



Group Counseling for Students (Virtual)

Fall 2021

Join a UHS group counseling session today! Groups are free and do not require health insurance. For more info: uhs.berkeley.edu/group

Single Session Groups

How 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 (August 30 - December 6)
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, 2:15-3:00pm (September 2 - December 9)
Facilitated by Robyn Papathakis 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 (August 31 - December 7)
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

How To Get Started: Unless otherwise stated in the description, register at bit.ly/uhsgroups, sign up via the eTang portal, talk with your UHS mental health or medical provider, or call CAPS at (510) 642-9494. Groups noted with an * requires a brief pre-group meeting with the group facilitator(s) before joining.

Wellness in Action Toolbox

Session A: Thursdays, 2:15-3:45pm (September 30 - October 21)
Facilitated by Raquel Castellanos Miller, LCSW



Raquel



Kin Ming

Session B: Wednesday, 2:15-3:45pm (October 20 - November 10)
Facilitated by Kin Ming Chan, PhD

These 4-week skill building groups are 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.

Wellness in Action Drop-In: Transitions Edition

Tuesdays, 3:15-4:00pm (October 19 - November 30)

Facilitated by Claytie Davis III, PhD, ABPP and Summer Jackson, MSW

This drop-in skill building group is for students experiencing mild to moderate anxiety, panic, and depression related to being back on campus or other transitions. Participants will learn mental health and general wellness strategies to build personal awareness, healthy + effective communication, and foster healthy relationships in the context of the COVID-19 pandemic. 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, information about healthy relationships and tips for effective communication, mindfulness, and resilience. The drop-in format is flexible to allow students to join at any point and still gain insight/benefit from collective wisdom.



Claytie



Summer

Understanding Self & Others*

Wednesdays, 1:30-3:00pm (October 6 - December 8)

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

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.



Kusha



Raquel

Managing Emotions*

Thursdays, 2:15-4:00pm (September 16 - December 2)

Facilitated by Paige Lee, PhD and Danielle Davidson, LCSW

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 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.



Paige



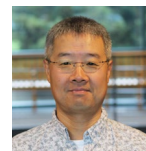
Danielle

Mindfulness Meditation Drop-In

Tuesdays, 4:15-5:00pm (September 28 - December 14)

Facilitated by Kin Ming Chan, PhD

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 weekly drop-in 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. The drop-in format is flexible to allow students to join at any point and still gain insight/benefit from collective wisdom.



Kin Ming

Mindfulness Meditation

Wednesdays, 10:15am-11:45am (October 6 - November 10)

Facilitated by Sam Tourek, PhD, and Maritza Yvette Duran, MSW

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.



Sam



Maritza

From Self-Criticism to Kindness

Fridays, 10:15-11:45am (October 1 - November 5)

Facilitated by Amy Honigman, PhD and Nolan Krueger

This group will provide a space for students to learn skills for building self-compassion and kindness, as well as opportunities to offer support to one another. Topics will include: fostering an attitude of kindness towards self & others, building self-esteem through self-acceptance, and using mindfulness/mediation to facilitate resilience & self-confidence.



Amy



Nolan

BIPOC Queer Womxn's Support Circle

Wednesdays, 1:15-2:45pm (October 6 - December 1)

Facilitated by Tiffany Hsiang Lin, LCSW

This support circle is designed for Black, Indigenous, or Womxn of Color students who love womxn*, regardless of other identities or labels. Together we will build a supportive, affirming, confidential community where we can discuss our multiple intersecting identities, coming out, self-esteem, relationships, gender identity, spirituality, holistic wellness, & other topics of interest. All BIPOC students "who experience life through the lens of womxn in body, spirit, identity--past, present, future, & fluid" are welcome. This group requires a brief pre-group meeting with the group facilitator(s) before joining.



Tiffany

BIWOC Black, Indigenous, Womxn of Color Healing Circle Healing*

Tuesdays, 3:30-5:00pm (Start Date TBD)

Facilitated by Cynthia Medina, PhD

This healing circle is designed for self-identified Black, Indigenous, Womxn of Color who wish to come together to create community, connect with one another for mutual support, and discuss the challenges and complexities of life at Cal related to relationships, intersecting identities, coping and holistic well-being, microaggressions and "isms", imposter syndrome, navigating systems/the university environment, and other topics of interest.



Cynthia

Black Womxn's Sister Circle*

Mondays, 3:00-4:30pm (Begins September 27 and is ongoing)

Facilitated by Amber Jaiza Jones, LCSW

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.



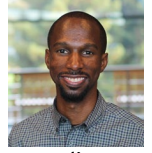
Jaiza

BIMOC Black, Indigenous, Men of Color Healing Circle*

Wednesdays, 3:15-4:45pm (September 29 - December 8)

Facilitated by Adisa Anderson, PhD

This healing circle is offered for self-identified Black, Indigenous, Men of Color who want to build community through shared solidarity, discuss ways to be rooted in resilience, and explore ways to be centered in mind, body, and spirit. We discuss the complexities of navigating life at UC Berkeley including our intersecting identities, microaggressions and "isms", academics, career, family, relationships, and maintaining holistic well-being.



