

# UC SAN DIEGO CAPS

COUNSELING AND PSYCHOLOGICAL SERVICES

## FORUMS/GROUPS/WORKSHOPS FALL 2015 SCHEDULE



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## FORUMS/GROUPS/WORKSHOPS FALL 2015 SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>9-10:30am: Questioning Career Transitions for PhD Students (in STEM)</p> <p>11am-12:30pm: Questioning Career Transitions for PhD Students (in Humanities)</p> <p>Noon-1pm: Graduate Student Support Group</p> <p>Noon-1:30pm: Graduate Women in Science &amp; Engineering (WISE Forum)</p> <p>1-2:30pm: UNIDAS Chicana/Latina Forum</p> <p>2:30-4pm: Men's Relationship Forum</p> <p>3:30-5pm: Coming Out Group</p> <p>Even Week Tuesdays, 5-6:30pm: Black Women's Collective (Forum)</p>	<p>Noon-1pm: ADHD Support Group (Starts 10/28/15)</p> <p>3-4pm: Fostering Connections Group</p> <p>3-4pm: Advance Workshop Series</p> <p>3-4:30pm: Mindfulness for Daily Living Forum</p> <p>4-5pm: Talking Circles Forum for Undocumented Students</p>	<p>Noon-1pm: Asian Community Forum</p> <p>3-4:30pm: Outside the Box Forum</p>	<p>Noon - 1:30pm: Health Group</p> <p>12:30-1:30pm: Peace of Mind (Workshop Series)</p> <p>1:30 - 3pm: Wise Mind: DBT Skills Training Group</p>

### NOT LISTED ON CALENDAR:

Building Social Confidence Group (BSG): CLOSED FOR FALL 2015  
 Building Social Confidence Group (Advanced): CLOSED FOR FALL 2015  
 Sexual Assault Survivors Group, DATE/TIME: TBD  
 Understanding Self & Others Group, DATE/TIME: TBD

Leadership Training Workshop: BY INVITATION  
 Love Lessons: Couples Workshop, DATE/TIME: TBD  
 Rising from the Ashes of Activist Burnout, DATE/TIME: TBD

## FALL 2015 FORUMS

Drop-in Format: Attend One or All Sessions (unless otherwise noted)

**ASIAN COMMUNITY FORUM** is an informal drop-in group designed to talk about topics relevant to Asian/Pacific Islander American students at UC San Diego in a supportive and problem-solving atmosphere. Issues such as career and academic success, family pressures, cultural identity, and relationships are common topics. **Thursdays, Noon-1pm/CCC, Tranquility Room/Leaders:** Dr. Sam Park & Dr. Leah Heng, 858-534-3755

**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. **Even Week Tuesdays, 5-6:30pm/Women's Center/Leader:** Dr. Doriane Besson, 858-534-0252 & Cecily Nelson-Alford, MA

**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

**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, 2:30-4pm/Women's Center/Leaders:** Dr. Greg Koch, 858-534-3585 & Dr. Roberto Luna

**MINDFULNESS FOR DAILY LIVING** will focus on 7 Mindfulness Practices to help you to have more well-being and contentment in your life & less stress & anxiety. Wear comfortable clothes. This group will be co-lead by Dr. Elise Curry, a CAPS psychologist, who has been an active meditator for the past 14 years. **Wednesdays, 3-4:30pm/Student Health Services, Murray's Place/Leaders:** Dr. Elise Curry, 858-534-2312, & Dr. Katie Spaventa-Vancil

**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

**TALKING CIRCLES FORUM FOR UNDOCUMENTED STUDENTS** is for undergraduate & graduate undocumented students who are looking for community support. Talking circles are safe spaces where undocumented students can discuss their intersecting identities, stressors that stem from being undocumented, and finding healthy ways to cope. **Wednesdays, 4-5pm/Student Services Center, Undocumented Student Services, Room 518/Leader:** Dr. Roberto Luna, 858-534-0255

**UNIDAS CHICANA/LATINA FORUM** is for graduate & undergraduate Chicana/Latina women who are looking for a safe space to cultivate support, discuss challenges, & honor individual life stories. Topics for discussion include: self-esteem, responsibility for others & need for self-care, intersecting identities, family, relationships, intimacy, discrimination, academic pressure, mentoring, & the impact that these have on their UC San Diego experience. **Mondays, 1-2:30pm/Raza Resource Centro/Leader:** Dr. Hercilia Corona, 858-534-3755

## FALL 2015 GROUPS

To join, contact the group leader (unless otherwise noted).

