



## Group Counseling for Students (Virtual)

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

Alternate Mondays, 1:45-2:30pm (Jan 24 - May 5)

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

Alternate Mondays, 3:45 - 4:30 pm (Jan 24 - May 5)

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 Mondays, 3:45 - 4:30 pm (Jan 24 - May 5)

Facilitated by Robyn Papatkakis Shannon, Psy.D.

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.



Robyn

### Skills and Support Groups

**How To Get Started:** Unless otherwise stated in the description, register at [bit.ly/uhsgroups](https://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.

#### Wellness in Action Toolbox

**Session A:** Wednesdays, 2:15-3:45 pm (Feb 16 - Mar 9)

Facilitated by Kin Ming Chan, PhD.

**Session B:** Thursdays, 10:15 - 11:45 am (Mar 10 - Mar 31)

Facilitated by Lauren Friedman, RN, PMH-NP Intern



Kin Ming

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.

## Transitions

Wednesdays, 11:15 - 12:00 pm (Mar 2 - Apr 13)

Facilitated by Jevon Rice, PsyD and Gaurie Mittal, MA.

A six-week group for students experiencing mild to moderate anxiety, panic, and depression related to life transitions where students not only connect with others but learn skills to help with their life changes. Through a culture-first lens, participants will learn and discuss mental health and general wellness strategies to address the impact of change, healthy and effective communication, and foster healthy relationships with self and others through a culture-first lens. Topics include transitioning to Cal, reestablishing a self-care routine (e.g.: sleep, exercise, nutrition), readjusting thinking patterns and mood around change, information about building healthy connections within the Cal and Berkeley community, tips for engaging in new environments and cultures, supporting the growth of resiliency, and more.



Jevon



Gaurie

## Managing Emotions\*

Thursdays, 3:15 - 5:00 pm (Feb 17 - Apr 28)

Facilitated by Paige Lee, Ph.D. and Maritza Duran, MSW.

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



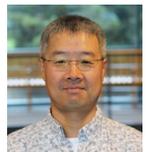
Maritza

## Mindfulness Meditation Drop-In

Tuesdays, 4:15-5:00 pm (Feb 22 - May 10)

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 for Wellness and Anxiety Relief

Thursdays, 2:15 - 3:45 pm (Jan 27 - Mar 17)

Facilitated by Raquel Castellanos Miller, LCSW, and Julia Diskin, BA

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.



Raquel



Julia

## From Self-Criticism to Kindness

Fridays, 10:15 - 11:45 am (Feb 4 - Mar 25)

Facilitated by Amy Honigman, Ph.D.

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

## BIPOC Queer Womxn's Support Circle\*

Wednesdays, 1:15 - 2:45 pm (Feb 16 - Apr 20)

Facilitated by Tiffany Lin, LCSW

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).



Tiffany

### BIPOC Womxn Healing Circle\*

Tuesdays, 3:30 - 5:00 pm (Feb 1 - May 6)

Facilitated by Cynthia Medina, PhD and Monica Becerra, PhD.



Cynthia



Monica

This healing circle is designed for self-identified Black, Indigenous, Womxn of Color who want to build community through collective witnessing, empathic presence, and shared solidarity. Collectively, we will foster a supportive, affirming, confidential space where we can discuss our multiple intersecting identities, relationships, holistic wellness, spirituality, career aspirations, microaggressions and “isms”, racial-trauma healing, and other topics of interest.

### Black Womxn’s Sister Circle\*

Mondays, 3:00 - 4:30 pm (Feb 14 - May 2)

Facilitated by Amber Jaiza Jones, LCSW.



Jaiza

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.

### BIMOC Black, Indigenous, Men of Color Healing Circle\*

Tuesdays, 3:15 - 4:45 pm (Feb 15 - May 10)

Facilitated by Adisa Anderson, Ph.D. and Nolan Krueger, MA.



Adisa



Nolan

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.

### Asian American Community. Voice.

Wednesdays, 4:15-5:45 pm (Jan 26 - May 4)

Facilitated by Junichi Shimaoka, PsyD, and Jeff Lee, LCSW



Junichi



Jeff

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](https://bit.ly/2Rkq4XX)

### Asian & Asian-American Womxn Support\*

Tuesdays, 2:15 - 3:45 pm (Feb 15 - Apr 26)

Facilitated by Angelica Yi, MSW



Angelica

This group is for students who identify as womxn of any Asian or Asian-American background. We’ll co-create a supportive space to share experiences related to intersectional identities, navigating Asian & American values, racism-related trauma, school stress, family & relationship issues, and other topics of interest. This group requires a brief pre-group meeting with the group facilitator(s) before joining. All Asian and Asian American students “who experience life through the lens of womxn in body, spirit, identity--past, present, future, and fluid are welcome” (GenEq).

### HeartSpeak: USP Support Circle

Wednesdays, 4:00 - 5:30 pm (Starts Feb 23 and is Ongoing)

Facilitated by Diana Peña, Ph.D.



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](https://wejoinin.com/USPmentalhealth)

## Career Planning: Surviving and Thriving at UC Berkeley

Tuesdays, 2:15pm-3:45pm (Jan 25- Feb 15)

Facilitated by Ed Garnes, MA and Janelle Webster, BS

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.



Janelle



Ed

## Graduate Women's Support

Mondays, 5:00 - 6:30 pm (Jan 24 - May 2)

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.



Linda

## Graduate Men's Support\*

Thursdays, 1:30 - 3:00 pm (Jan 20 - May 12)

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.



Richard

## Alcohol and Other Drug - Harm Reduction Group

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

Facilitated by Robin Walley, LCSW

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

Facilitated by Justin Castello, PhD

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.



Robin



Justin

## Queer Black and Students of Color - Harm Reduction Group

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

Facilitated by Darius Taylor, MSW

This weekly group for Queer Black and Students of Color focuses on goals around substance use, sex, gambling, and screen technology. Grounded in harm reduction, we acknowledge 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 behavioral 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.



Darius

## Pathways to Health & Healing

Thursdays, 2:30 - 4:00pm (Start date TBD)

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



Shanta



Erin

## Father's Support Group

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

Facilitated by Jason Straussman, LCSW



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](mailto:jstraussman@berkeley.edu).

## Interpersonal Process Group

### Understanding Self & Others\*

Wednesdays, 1:30 - 3:00 pm (Feb 9 - Apr 27)

Facilitated by Kusha Murarka, PsyD and Paul Eastman, PhD.



Kusha



Paul

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.

# 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.

