



GROUPS FOR STUDENTS COUNSELING + PSYCHOLOGICAL SERVICES

FALL 2017

uhs.berkeley.edu/counseling/group

To get a referral for a pre-group screening, please call (510)-642-9494

SKILLS GROUPS



Managing Stress, Anxiety & Depression – Undergrad & Grad

Mondays 10:15–11:45 am
Wednesdays, 4:30–6:00 pm

Mondays, 4:15–5:45 pm
Thursdays, 4:15–5:45 pm

Tuesdays, 4:15–5:45 pm
Fridays, 1:15–2:45 pm

Tuesdays, 4:15–5:45 pm ("mini"-3-week group starting: 9/6/17)

These 6-week groups are for students experiencing mild to moderate anxiety, depression or stress. Participants will learn cognitive & behavioral coping strategies to decrease anxiety, alleviate depression & manage stress. Participants will also have an opportunity to engage in discussion, and to give & receive support. Some topics include: self-care & relaxation, developing healthier attitudes, improving relationships, building social support.



Mindfulness for Stress Reduction & Resilience – Undergrad & Grad

Fridays, 10:15–11:45 am

This group is offered for students who want to learn and practice mindfulness as a means to reduce stress and develop resilience. Each weekly group session will have a different topic or theme related to mindfulness-based stress relief. Participants will practice mindfulness exercises and learn ways that mindfulness can be used to manage stress and facilitate new ways of coping with challenges.



Mindfulness Meditation – Undergrad & Grad

Mondays, 2:15–3:45 pm

Thursdays, 4:15–5:45 pm

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 group, participants will learn general mindfulness meditation skills by doing mindfulness exercises together, discussing their experiences doing them, and considering ways to apply mindfulness in daily life.



Managing Emotions Skills – Undergrad & Grad / Pre-group meeting required

Tuesdays, 10:15–11:45 am

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.



Healthy Relationships – Undergrad & Grad

Tuesdays, 4:15–5:45 pm

This 4-week workshop series is designed to help students obtain the tools to find, build and maintain a healthy intimate relationship. Topics include: "building relationships": identifying ideals, sharing values, fostering communication, respecting boundaries, etc. and "fixing relationships": recognizing unhealthy patterns, resolving conflicts and, if needed, breaking up and moving on.



From Self-Criticism to Kindness – Undergrad & Grad

Wednesdays, 3:15–4:45 pm

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 to facilitate resilience & self-confidence.



Exploring Majors/Careers as an International Student – Undergrad

Tuesdays, 4:00-6:00 pm

Uncertain about your career plans? Are you experiencing challenges with cross-cultural communication? Feeling overwhelmed and looking for some direction? This is a structured major/career exploration group that introduces group members to decision-making, self-assessment of interests and strengths, generation of major/career options, and integration of interests and values into ones major/career choice.

SUPPORT GROUPS



Graduate Women’s Support – GRAD STUDENTS ONLY

Mondays, 5:00–6:30 pm

(Contact: Linda Zaruba, PhD at 510-643-5447)

This support group is offered for self-identified 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, talk about relationships with advisors and peers, increase self-confidence, and develop connections with other women in grad school.



Queer Womxn of Color Support – Undergrad & Grad / Pre-group meeting required

Fridays, 3:15–4:45 pm

(Contact: Elizabeth Aranda, PhD at 510-644-9123)

This support group is designed for self-identified women who love women, regardless of other identities or labels. Together participants will work to create a safe, confidential space to discuss multiple identities, communities, coming out, self-esteem, relationships, sexuality, the “isms,” and other topics of interest.



Womxn of Color Support Circle – Undergrad & Grad / Pre-group meeting required

Tuesdays, 2:15–3:45 pm

(Contact: Cynthia Medina, PhD at 510-644-9099)

This support group is designed to provide a supportive space where both graduate and undergraduate students who identify as women of color can engage in discussion, exploration and self-expression related to the challenges, complexities, and celebrations related to life at UC Berkeley.



Graduate Men’s Support – GRAD STUDENTS ONLY / Pre-group meeting required

Fridays, 1:15–2:45 pm

(Contact: John Sauvé, PsyD at 510-642-6667)

This support group is offered for self-identified 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.



Men of Color Support – Undergrad & Grad / Pre-group meeting required

Wednesdays, 4:15–5:45 pm

(Contact: Adisa Anderson, PhD at 510-642-9270)

This support group is offered for students who identify as men of color and want to come together to share the challenges and struggles of being a Cal student, discuss ways to foster self-confidence and self-expression, encourage each other in creating community, and connect with one another for mutual support.

INTERPERSONAL GROUPS



Understanding Self and Others – Grad & Undergrad / 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 helping participants to become more aware of thoughts and feelings, explore how background and upbringing affect relationships, and both give and receive feedback with other group members.

Queer Men’s Support offered through Social Services Dept. Contact Tobirus Newby, LCSW at 510-643-0283

Grief & Loss Support will be offered SPRING SEMESTER on Wednesdays at 4:15 pm.

Managing Social Anxiety will be offered SPRING SEMESTER on Tuesdays at 4:15 pm.



COUNSELING + PSYCHOLOGICAL SERVICES
2222 Bancroft Way, 3rd Floor, Berkeley, CA 94720
uhs.berkeley.edu/counseling
(510) 642-9494

Berkeley
UNIVERSITY OF CALIFORNIA

 UNIVERSITY HEALTH SERVICES *Tang Center*