



An Educational & Wellness Workshop Fall 2009

Psychological and Counseling Services
190 Galbraith Hall
Phone: 858-534-3755
<http://psychservices.ucsd.edu>

Drop-in for any or all sessions.

Peace of Mind:

Facilitators:

Karla Materna, Ph.D. (534-0255)
Angela B. Kim, Ed.M. (534-5989)

The Peace of Mind Workshop is a weekly educational workshop for students who want to increase their life skills and their ability to cope with emotions, relationships, conflict and stress. Through the Peace of Mind Workshops, you can learn how to live in the moment, manage your emotions, increase interpersonal skillfulness and identify what is really important to your life. The series includes 7 workshops, covering 4 themes: mindfulness, emotional wisdom, interpersonal effectiveness, and stress tolerance. Each workshop provides an informational overview, handouts and a relaxation exercise.

Mindfulness:

Mindfulness: Learn “what” to do to increase awareness and decrease impulsive or moody behaviors.

Monday, October 19th, 12:30-1:30pm

Learn “how” to focus your attention to increase awareness and decrease suffering.

Monday, October 26th, 12:30-1:30pm

Interpersonal Skills:

Interpersonal: Learn to cope with conflict, ask for what you need or want and say “no”.

Monday, November 2nd, 12:30-1:30pm

Emotional Wisdom:

Emotional Wisdom I: Learn to understand emotions and improve skills for coping with feelings.

Monday, November 9th, 12:30-1:30pm

Emotional Wisdom II: Learn to decrease vulnerability to painful emotions and boost positive emotions.

Monday, November 16th, 12:30-1:30pm

Stress Tolerance:

Stress Tolerance I: Learn relaxation skills and effective behaviors to handle stress or a crisis.

Monday, November 23rd, 12:30-1:30pm

Stress Tolerance II: Learn breathing techniques, self-soothing skills, and tips for surviving finals.

Monday, November 30th, 12:30-1:30pm

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