



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

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, 1:45-2:30 pm (May 23 - Jul 18)

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 Tuesdays, 3:45 - 4:30 pm (May 26 - Jul 19)

Facilitated by Robyn Papatthakis 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, 3:45 - 4:30 pm (May 24 - Jul 12)

Facilitated by Robyn Papatthakis 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

Interpersonal Process Group

Understanding Self & Others*

Wednesdays, 1:30 - 3:00 pm (Jun 1 - Jul 27)

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

Groups noted with an * require a brief pre-group meeting with the group facilitator(s) before joining.

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

Grinding All My Life: Power, Purpose, and Black Men In Sport

Mondays, 4:00 - 5:30 pm (May 16 - Jun 13)
Facilitated by Ed Garnes, MA

This 4 week group will delve into the stressors, challenges, and successes of Black men navigating the unique realities of major college athletics. Using solution-focused dialogue and skill-building activities, attendees will learn practical strategies for living their best lives.



Ed

Graduate Women's Support

Mondays, 5:00 - 6:30 pm (Jun 13 - Aug 15)
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

BIPOC Womxn Healing Circle*

Tuesdays, 3:30 - 5:00 pm (Jun 7 - Jul 26)
Facilitated by Cynthia Medina, PhD and Monica Becerra, PhD.

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.



Cynthia

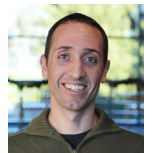


Monica

Graduate Men's Support*

Thursdays, 1:30 - 3:00 pm (Jun 2 - Aug 11)
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.

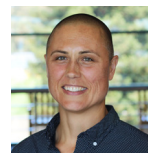


Richard

Alcohol and Other Drug - Harm Reduction Group

Date and time (Start date TBD)
Facilitated by Robin Walley, LCSW

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.



Robin

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

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.