herbs, nutraceuticals, biological rhythms (sleep, movement, etc), and medications. The group will include opportunities for peer support and conversation, skills building, and discussion with a psychiatric provider. Any UHS provider (CAPS counselors, psychiatry providers, BHPs and primary care providers) can refer a student to the group for an initial screening. Once a student completes an initial screening, the drop-in format is flexible and allows students to join at any point within the semester.

Alcohol and Other Drug Harm Reduction Group

Tuesdays, 4-5:30pm (June 1 - August 3)

Facilitated by Justin Castello, PhD



Justin

This weekly group open to both undergraduate and graduate students acknowledges that different goals work for different people. With the support of the group, you can work on finding the right balance for yourself in order to get what you want from your substance use choices, without the things you don't want. Please call Social Services at (510) 642-6074 to set up an intake with an AOD counselor to get started.

Father's Support Group

Alternate Wednesdays, 11am -12pm (May 26 - August 25)

Facilitated by Jason Straussman, MSW



Jason

This bi-weekly group is for students that self-identify as fathers. Do you feel isolated as a father? Are you a single dad looking for a support group? Our ongoing father's group is for dads looking to connect with other dads and share the joys and challenges of being a dad. If you're looking for a non-judgmental and supportive space to give and receive support, than join us every other Wednesday this summer. For more information call (510) 561-8199 or email jstraussman@berkeley.edu.

Myths and Truths about Group Counseling

MYTH

Group counseling is second best to individual counseling.

I'm uncomfortable speaking up, I will never be able to speak in a counseling group.

I will be the only one with my problem in the group. No one else will understand me.

I will be forced to share my concerns and worries with strangers.

The group facilitators or the other group members will judge me.

Group members will share my secrets with their friends.

I will be verbally attacked in Group Counseling.

TRUTH

Group counseling has been found to be just as effective as individual counseling in improving mental health. In some cases, group counseling has been found to be more effective than individual therapy.

Many people feel anxious about speaking up in groups. Group members usually find that over time they start to feel safe enough to participate.

Group members find it helpful to learn that others are going through similar issues, and find it supportive to learn new ways to cope and grow through adversity.

Group members share when they feel comfortable and only what they wish to share. All group members have the right to "pass" if they do not feel comfortable sharing in the moment.

The Group facilitator's role is to promote a brave and non-judgmental space and to facilitate discussion.

Group members are asked to respect the privacy of other group members and to agree to not share any identifying information outside the group.

Group facilitators and members ensure the group is a brave space where group participant agreements are agreed to and respected. A benefit of group is receiving wisdom, feedback, and ideas from both peers and group facilitators in a respectful and supportive manner.

