



# GROUPS FOR STUDENTS COUNSELING + PSYCHOLOGICAL SERVICES

SPRING 2018

[uhs.berkeley.edu/counseling/group](https://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
- Tuesdays, 1:15–2:45pm - GRAD ONLY
- Wednesdays, 4:15–5:45 pm
- Thursdays, 4:15–5:45 pm

These 6-week groups are for students experiencing mild to moderate anxiety, depression or stress. Participants will learn cognitive & behavioral coping strategies. 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 a variety of mindfulness exercises together, discussing their experiences doing the exercises, 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.



### Fostering Social Connections – Undergrad & Grad

- Wednesdays, 5:00–6:30 pm

This group is for shy or anxious students who want to learn & practice social skills (like meeting new people, starting conversations, making small-talk, practicing self-disclosure, building relationships), find tools to manage social anxiety, and learn assertiveness skills. The group will include discussion, interaction & role playing.

## SUPPORT GROUPS



### Grief & Loss Support – Undergrad & Grad / Pre-group meeting required

• Tuesdays, 4:15–5:45 pm

(Contact: Christine Chang, PhD at 510-643-2897)

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.



### Asian & Asian-American Women's Support – Undergrad & Grad

• Mondays, 4:15-5:45 pm

(Contact: Esther Lee, PsyD at 510-642-9231)

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.



### 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 women, 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 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 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.



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

• Tuesdays, 3:15-4:45pm

(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 Students 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 grad students of all genders and any department who wish to come together to discuss the challenges of being a grad student, ways to deal with the hurdles & hassles of school, relationship issues, and ways to manage stress & live a balanced life as a Berkeley.



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

• Wednesdays, 3:15–4:45 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 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.

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



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