

Counseling and Psychological Services UC SAN DIEGO

FALL 2016

FORUMS
GROUPS
WORKSHOPS



For any questions, please call the CAPS Central Office at 858-534-3755.

What are CAPS Forums?

Forums are a safe space where one or more UC San Diego staff members facilitate an open dialogue about ideas and views on a particular issue... Participation is usually identity-based... with a drop-in format (i.e., you could attend one or all meetings unless otherwise noted in the description).

What do we mean by CAPS Groups?

We offer 2 types of groups:

- 1) support groups-** Participants, who are having similar experiences/difficulties, provide support to one another while a group leader facilitates discussion.
- 2) therapy groups-** While group members are a valuable source of support, formal group therapy sessions could offer benefits beyond informal self-help and support groups. Group therapy sessions are led by one or more therapists with specialized training, who teach group members proven strategies for managing specific concerns, such as managing emotions or interpersonal difficulties.

*Please Note: This schedule includes only the CAPS forums, groups, and workshops with finalized meeting times. Please see the reverse page for more offerings.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>9-10:30am (Weeks 3-7: 10/11/16-11/8/16) Questioning Career Transitions for PhD Students</p> <p>11am-12:30pm Questioning Career Transitions for PhD Students (Weeks 3-7: 10/11/16-11/8/16)</p> <p>Noon-1pm (Weeks 4-7: 10/18/16-11/8/16) ADHD Support Group</p>			
<p>Noon-1:30pm (Continuously Ongoing) Graduate Women in Science and Engineering (WISE Forum)</p> <p>1-2:30pm (Weeks 2-10: 10/3/16 – 11/28/16) Circulo de Mujeres Forum</p> <p>1-2:30pm (Weeks 3-9: 10/10/16-11/21/16) Wise Mind: DBT Skills Training Group</p> <p>2:30-4pm (Weeks 2-10: 10/3/16 – 11/28/16) Gay Men's Relationship Forum</p>				
	<p>4-5:30pm (Accepting New Members only during Weeks 1-3) Coming Out Group</p>		<p>3-4:30pm Outside the Box Forum</p> <p>5-6:30pm (Every Two Weeks on Thursdays, Starting 10/6/16) Black Women's Collective (Forum)</p>	

FALL 2016 FORUMS

BLACK WOMEN'S COLLECTIVE: Join us for conversations about our experiences as Black women and connect with other women on campus. Light refreshments will be provided. **Every Other Week on Thursdays (Starting Week 2 on 10/6/16), 5-6:30pm/Women's Center. Leaders: Dr. Cat Thompson, 858-534-3987 & Cecily Nelson-Alford, MA**

BLACK QUEER COLLECTIVE: PENDING For more information, please contact Leader: Dr. Cat Thompson, 858-534-3987

CAMPUS BLACK FORUM provides a venue for students, staff and faculty to come together to discuss pertinent issues and concerns relevant to the Black community and to receive important information that they can use in developing skills to enhance their experiences at UC San Diego and beyond. **DATE/TIME: TBD/Cross Cultural Center or Black Resource Center. Contact: Dr. Doriane Besson, 858-534-0252**

CIRCULO DE MUJERES FORUM is for graduate & undergraduate Chicana/Latina women who are looking for a space for supportive talk/check-in time with manualidades/crafts. **Mondays, Noon-1:30pm (Weeks 2-10)/Raza Resource Centro. Leader: Dr. Herculio Corona, 858-534-3755**

GAY MEN'S RELATIONSHIP FORUM addresses relationships, sexual health, community building and more. Join us for conversations about our experiences as gay men, and connect with other gay men on campus. **Mondays (Weeks 2-10), 2:30-4pm/Women's Center Small Group Room. Leader: Dr. Greg Koch, 858-534-3585**

GRADUATE WOMEN IN SCIENCE & ENGINEERING (WISE FORUM) is a support group for women in the science fields where women are underrepresented. Members select discussion topics. This group will facilitate the development of: 1) a sense of community where each person enjoys a feeling of belonging, 2) support toward the attainment of goals, 3) self-empowerment in creating and maintaining visions for one's personal and professional life. **Mondays, Noon-1:30pm/This group is by referral only. To see if it is a good fit for you, please contact Leader: Dr. Judy Goodman Fermin, 858-534-9799**

OUTSIDE THE BOX FORUM* is a safe space for students, faculty, & staff of mixed/multiracial/multiethnic & other non-dominant identities to share their experiences & discuss issues in an open and supportive, community atmosphere. **Thursdays, 3-4:30pm/CCC, Tranquility Room. Leader: Dr. Cat Thompson, 858-534-3987**
*Co-sponsored by the CCC

"WHO'S 1ST?" (FORUM FOR 1ST GENERATION COLLEGE STUDENTS) provides participants with a supportive, confidential environment to discuss their experiences @UC San Diego. A former first-gen college student himself, Dr. Roberto Luna facilitates discussion about topics, which are determined by the attendees. Subject matter might include: dealing with impostor syndrome; guilt of being at college while family struggles at home; challenges to self-care; navigating the university system with little or no guidance; feelings of isolation; reluctance to ask for help due to the taboo of mental health needs; & managing multiple stressors (including pressure to study a specific major &/or graduate in 4 years or 2 years for transfer students). **Time/Location: TBD. Leader: Dr. Roberto ("Beto") Luna, 858-534-0255**

FALL 2016 GROUPS

To join, contact the group leader OR
go to: <http://caps.ucsd.edu/signup.html>.