**ADHD SUPPORT GROUP** discusses several aspects of ADHD, sharing strategies and experiences for better management of these symptoms. **Wednesdays, Noon-1pm (Starts 10/28/15)/Leaders:** Dr. Dane Ripellino, 858-534-1725 & Dr. Leah Heng

**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 2015 IS CLOSED! Future sign-up: 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. **Tuesdays, 3:30-5pm/Leader: Dr. Cat Thompson, 858-534-3987**

**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. **Wednesdays, 3-4pm/This group is by referral only. To see if it is a good fit for you, please contact: Dr. Judy Goodman Fermin, 858-534-9799**

**GRADUATE STUDENT SUPPORT GROUP** could help you to meet like-minded people while coping with issues like: stress management, communication with your PI, imposter syndrome, & procrastination. **Tuesdays, Noon-1pm/DROP-IN GROUP/CAPS Central Office/Leader:** Dr. Elise Curry, 858-534-2312

**HEALTH GROUP** is a 5-week support group for students with chronic health concerns: diabetes, auto-immune, inflammatory, neurological disorders. **Fridays, Noon-1:30pm/Leaders:** Dr. Dane Ripellino, 858-534-1725 & Dr. Christina Lambert

**SEXUAL ASSAULT SURVIVORS GROUP\*** is a safe environment where members could look at how the sexual assault continues to affect their day-to-day living. Even if the assault happened months or years ago, you are invited to participate in this group. **TIME: TBD/Leaders:** Nancy Wahlig, LCSW, 858-534-5793 & Dr. Saliha Kozan  
\*Co-sponsored by CAPS & Care @SARC

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

**WISE MIND: DBT SKILLS GROUP** is a supportive space where you can learn to focus your mind & be aware of how to reduce suffering; change emotions that you want to change; tolerate emotional pain in situations you can't change; & ask for what you want or say no while maintaining self-respect & preserving your relationships. **Fridays, 1:30-3pm/Leaders:** Dr. Ginger Villareal Armas, 858-534-3456 & Dr. Roberto Luna

## FALL 2015 WORKSHOPS

Join at: <http://caps.ucsd.edu/signup.html> (unless otherwise noted).

**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. Strategies discussed are talking with faculty, time management, and accessing campus academic support resources. **Wednesdays, 3-4pm/Held 2x per quarter: ADVANCE Workshop Series 1: Week 4 – Week 6; ADVANCE Workshop Series 2: Week 8 – Week 10/Leaders:** Dr. Erin Bartelma, 858-534-3755 & Dr. Jasmine Tilghman

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. **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: TBD/Leader: Dr. Greg Koch, 858-534-3585**

**PEACE OF MIND:** Learn how to reduce stress more effectively and reach your optimal potential at UC San Diego and in life. **Fridays, 12:30 – 1:30 PM; DROP-IN/CAPS Central Office/Leaders:** Dr. Saliha Kozan & Dr. Katie Spaventa-Vancil

**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. **Tuesdays, 9-10:30am (for STEM students); 11am-12:30pm (for Humanities students)/Leaders:** Dr. Christina Lambert, 858-534-3755, Dr. Giulia Hoffmann, & Dr. Jasmine Tilghman

**RISING FROM THE ASHES OF ACTIVIST BURNOUT:** 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? The most effective way of transforming society is through transforming ourselves... In this workshop, you could learn strategies for increasing inner peace while staying energized and committed to your activism. **For more information, contact Dr. Ginger Villareal Armas at 858-534-3456.**



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