### Counseling and Psychological Services

**UC SAN DIEGO**

**FALL 2016**

### FORUMS
### GROUPS
### WORKSHOPS

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

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

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*For any questions, please call the CAPS Central Office at 858-534-3755.*
**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. Dorianne 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 manaulidades/crafts. Mondays, Noon-1:30pm (Weeks 2-10)/Raza Resource Center. Leader: Dr. Hercilla 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), 2-3pm/Women's Center Small Group Room. Leader: Dr. Greg Koch, 858-534-3585

**GRADUATE WOMEN IN SCIENCE & ENGINEERING (WISE FORUM)** Co-sponsored by the CCC

**OUTSIDE THE BOX FORUM** is a support group for students with chronic health issues &/or disability. Monday-Friday, 10:30am-12pm/CCC, Tranquility Room. Leader: Dr. Cat Thompson, 858-534-3987

**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

**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 (BSC)** 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, 4:30-5:30pm. 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

**HEALTH GROUP** is a support group for students with chronic health concerns: diabetes, auto-immune, inflammatory, neurological disorders. Leader: Dr. Cat Thompson, 858-534-3987

**LEADERSHIP TRAINING WORKSHOP**

**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. Dorianne Bessen, 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

**ADVANCE WORKSHOP SERIES** 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 6:30-9pm/Location: Communal Room @Cross Cultural Center. Contact: Dr. Dorianne 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