ADHD SUPPORT GROUP: If you think you have symptoms of Attention Deficit/Hyperactivity Disorder, this 4-week group could be for you. This is a supportive space, where students could learn more about several aspects of ADHD, including strategies and practices for effectively managing symptoms. **Tuesdays (Weeks 4-7), Noon-1pm. Leader: Dr. Ginger Villareal Armas, 858-534-3755**

BUILDING SOCIAL CONFIDENCE GROUP (BSG) focuses on identifying fears related to social situations, reducing self-defeating coping patterns & strengthening effective social skills. Members determine the topics. **FALL 2016 IS CLOSED! Register for upcoming quarters via online form or call Dr. Tiffany O'Meara at 858-534-1579.**

BUILDING SOCIAL CONFIDENCE GROUP (Advanced) is for students who have completed one quarter of the BSG. Students get more individualized attention in this group. **Leader: Dr. Tiffany O'Meara, 858-534-1579.**

COMING OUT GROUP is a place to gain support while discussing your sexual &/or gender identities in a confidential setting. This group is for LGBTQ or straight folks who are coming out, considering coming out or may already be out. Members determine the topics, which can include stress, fear, anxiety, loneliness, excitement & celebration with regard to coming out. **JOIN ONLY DURING WEEKS 1-3. Tuesdays, 4-5:30pm. Leaders: Dr. Cat Thompson, 858-534-3987 & Agustin Orozco, MA**

FOSTERING CONNECTIONS GROUP is for students who do not have a family to rely on for support. It is a place to encourage one another in navigating college life, relationships & achieving one's goals in a supportive atmosphere. **Time/Location: TBD. This group is by referral only. Leader: Dr. Judy Goodman Fermin, 858-534-9799**

GRADUATE PEOPLE OF COLOR SUPPORT GROUP could help you to meet like-minded people while coping with issues like: stress management, communication with your PI, imposter syndrome, & procrastination. **Time/Location: TBD. Leader: Dr. Cat Thompson, 858-534-3987**

HEALTH GROUP is a support group for students with chronic health concerns: diabetes, auto-immune, inflammatory, neurological disorders. **Time/Location: TBD. Leader: Dr. Roberto ("Beto") Luna 858-534-0255**

UNDERSTANDING SELF & OTHERS will provide an opportunity to relate to others, gain social skills, & learn more about yourself in the process. **Time/Location: TBD. Leader: Dr. Stephanie Salo, 858-534-3755**

WISE MIND: DBT SKILLS GROUP is for you, if you want to learn how to decrease how often your mind wanders during activities that require your attention...cultivate a way of being that reduces unnecessary emotional suffering... and increase the likelihood of improving your academic performance. **Mondays, 1:00-2:30pm. Leader: Dr. Ginger Villareal Armas, 858-534-3755**

FALL 2016 WORKSHOPS

Join at: <http://caps.ucsd.edu/signup.html> (unless otherwise noted).
For any questions, please contact the workshop leader.

ACTIVIST BURNOUT: Increase knowledge of burnout associated with social justice and activist work. Learn techniques for improving self-care. **Time: 11/2/16 5-6:30pm/Location: Black Resource Center. Contact: Dr. Doriane Besson, 858-534-0252**

ACTIVIST BURNOUT: RISING FROM THE ASHES Are you feeling overwhelmed and exhausted by your efforts to promote social change? Do you want to make sure that your meaningful work is sustainable? Sometimes self-transformation can make it more likely for us to transform society... In this workshop, you could learn strategies for increasing inner peace, which could lead to staying energized and committed to your activism. **Time/Location: TBD. Leader: Dr. Ginger Villareal Armas, 858-534-3755**

ADVANCE WORKSHOP SERIES is based on Peak Performance Psychology techniques to help you flourish in the classroom and in life. This structured, interactive 3-meeting workshop provides guidance and support for your academic success. **Time/Location: TBD. Leader: Dr. Erin Bartelma, 858-822-0155**

The goal of the **LEADERSHIP TRAINING WORKSHOP** is to facilitate the development of our student-athletes' leadership skills, in hopes to promote strong, effective leaders & success for each UC San Diego Intercollegiate Athletics Team. Following the general outline of Jeff Janssen's The Team Captain's Leadership Manual, the workshop highlights peak performance & mental training techniques, learning & use of effective & healthy communication, strategies to increase team cohesion & connection, & minimization/management of conflict. **THIS GROUP IS CLOSED & NOT ACCEPTING MEMBERS. Leader: Dr. Rhonda Hackshaw, 858-534-5981**

LOVE LESSONS: COUPLES WORKSHOP is specifically designed to help couples truly discover the joy of being together. Workshop goals include to: successfully express your own desires; get to the root of your problems and dissolve them; create romance, fun and intimacy. **Time/Location: TBD. Leader: Dr. Greg Koch, 858-534-3585**

MINDFUL APPROACHES TO CHILLING OUT: Increase knowledge about physical/emotional signs of stress and practice mindfulness and stress reduction. **Time: 10/10/16 6:30-8pm/Location: Comunidad Room @Cross Cultural Center. Contact: Dr. Doriane Besson, 858-534-0252**

QUESTIONING CAREER TRANSITIONS FOR PHD STUDENTS is a 5-session series, which aims to help PhD students work through questions about continuing an academic career track, discern types of work/environment that match individual skills/personality, identify transferable skills developed as a PhD student, & examine values, priorities, alternatives, & goals for career next steps. This workshop series is offered at 2 different times. **Group 1 meets on Tuesdays, 9-10:30am (Starting Week 3); Group 2 meets on Tuesdays, 11am-12:30pm (Starting Week 3). Leaders: Dr. Christina Lambert, 858-534-3755, Dr. Giulia Hoffmann**