

Group Counseling Program

Fall Quarter 2021

Counseling Services

Student Health and Counseling Services

Counseling Services is offering several exciting groups this fall. 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 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 online 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**.

Mondays:

Phoenix Rising: A Support Group for Undergraduate Student Survivors of Sexual Trauma

2:10 – 3:30 pm | Zoom

Facilitator: Cheryl Samuleson

This process-oriented group is open to undergraduate 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 for an initial consultation or group screening appointment.

Gaming Support Group

2:15 – 3:30 pm | Zoom

Facilitator: Brian Shi

What this is – Connect with other videogame enthusiasts at a deeper level beyond your gamer identity! Join to learn more about yourself, develop skills to have a healthier relationship with games, develop and refine communication skills, engage in meaningful dialogue, and learn to seek and offer support from one another.

- Topics discussed may include, but not limited to: how your interest in games developed, what you enjoy about video games, your “relationship” with games, struggles within competitive multiplayer games, gaming and mental health.

Space is limited to 8 people.

Commitment - Attend all weekly meetings from 10/11/21 to 11/29/21.

HEAL

3:10 – 4:30 pm | Zoom

Facilitators: Katie Silberger & Zoe Ross-Nash

Heal is a 6-week skills-based group for students struggling with problematic eating patterns. HEAL targets skills related to mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness. Students practice the skills taught each week to become equipped with strategies that work for them to cope with their problematic behaviors. If you are interested in participating in this group, please call Counseling Services at (530) 752-0871 for an initial consultation or group screening appointment.

“The Journey” Therapy Group

3:10-4:30 am | Zoom

Facilitators: Chris Le & Ilana Sichel

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 for an initial consultation or group screening appointment.

Tuesdays:

Building Social Confidence

1:10 – 2:30 pm | Zoom
Facilitator: TBD

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 for an initial consultation or group screening appointment.

Grief Support Group

2:10 - 3:30 pm | Zoom
Facilitator: Anne Han

Death of a loved one is a major life event. When school demands, social/ family expectations, and jobs/internships don't seem to stop, they can compete for your attention and make it difficult to grieve. This online support group is open to undergraduate students who have lost a loved one and would appreciate a designated time and confidential space to focus on the mourning process. The goals of this group are to process loss and grief, learn coping strategies through a multicultural lens, and build community with peers in a similar situation. Those new to grief are especially welcome. If seeking support for loss of your pet, feel free to consult with the facilitator. Pre-screening will be conducted at the beginning of the quarter. If you are interested in participating in this group, please call Counseling Services at (530) 752-0871 for an initial consultation or group screening appointment.

Women's Group

2:10 - 3:30 pm | Zoom
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 for an initial consultation or group screening appointment.

Undergraduate Career Exploration Group

3:10 – 4:30 pm | Zoom
Facilitator: Zoe Ross-Nash

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.

Adelante Mujeres Support Group

3:10 - 4:30 pm | Zoom
Facilitator: Roxana Reyes

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:

- Authentic Sisterhood and how to create sustainable, healthy relationships in our social and professional lives
- Alternative Mental Health: A Chicana perspective on managing mood and self-care
- The Four Agreements: A Toltec secret to happiness and finding peace through balance
- The Maria Paradox: Navigating tradition in contemporary society

Healing Through Connections: Graduate Student Therapy Group

3:10 - 4:30 pm | Zoom
Facilitators: Tegan Adams & Stephanie Takeuchi

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 for an initial consultation or group screening appointment.

Wednesdays:

Lavender Connection: LGBTQ Student Support Group

10:00 - 11:20 am | Zoom

Facilitators: Megan Brown & Shannon Stuart-Maver

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 for an initial consultation or group screening appointment.

Nourish: The Body & The Self

3:10 – 4:30 pm | Zoom

Facilitators: Katie Silbiger & Zoe Ross-Nash

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 for an initial consultation or group screening appointment.

