Biofeedback Group
Spring 2016

+ WHAT IS IT ALL ABOUT?

* Intro to relaxation training.
* Learn the fundamentals of stress and stress management.
* Increase your understanding of the connections between your environment, body, emotions, cognitions and behaviors.
* Develop stress management techniques using biofeedback machines.

WHEN: This group is offered twice during spring quarter.
Group 1: Weeks 3-6 and Group 2: Weeks 7-10
WHERE: UCSD Campus, Room TBD
HOW: Contact Dr. Leah Heng at (858) 534-5905 or sign-up online, caps.ucsd.edu/signup.html

Facilitated by Dr. Leah Heng and a CAPS Wellness Peer Educator

*Please Note: This educational workshop is not counseling or psychotherapy. If you would like counseling or psychotherapy please call our central office at 858-534-3755.