Counseling Services is offering several exciting groups this winter. Groups typically consist of 4-10 students meeting weekly. Registered students are eligible for group participation. There is no cost. Student fees provide the funding. For more information about group counseling services including individual counseling, visit https://shcs.ucdavis.edu/services/groups.

Students are asked to make a commitment to attend groups each week for the duration of the quarter.

If you are interested in a group, please call SHCS appointment desk at (530) 752-0871 or come to 219 North Hall for an initial appointment. To participate in a group, a student must meet with a Counseling Services staff and be assigned to the group except for the drop-in groups or workshops. Counseling Services groups are listed below. All groups meet in North Hall at Counseling Services unless listed as meeting somewhere else.

To receive an initial consultation or get more information call Student Health and Counseling Services at (530) 752-0871 or come to 219 North Hall.

Mondays:

Phoenix Rising: A Support Group for Survivors of Sexual Trauma
2:10 – 3:30 pm  |  Counseling Services in North Hall
Facilitators: Cheryl Samuleson & Hanna Song

This process-oriented group is open to undergraduate and graduate students who are survivors of sexual abuse, sexual assault, and/or sexual trauma experienced in childhood or as adults. The goal of this group is to provide a healing, empowering, and safe space for survivors to discuss and receive support around a range of issues including relationships, intimacy, sexuality, safety, mind-body awareness, balance, sense of control, communication, and trust. Attention will also be given to providing some self-regulation and mind-body awareness skills as appropriate. If you are interested in participating in this group, please call Counseling Services at (530) 752-2349 or come to 219 North Hall for an initial consultation or group screening appointment.
“The Journey” Therapy Group
3:10-4:30 am | Counseling Services in North Hall
Facilitators: Chris Le & Brian Shi

This adventurous general therapy group is designed to foster greater self-awareness and more satisfying relationships by becoming more aware of your thoughts and feelings, exploring how your background and upbringing affect your relationships, developing interpersonal skills, practicing giving and receiving support, and cultivating more compassion for yourself and others. If you are interested in participating in this group, please call Counseling Services at (530) 752-0871 or come to 219 North Hall for an initial consultation or group screening appointment.

Tuesdays:

Undergraduates Career Exploration Group
3:00 – 4:30 pm | Counseling Services in North Hall
Facilitator: Hanna Song

Career decision-making is an ongoing process made more effective within an interactive, supportive group approach. Group members are undergraduates who will identify how their values, interests, preferences and satisfying skills relate to occupations of interest and expanded career options. A focus on personal strengths and common experiences of uncertainty helps enable group members to better understand internal conflicts and external obstacles. Please note total cost of assessments is $45 and expected time commitment for activities outside of the 6 session group times is approximately 1-2 hours per week. If you are interested in participating in this group, please contact the Career Counseling Program at career counseling@shcs.ucdavis.edu and you will be emailed information about the orientation to the group.

Wednesdays:

Lavender Connection: LGBTQ Student Support Group
10:00 - 11:20 am | Counseling Services in North Hall
Facilitators: Megan Brown & Mark Papp

This group is a support group for undergraduate and graduate students who are looking for a safe and confidential space to discuss issues related to being LGBTQ. The group will provide a supportive and affirming environment where students can share common experiences and increase their sense of understanding regarding their own gender identity, sexual identity, relationships with others, and sense of empowerment. Areas of
focus may include the influence of cultural background and ethnic identity, fostering self-acceptance, stress management, coping skills, coming out to yourself & others, dating, spirituality, campus climate, and family relationships. All identities within the LGBTQ spectrum including those questioning are welcome! If you are interested in participating in this group, please call Counseling Services at (530) 752-0871 or come to 219 North Hall for an initial consultation or group screening appointment.

Building Social Confidence
1:10 – 2:30 pm | Counseling Services in North Hall
Facilitator: Nan Senzaki & Javan Jean-Noel

Group members learn how to increase confidence in social situations by building social skills, the foundation for successful interpersonal relationships. Members develop effective communication skills, assertion skills, and social support—"community." Members also address their own individual goals, such as developing/maintaining friendships, dating, and confidence with academic assertion and public speaking. If you are interested in participating in this group, please call Counseling Services at (530) 752-0871 or come to 219 North Hall for an initial consultation or group screening appointment.

