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

Undergrad and Graduate 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 * require a brief pre-group meeting with the group facilitator(s) before joining.

Monday

Starting a New Medication for Anxiety or Depression
Monthly: Every First Monday, 2:00-2:40 pm (Aug 29 - Dec 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.

Worry, Stress, and Your Health
Monthly: Every Second Monday, 2:00 - 2:40 pm (Aug 29 - Dec 9)
Facilitated by Raghav Suri, PsyD

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.

Holistic Sleep Wellness: Behavioral Changes to Reduce Insomnia and Sleep Difficulties
Monthly: Every Third Monday, 2:00 - 2:40 pm (Aug 29 - Dec 9)
Facilitated by Raghav Suri, 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.

Black Womxn’s Sister Circle
Mondays, 3:00 - 4:30 pm (Begins Oct 3)
Facilitated by Jaiza Jones, LCSW

The weekly group is designed to provide a supportive space for undergraduate and graduate self-identified Black Womxn 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. All Black students “who experience life through the lens of womxn in body, spirit, identity—past, present, future, and fluid” (GenEq) are welcome.

Graduate Women’s Support
Mondays, 5:00 - 6:30 pm
Facilitated by Linda Zaruba, PhD.

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.

uhs.berkeley.edu/group
Gradual Counseling for Students

Fall 2022

Tuesday

**Survivors Support Group**
Tuesday, 1:15 - 2:30 pm (Oct 4 - Dec 6)
Facilitated by Tiffany Lin, LCSW

This group provides a supportive environment for survivors of sexual assault to gather together and build community. Participants will learn to better understand their present lives in the context of their experiences while learning and practicing skills in grounding and mindfulness. Join this support group of survivors to reclaim a sense of personal power and well-being, as we know healing is amplified by connection. This group is open to survivors of all genders. This group requires a pre-group meeting with the group facilitator before joining.

Please call Social Services at (510) 642-6074, to set up an intake with the group facilitator to get started.

**Alcohol and Other Drug - Harm Reduction Group**
Tuesday, 2:00 - 3:30 pm
Facilitated by Hez Wollin, LCSW and KG Gehrich, 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 the group facilitator to get started.

**BIMOC Black, Indigenous, Men of Color Healing Circle**
Tuesdays, 3:15 - 4:45 pm (Sep 6 - Dec 6)
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. This group requires a brief pre-group meeting with the group facilitator(s) before joining.

**Mindfulness Meditation Drop-In Group**
Tuesday, 4:15 - 5:00 pm
Facilitated by Kin-Ming Chan, PhD

Meditation has a lot of health benefits; such as reducing stress, improving relaxation, enhancing sense of well-being and alleviating health symptoms. This drop-in group is set up for students who want to try meditation and explore some techniques to do it. There is no need for commitment to come to all sessions. Students who had experiences doing meditation are also welcome to join to meditate together as well.

**LGBTQIA+ Support Group**
Tuesday, 5:00 - 6:30 pm, (Sep 27 - Dec 6)
Facilitated Denise Goitia, LCSW

This is a virtual drop-in group for students who identify as LGBTQIA+. We welcome those who are questioning and exploring! Join us in co-creating a supportive and affirming space to explore themes that promote wellness and connection. Topics will include, but are not limited to exploring diverse gender expression and sexuality, intersectional and multicultural identities, coming “out,” and living “out” on campus, navigating family of origin dynamics, relationships, dating, building communities of support, non-monogamy, and stress management.

uhs.berkeley.edu/group
**Group Counseling for Students**

**Fall 2022**

### Wednesday

**Understanding Self & Others***

Wednesdays, 1:30 - 3:00 pm (Oct 5 - Dec 7)
Facilitated by Kusha Murarka, PsyD and Stella Ko, PhD

This 10-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.

**Heartspeak: Undocumented Student Program (USP) Support Group**

Wednesday, 4:15 - 5:00 pm (Begins Sept 14); Chavez 180
Facilitated by Diana Peña, PhD

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.

### Thursday

**Graduate Men’s Support***

Thursdays, 1:30 - 3:00 pm (Sep 1 - Dec 15)
Facilitated by Richard Chiovarelli, PsyD.

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.

