

GROUP COUNSELING PROGRAM WINTER QUARTER 2017

COUNSELING SERVICES STUDENT HEALTH AND COUNSELING SERVICES

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) 752-2349 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) 752-2349** 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

Facilitator: Jizzie Zimbardo

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 & Dayna Charbonneau

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) 752-2349 or come to 219 North Hall for an initial consultation or group screening appointment.

Tuesdays:

Undergraduates Career Exploration Group

3:00 – 4:45 pm | Counseling Services in North Hall

Facilitator: Arlene Orozco

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 careercounseling@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: Jennifer Gildner & Michael Carrizales

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) 752-2349 or come to 219 North Hall for an initial consultation or group screening appointment.

TLACELEL: A Chicano Latino Men Support Group

12:00 – 1:20 pm | Counseling Services in North Hall
Facilitator: Emilio Licea III

This is a support-oriented group open to all male-identified Latino/Hispanic/Chicano students. The goal of this group is to provide a safe space for male students to receive support from professionally trained therapists in order to gain perspective and insight into themselves. Themes that will be addressed are broad; however, they will likely include balancing academic and family life, fostering greater self-awareness, self-care, family and intimate partner relationship concerns, understanding male identity, exploring machismo and familismo, 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) 752-2349 or come to 219 North Hall for an initial consultation or group screening appointment.

Mindfulness Meditation 101 for Stress

12:10 – 1:00 am | Counseling Services in North Hall
Facilitator: Lew Oleson

Mindfulness meditation is about learning to experience life fully as it unfolds—moment by moment. Through the practice of mindfulness, participants can develop greater calmness, clarity, and insight while experiencing life more fully. 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.

Building Social Confidence

1:10 – 2:40 pm | Counseling Services in North Hall
Facilitators: Nan Senzaki & Brian Yu

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) 752-2349 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

Facilitators: Bai-Yin Chen & Arlene Orozco

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) 752-2349 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

Facilitators: Katie Cougevan & Dolores Christensen

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) 752-2349 or come to 219 North Hall for an initial consultation or group screening appointment.

Thursdays:

Graduate Career Exploration Group

10:00 - 11:45 am | Counseling Services in North Hall

Facilitator: Michael Carrizales

This group is for graduate students who want 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 careercounseling@shcs.ucdavis.edu and you will be emailed information about the orientation to the group.

Living with Chronic Medical Conditions and Disabilities Group

1:30 – 2:50 pm | Student Health and Wellness Center

Facilitators: Hillary Alejo & Dominic Primé

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) 752-2349 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: Bai-Yin Chen & Pouneh Kazemsoltani

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) 752-2349 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: Dayna Charbonneau & Heather Liebert

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) 752-2349 or come to 219 North Hall for an initial consultation or group screening appointment.

Mandala-mented Group

3:30-4:45pm | Counseling Services in North Hall
Facilitator: Esmeralda Zamudio

The Mandala is a sacred circular symbol, representing the intricacies of the universe that exists within and outside of our beings. This creative expression group will focus on themes of migration, language, and spiritual empowerment related to the experiences of an AB540 & Undocumented student's journey. Through the exploration of our inner selves while connecting with others and engaging in the creative process, we are opening ourselves up to discover the depths of our being, without judgment. Being a part of the DREAMers Mandala group invites the authentic expression of the various cultural values, traditions, and spirit that exist within each of us. 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.

Drop-In Support Groups and Class

Aggies Rise (Recovery, Inspire, Support & Empower) Group

5:00 – 6:00 pm, Fridays, Starting date: TBD
Location: Main 1, 3rd Floor, Student Health and Wellness Center

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.

Sister to Sister (TBD)

12:00 – 2:00 pm, Fridays

Location: African American Studies Conference Room, Hart Hall Room 2215

Facilitator: Michelle Burt

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 among students of the African Diaspora. Though these sessions are free, the group will become closed after the first two meetings. This ensures a rich group experience for all participants. Participants must commit to attending all 6 closed sessions after the initial welcome meetings.

Weekly topics will be decided by the group, but may include:

Introductions and mixer, authentic sisterhood, mental health and wellness, stereotypes of black women. We would love to have you join us. Snacks will be provided. For more information contact Michelle Burt at mburt@shcs.ucdavis.edu.

Yoga Classes

4:00 – 5:00 pm, Wednesdays		Main 1, Student Health and Wellness Center
4:00 – 5:00 pm, Fridays		Room 325, Counseling Services in North Hall

This yoga session is for students with stress, anxiety, or depression.

Support Group with RSVP Requirement

Adelante Mujeres Support Group

5:00 - 6:30 pm, Mondays | Location: EOP Office/The Cottage

Winter 2017 session dates: TBD

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 rreyes@shcs.ucdavis.edu

Dissertation/Thesis Support Group

10:30 am – noon, Bi-weekly, Thursdays | Location: Mrak Hall
Session dates: January 12, January 26, February 9, February 23, & March 9, 2017
Participants must RSVP prior to participating in the group.

Facilitator: Bai-Yin Chen

This group is a support space for graduate students who have completed their research and are in the writing stage of their dissertation or thesis. The group will focus on goal setting, time management, motivation enhancement, problem-solving, stress management, and building other skills relevant to completing the dissertation or thesis.

For more information or to register to participate, contact Dr. Bai-Yin Chen, Coordinator of Counseling Services for Graduate Students, at bchen@shcs.ucdavis.edu.