Nourish: The Body & The Self
3:10 – 4:30 pm | Counseling Services in North Hall
Facilitator: Mallorey Gatti & Meghan Jones

Concerned about your relationship with food or your perception of yourself? You are not alone. Explore your concerns and struggles while offering insight and support to others in a process-oriented therapy group. If you are interested in participating in this group, please call Counseling Services at (530) 752-0871 or come to 219 North Hall for an initial consultation or group screening appointment.

Women's Group
3:10 - 4:30 pm | Counseling Services in North Hall
Facilitator: Bai-Yin Chen

This group is for graduate and undergraduate women who would like to share and explore issues that have a daily effect on their lives. Participants will also receive and provide support to realize an empowered living. Topics for discussion include: self-esteem, responsibility for others and need for self-care, identity, family, relationship and intimacy, communication, academic pressure, and life transitions. If you are interested in participating in this group, please call Counseling Services at (530) 752-0871 or come to 219 North Hall for an initial consultation or group screening appointment.
Thursday:

**Graduate Career Exploration Group**
10:00 - 11:30 am | Counseling Services in North Hall
Facilitator: Christian Latino

This group is for graduate students who want to explore their career-related preferences, identify the comparative fit of career options of interest or expand their consideration of possible careers. Group members will integrate data from their personal strengths, work and family perspectives, and career assessments with occupational information. Group members are asked to increase their exposure to occupational information and opportunities over the course of the term. Total cost for assessment package (includes Strong Interest Inventory, MBTI, Skillscan and Values card sorts) to grad students is $20 as GradPathways (Graduate Studies) is subsidizing $25 of the total $45 fee. Please note that expected time commitment for activities outside of the 6 session group times is approximately 1-2 hours per week. If you are interested in participating in this group, please contact the Career Counseling Program at career.counseling@shcs.ucdavis.edu and you will be emailed information about the orientation to the group.

**Relationships for Depression and Anxiety**
11:00 AM - 12:20 PM | Student Health and Wellness Center
Facilitator: Clare Rene

**Mindfulness & Compassion Meditation Group**
3:15 – 4:30 pm | Student Health and Wellness Center
Facilitators: Elizabeth Schiveley & Shane Saenz

Mindfulness is about learning to experience life fully as it unfolds—noticing what is there. Compassion allows us to acknowledge emotional pain of ourselves and others. Through this practice, participants develop a greater sense of calm, connection, insight, and focus while letting go of the harsh inner critic that can keep us from fully living. If you are interested in participating in this group, please call Counseling Services at (530) 752-0871 or come to 219 North Hall for an initial consultation or group screening appointment.

**Living with Chronic Medical Conditions and Disabilities Group**
1:30 – 2:50 pm | Student Health and Wellness Center
Facilitators: Hillary Alejo & Mónica Hurtado León

This group will be a safe and confidential place for undergrads and graduate students who have chronic illnesses, visible, or invisible disabilities to come together weekly to get and give support. The focus of group sessions is on whatever students bring up each
week. Common themes discussed include self-care, celebration of accomplishments, coping skills, fostering self-acceptance, empowerment, pain management, feelings about social and academic barriers, boundaries, stress management, dating, family relationships, academic concerns, what it is like to interface with temporarily able bodied people, as well as managing multiple identities i.e. cultural background, gender, and ethnic identities. Most of all it will be a place where you can be fully who you are and discuss concerns and issues important to you with other people who have chronic illnesses, visible, or invisible disabilities. If you are interested in participating in this group, please call Counseling Services at (530) 752-0871 or come to 219 North Hall for an initial consultation or group screening appointment.

**Healing Through Connections: Graduate Student Therapy Group**
3:10 - 4:30 pm  |  Counseling Services in North Hall
Facilitators: Tegan Adams & Christian Latino

This is a process-oriented group open to all graduate students. The goal of this group is to provide a safe and confidential space for graduate students to receive support and to gain perspective and insight into themselves and their relationships. Themes are broad and vary – they have included balancing academic and family life, self-care, family and intimate partner relationship concerns, advisor-advisee relationship concerns, procrastination, perfectionism, depression, anxiety, cultural adjustment, and issues of oppression (e.g., sexism, racism, heterosexism, ageism). If you are interested in participating in this group, please call Counseling Services at (530) 752-0871 or come to 219 North Hall for an initial consultation or group screening appointment.