Adisa

Asian American Community. Voice.

Wednesdays, 4:15-5:45pm (September 15 - December 8)

Facilitated by Junichi Shiamoka, PsyD and Jeff Lee, LCSW

We are a support and discussion space for Asian/Asian American (South Asian, Southeast Asian, East Asian) and multi-racial/ethnic students. It's a drop-in, informal support space, where we discuss topics relevant to our community, ranging from our favorite Asian food, uncertainties around pandemic life, being queer while Asian, navigating family expectations, speaking up against xenophobia and racial injustice, celebrating the diversity among Asian communities, and to personal/emotional wellbeing, and more. Come for the topics you are interested in, or join weekly for our conversation. Find the calendar of "suggested topics" here: bit.ly/2Rkq4XX



Junichi



Jeff

Asian & Asian-American Womxn Support*

Tuesdays, 2:15-3:45pm (October 5 - December 7)

Facilitated by Chiyon Won, PsyD

This group is for students who self-identify as females of any Asian or Asian-American background and seek a safe space to share experiences about identity, navigating between Asian & American values, school stress, and family & relationship issues.



Chiyon

Heart Wisdom: BIPOC Meditation Circle*

Tuesdays, 2:30-4:00pm (October 5 - Ongoing)

Facilitated by Amber Jaiza Jones, LCSW



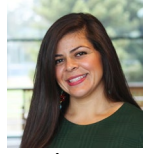
Jaiza

This drop-in group is offered for students who identify as Black, Indigenous, or a Person of Color as an opportunity to center the healing of our individual and collective wellbeing in solidarity, & engage in meditation with a supportive community. Sessions will begin with meditation instruction and a 20-30 min guided meditation practice, followed by exploration of a topic or theme related to cultivating resilience in difficult times. This group welcomes those new to meditation as well as experienced meditators.

USP Undocu Wellness in Action

Tuesdays, 4:30-6:00pm (September 14 - November 2)

Facilitated by Bianca Barrios, PhD



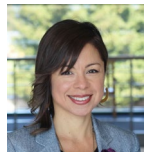
Bianca

This is a 8 week psycho-educational, skill building group for undocu-students experiencing mild to moderate anxiety, depression, or stress. Members will learn strategies for personal awareness, develop coping tools for status related issues, and incorporate wellness techniques to shift from surviving to thriving. This group requires a brief pre-group meeting with the group facilitator(s) before joining. You may directly schedule your pre-screen appointment at: wejoinin.com/USPmentalhealth

HeartSpeak: USP Support Circle

Wednesdays, 4:00-5:30pm (September 22 - 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

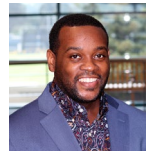
Career Planning: Surviving and Thriving at UC Berkeley

Start Date TBD, sign up for more info.

Facilitated by Kate Zubay, MS and Ed Garnes



Kate



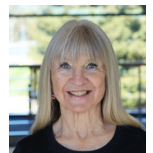
Ed

This 4-week group is designed to help clarify your values related to career planning and set goals for managing stresses associated with imposter syndrome, socio-cultural-familial influences, and indecision. The group will include exercises to increase career self-awareness and strategies for navigating challenges in academic and career planning. Students will also have the opportunity to share their experiences, and give support to their peers experiencing similar stressors.

Graduate Women's Support

Mondays, 5:00-6:30pm (September 13- December 13)

Facilitated by Linda Zaruba, PhD



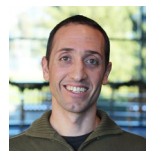
Linda

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, 1:30-3:00pm (September 9 - December 16)

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.

Alcohol and Other Drug - Harm Reduction Group

Group 1: Fridays, 2:00-3:30pm (Start date TBD)

Facilitated by Robin Walley, LCSW and Angelica Yi, MSW



Robin



Angelica



Sarah

Group 2: Tuesdays, 2:00-3:30pm (Start date TBD)

Facilitated by Robin Walley, LCSW and Sarah Abbas, MSW

This weekly group 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.

Pathways to Health & Healing

Thursdays, 2:30-4:00pm (September 30-December 9)

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



Shanta



Erin

This weekly virtual 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.

Father's Support Group

Alternate Wednesdays, 11:00am -12:00pm (Dates Ongoing)

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.

Psychiatry Check-In Group

Wednesdays, 10:00-11:00am (September 29 - November 17)

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



Danielle



Ron



Kristi

This 6-week skills building group is for students who are interested in getting more information about medications or non prescription treatment options. 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.

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.