**Mindfulness for Wellness and Anxiety Relief**

Thursday, 2:10 - 3:45 pm (Sep 22 - Nov 22) | Anna Head Room 210
Facilitated by Raquel Castellanos Miller, LCSW

Curious about meditation, but don’t know where to start? Want to know more about the benefits of meditation to relieve anxiety and cultivate mental peace and wellness? This group is ideal for beginners and those with some experience, with an introduction to three meditation techniques, mindfulness meditation, compassionate meditation practice (tonglen) and loving kindness (metta). Class time will include discussion about current neuroscience findings on the benefits of meditation, learning about anxiety and the Window of Tolerance, along with guided meditation sessions, followed by Q&A, group support and tools for establishing your own daily practice.

**Gender Support Group**

Thursday, 2:15 - 3:45 pm; (Oct 6 - Dec 8)
Facilitated by Hez Wollin, LCSW

This group is for transgender, nonbinary, gender expansive, agender, gender diverse, genderqueer, gender nonconforming students to come together in a safe, collaborative, nonjudgemental space. Together we will discuss a variety of topics related to being on the gender spectrum including gender identity, intersectional identities, different aspects of transition, coming out and being out at Cal, navigating family of origin considerations, community resources, academic stress, relationships, sexuality, and resilience and joy. Group requires a pre-group meeting with facilitators before joining.

[uhls.berkeley.edu/group](http://uhls.berkeley.edu/group)
Thursday

Pathways to Health and Healing
Thursday, 2:30 - 4:00 pm (Begin Sep 22)
Facilitated by Erin O'Connor, LCSW and Shanta Jambotkar, LCSW

This weekly drop-in 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.

BIPOC Queer Womxn’s Support Circle
Thursday, 3:15 - 4:45 pm (Sep 29 - Dec 1)
Facilitated by Angelica Yi, MSW and Bini Sebastian, M.Ed.

This support circle is designed for students who identify as Black, Indigenous, or Womxn of Color 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, and other topics of interest. All BIPOC students “who experience life through the lens of womxn in body, spirit, identity—past, present, future, and fluid are welcome” (GenEq).

This group requires a brief pre-group meeting with the group facilitator(s) before joining.

Asian American Community. Voice.
Thursdays, 4:15 - 5:45 pm; Bi-Weekly (Sep 15 - Dec 1); Location: 242 César Chavez Student Center
Facilitated by Junichi Shiamoka, PsyD and/or Jeff Lee, LCSW

We are a support and conversation space for Asian/Asian American (South Asian, Southeast Asian, Pilipinx, East Asian) and multi-racial/ethnic students. It’s a drop-in, informal support space, where we discuss topics relevant to our communities, including but not limited to taking care of ourselves and our community; exploring intersecting identities; navigating stressors like family expectations, xenophobia, and racial injustice; and celebrating the diversity among Asian communities, and more. Come for the topics you are interested in, or join regularly for our conversation. Find the calendar of “suggested topics” here: bit.ly/2Rkq4XX.

Friday

From Self-Criticism to Kindness (8 weeks)
Friday, 9:15 - 10:45 am (Sep 30 - Nov 18)
Facilitated by Amy Honigman, PhD

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, motivation & self-confidence.

Alcohol and Other Drug - Harm Reduction Group
Friday, 2:00 - 3:30 pm
Facilitated by Robin Walley, LCSW and Jennifer Tai, 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 the group facilitator to get started.

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# Myths and Truths about Group Counseling

<table>
<thead>
<tr>
<th>Myth</th>
<th>Truth</th>
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<tbody>
<tr>
<td><strong>Group counseling is second best to individual counseling.</strong></td>
<td>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.</td>
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<td><strong>I’m uncomfortable speaking up, I will never be able to speak in a counseling group.</strong></td>
<td>Many people feel anxious about speaking up in groups. Group members usually find that over time they start to feel safe enough to participate.</td>
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<td><strong>I will be the only one with my problem in the group. No one else will understand me.</strong></td>
<td>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.</td>
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<td><strong>I will be forced to share my concerns and worries with strangers.</strong></td>
<td>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.</td>
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<td><strong>The group facilitators or the other group members will judge me.</strong></td>
<td>The group facilitator’s role is to promote a brave and non-judgmental space and to facilitate discussion.</td>
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<td><strong>Group members will share my secrets with their friends.</strong></td>
<td>Group members are asked to respect the privacy of other group members and to agree to not share any identifying information outside the group.</td>
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<td><strong>I will be verbally attacked in group counseling.</strong></td>
<td>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.</td>
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