**Fridays:**

**H*E*A*L: Hope for Change, End Emotional Eating, Acceptance, Live in the Moment**
10:00 – 11:20 am  |  Counseling Services in North Hall
Facilitators: Mallorey Gatti & Meghan Jones

End emotional eating through challenge, mindfulness and acceptance. This is a free 7-week workshop that teaches you skills to change your patterns with food and emotions. Each session will include group exercises, skills, discussion and homework. You will learn the following five skills in our series:

**Mindfulness:** Find what it means to be present-focused and live in the moment.
**Distress Tolerance:** Tolerate stress, difficult emotions and feelings of overwhelm without turning to food.
**Acceptance:** Approach experiences of your body and food with acceptance.
**Emotional Regulation:** Find more effective ways to deal with emotions in the moment.
Communication Skills: Assert yourself in your relationships, feel more connected to yourself and others.

If you are interested in participating in this group, please call Counseling Services at (530) 752-0871 or come to 219 North Hall for an initial consultation or group screening appointment.

In Lak’ech (A Chicana/Latina Women’s Therapy Group)
12:10 - 1:30 pm     |         Office of Chicana/o and Latina/o Academic Student Success
Facilitator: Adriana Torres

Colonization refers to the process of a dominant culture settling among and establishing control over another culture, which can lead to social and systemic oppression of the colonized group. The goal of In Lak’ech is to decolonize the therapeutic encounter. By identifying and creating culturally appropriate methods and practices of healing, we free ourselves from Euro-Centric assumptions and prescriptions for our lives. Abandoning Western ideas of therapy groups, and apoyando our gente the way we know how, con dichos, cuentos, chistes, chisme y comida. In Lak’ech participants will be encouraged to explore topics such as Culture & Mental Health, Spirituality, Building Healthy Relationships, Homesickness, etc.

If you are interested in participating in this group, please call Counseling Services at (530) 752-0871 or come to 219 North Hall for an initial consultation or group screening appointment.

Support Group and Workshops with RSVP Requirement

Write to Thrive
3:15 - 4:30 pm, Every other Tuesdays
Session dates: TBD
Facilitator: Maia Huang

Write to Thrive is a healing support space for survivors of sexual trauma. Participants use the medium of writing to express their feelings, share personal stories, and provide compassionate witnessing for each other. The group meets every two weeks beginning in the first few weeks of each quarter. All genders are welcome to attend.

If interested, please contact Maia Huang at mhuang@shcs.ucdavis.edu
Veterinary Medicine Student Support Group
5:30 – 6:50 pm, Tuesdays
Facilitator: Zachary Ward

This is a supportive space to connect around the various issues impacting vet med student.

For more information or to register to participate in this group contact Dr. Zachary Ward directly at zward@shcs.ucdavis.edu. After the second meeting of this semester-long series, the group will be closed.

Adelante Mujeres Support Group
4:00 - 5:30 pm, Wednesdays
Location: Center for Chicanx/Latinx Student Academic Success
Session dates: January 22nd – February 26th
Participants must RSVP and meet with facilitator prior to start date.
Facilitator: Roxana Reyes

Six-week sessions.
This group is designed to provide a safe and supportive environment to explore personal experiences on campus, gain emotional support, promote self-care, and enhance community building among Chicana/Latina students. This six-week session is free and students must agree to attend all six sessions to help ensure a rich group experience for themselves and other participants. Participants must schedule a consultation with the facilitator prior to the start date. Weekly topics will be decided by the group, but may include:

● Session 1 - Introductions and Mixer: An informal space to dialogue and get to know each other.
● Session 2 - Authentic Sisterhood: How to create sustainable, healthy relationships in our social and professional lives
● Session 3 – Alternative Mental Health: A Chicana perspective on managing mood and self care
● Session 4 - The Four Agreements: A Toltec secret to happiness and finding peace through balance
● Session 5 - The Maria Paradox: Navigating tradition in contemporary society
● Session 6 - Open Discussion and Close

For more information contact Roxana Reyes, MFT reyes@shcs.ucdavis.edu
Drop-In Support Groups

Life Ring
7:30 – 8:30 pm, Mondays
Location: Davis Sober Living 1508 Rio Grande Ave, Davis

Life Ring’s mission is to provide an abstinence-based, secular, and self-empowered addiction recovery pathway through our meeting and support network.

Aggies Rise (Recovery, Inspire, Support & Empower) Group
6:00 – 7:00 pm, Fridays (Time is to be confirmed)
https://shcs.ucdavis.edu/recovery_resources
Location: Davis Sober Living 1508 Rio Grande Ave, Davis (To be confirmed)

This is a peer-led support group. Aggie Rise’s mission is to promote recovery in institutions of higher education. The group aims to enhance the student experience by facilitating exciting and engaging activities for recovery-minded individuals. We also aim to educate students about the benefits of a recovery-based lifestyle. The objectives include Education, Recovery, Abstinence, and Open-Door Policy. We do movie nights, dinners, dancing, trips, and so much more! For more information please contact Jessica at 858-926-6654.

