

Counseling and Psychological Services

Spring 2017 Daily Drop-In Workshops



Students can participate in CAPS Daily Drop-In Workshops simply by going to the location listed.

There is no need to make an appointment. These educational workshops are not professional counseling or psychotherapy. If you would like professional counseling, please call the CAPS Central Office at 858-534-3755.

MONDAY	
<p>3:00 – 4:00 pm (Weeks 2-10): ACT on LIFE with Dr. Dianna Quach @Pepper Canyon Hall 223</p> 	<p>ACT on LIFE involves experiential exercises to move you towards ACCEPTANCE, OPENNESS, and FLEXIBLE THINKING. You will be provided tools and strategies to accept what is out of your control, and commit to actions that are in line with your values. The goal is not to take away painful experiences, but to find beauty with the ups and downs of life.</p>
TUESDAY	
<p>3:00 – 4:00 pm (Weeks 1-10): Keep Calm and Be Here Now with Dr. Ginger Villareal Armas @Murray's Place, Student Health Services</p> 	<p>Develop a consistent mindfulness and self-compassion practice so that you can increase your mental focus. Mindfulness and self-compassion could also help you reduce unnecessary suffering, recover more quickly from difficulties, and increase daily productivity.</p>
WEDNESDAY	
<p>2:30-3:30 pm (Weeks 3-6): Destress with Biofeedback with Dr. Patrick Savaiano @The Zone</p> 	<p>Get a free one-on-one biofeedback demonstration by Dr. Patrick Savaiano and a Wellness Peer Educator! Learn about biofeedback, deep breathing and progressive muscle relaxation techniques that all help to reduce stress. Check out The Zone calendar for info on this and other free wellness programs!</p>
<p>3:00 – 4:00 pm (Weeks 2-10): Mindfulness for Daily Living with Dr. Elise Curry @Murray's Place, Student Health Services</p> 	<p>Mindfulness meditation has been shown to be effective for reducing stress, anxiety, depression and increasing a sense of inner peace and contentment. Dr. Elise Curry has maintained a daily meditation practice for 16 years and attended professional training programs for mindfulness.</p>
THURSDAY	
<p>3:00 – 4:00 pm (Weeks 2-10): Flourish @UC San Diego with Dr. Sochanvimean Vannavuth @CAPS Central Office, 190 Galbraith Hall</p> 	<p>Dr. Sochanvimean Vannavuth and a CAPS Wellness Peer Educator, will provide an introduction to relaxation and mindfulness, knowledge for increasing your understanding of flourishing via social connections and self-compassion, and guidance for how you could improve self-care.</p>
FRIDAY	
<p>3:00 – 4:00 (Weeks 1-10): Keep Calm and Be Here Now with Dr. Ginger Villareal Armas @Murray's Place, Student Health Services</p> 	<p>Develop a consistent mindfulness and self-compassion practice so that you can increase your mental focus. Mindfulness and self-compassion could also help you reduce unnecessary suffering, recover more quickly from difficulties, and increase daily productivity.</p>