Depression drop-in group
TBD

You Got This Series

You Got This (YGT) consists of psycho-educational, skill building workshops designed to help build personal awareness, develop coping skills and promote self-care. For the Winter 2020 quarter, we will offer workshops on the following topics; Mindfulness, Coping with Anxiety, Wellness Ways – dialectical behavioral therapy skills and Gratitude.

The Mindfulness workshop combines evidence-based practices for more skillful management of a variety of concerns. Participants will practice mindfulness techniques in a low pressure, supportive environment.

Coping with Anxiety is a three-part workshop series that looks at anxiety through the lens of connection with the mind, body and present moment. This series utilizes evidence-based practices for coping with anxiety. The modules are not sequential, and recur regularly so that students can start the series at any point. However, participants that attend each of the three
separate workshops will gain the most benefits. As part of this series, participants will learn about the relationship between anxiety and thinking styles, in which participants understand how their thoughts, emotions, and behavior are linked. Participants will also learn about mindfulness, practice techniques and how to incorporate into daily routine. In addition, participants will learn relaxation techniques that bring calmness and grounding to them. Participants will also learn how to improve sleep, impact of food on anxiety, and other resources available at Counseling Services for anxiety management.

**Wellness Ways** is a two-part workshop series that introduces a brief overview of dialectical behavioral therapy (DBT) skills for distress tolerance, interpersonal effectiveness and emotional regulation. This series utilizes evidence-based practices for creating connections, decreasing distress, and focusing on feelings. Students can sign up anytime and are not required to attend both sessions. However, participants that attend both sessions in sequential order (i.e., session 1, session 2) will gain the most benefits. The Wellness Ways series includes the following workshop titles; Decreasing Distress, Creating Connections, Focusing on Feelings and Boosting Brainpower.

**Decreasing Distress** (Distress Tolerance)

Learn how to tolerate and handle distressing moments as they arise. In this 2-session course, you will learn and practice skills that can help you function better when times are hard such as midterms, finals, and other challenging situations. You’ll explore how to stop working against stress and start working within yourself to live more fully in your life.

**Creating Connections** (Interpersonal Effectiveness)

Is saying no difficult for you? Is asking for help a challenge? Is communicating your needs hard? If you answered yes to any of these questions, this workshop may be beneficial for you to learn skills to better your relationships. In this 2-session course, you will learn to build, maintain, and balance relationships through effective interpersonal skills.

**Focusing on Feelings** (Emotion Regulation)

What are emotions? Why do we have them and what are they good for? In this 2- session course, you will learn about what your emotions and feelings are telling you and how to regulate them. The skills learned in this course will help you to observe and describe your emotions so that you can cope with them more effectively.

**Boosting your Brainpower**
In this 1-session workshop, you will learn skills and mindfulness exercises aimed to improve your reactions to stress, increase your openness to what the present experience has to offer, and increase your confidence going into finals week.

During the **Gratitude** workshop, students will learn about gratitude and the health benefits linked to practicing gratitude. Students will learn research supported ways to infusing the state of being grateful into daily living.

Students are welcome to select any of the workshops listed and repeat any of the YGT workshops. Space is limited, so please encourage students to reserve their spot now.

YGT schedule for Winter 2020, to include topic and facilitator.

Mondays, 2:10 – 3:00 pm (Mindfulness), Facilitator: Karin Nilsson

Tuesdays, 2:10 - 3:00 pm (Wellness Ways), Facilitator: Karen Miller

Wednesdays, 1:10 - 2:00 pm (Wellness Ways), Facilitator: Karen Miller

Thursdays, 4:10 - 5:00 pm (Gratitude), Facilitator: Renee Lopez

Fridays, 11:00 – 11:50 am (Coping with Anxiety), Facilitator: Karin Nilsson

Location for all YGT workshops: North Hall Room 132

Sign up for YGT workshops: Via HEM

Students can select the group/workshop option on the left side of the main HEM page and then choose the workshop they want to sign up for. To access HEM: https://shcs.ucdavis.edu/hem

This information is located on our SHCS website, under Resources - Health e-messaging.

Start Date: 1-13-2020

End Date: 3-13-2020

YGT does not run during finals week.