Phoenix Rising: A Support Group for Graduate Student Survivors of Sexual Trauma

UC Davis Counseling Services

Fall 2021 Group and Workshop Schedule

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(530) 752-0871

9/29/2021

3:10 – 4:30 pm | Zoom
Facilitator: Cheryl Samuleson

This process-oriented group is open to 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 for an initial consultation or group screening appointment.

Thursdays:

Graduate Career Exploration Group

10:00 - 11:30 am | Zoom
Facilitator: Alexandra Simmons

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 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 | Zoom
Facilitators: Jon Schlinger & Ilana Sichel

This group will be a safe and confidential place for undergrads and graduate students who have physical 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 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 for an initial consultation or group screening appointment.

Engineering Small Group Process

2:00 – 3:20 pm | Zoom

Facilitator: Chris Le

Mindfulness & Compassion Meditation Group

3:15 – 4:30 pm | Zoom

Facilitators: Elizabeth Schiveley

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 for an initial consultation or group screening appointment.

Support Group and Workshops with RSVP Requirement

Zen Tuesdays: Mindfulness Meditation for Law Students

8:30 – 9:00 am, Tuesdays, August 23rd – December 2nd, 2021

Facilitator: Margaret Lee

Location: Zoom

These weekly half-hour sessions led by the Law School Psychologist will include a brief mindfulness meditation and brief teachings on its benefits based on scientific research.

Open to law students only. Please contact Dr. Margaret Lee at msklee@ucdavis.edu to obtain more information.

Heart of Medicine: A Medical Student Support Group

5:30 - 6:30pm, every other **Wednesday** | Zoom

Session dates: September 15th; September 29th; October 13th; October 27th; November 10th; (November 24th Canceled due to Thanksgiving Break); December 8th

Facilitator: Stephen Simonson

A supportive space to connect around and explore the complexities of being a medical student. The goal of the group is to improve personal development while offering support and encouragement to your fellow students. All years are welcome to sign up. This group will be offered via an encrypted version of Zoom to improve access and safety of all participating.

For more information or to register for this group contact Dr. Stephen Simonson at ssimonson@ucdavis.edu.

Group is limited to first 15 students and after the second meeting of this 6-week series the group will be closed.

Wellness Wednesday Talking Circle - Coping Strategies for Native American Students

3:00 – 4:00 pm, Wednesdays

Location: Zoom

Facilitator: Tracy Thomas

To sign up and receive zoom link, send e-mail to Tracy Thomas at tthomas@ucdavis.edu

This is a supportive community talking circle for Native American students to learn coping strategies for handling academic, emotional, and social stressors. Each week we will offer a skill-building session to address specific issues that students are facing. There will be time throughout for Q&A and sharing of best practices.

Session objectives include:

- Learn how to reduce feelings of overwhelm
- Discover how to compartmentalize in a healthy way
- Gain tips on how to stay productive when your mind is distracted
- Participate in storytelling to manage negative emotions
- Develop interpersonal skills to advocate for yourself
- Discuss how to rediscover your own healing traditions

- Manage your time and reduce procrastination
- Learn how to talk to your support system about needs and boundaries
- Participate in a guided meditation and learn breathing techniques

Write to Thrive

Meeting day and time: TBD

Session dates: TBD

Location: TBD

Facilitator: Maia Huang

Write to Thrive is a healing support space using the medium of writing to provide a safe environment for survivors of sexual trauma. Participants are encouraged to practice self-care, create supportive community with each other, develop coping skills, and explore their personal stories in a space of compassionate listening. The group meets every other week throughout the quarter and has life enhancing themes each session. Each participant is encouraged to share only to the degree they feel comfortable in pairs and group check-ins.

In order to develop emotional safety, students are requested to commit to attend all meeting times to ensure the group experience is meaningful and cohesive to all of the participants.

Weekly topics may include:

Establishing safety in one's environment and sense of self

Developing a network of support

Self-care and self-soothing skills

Developing from surviving to thriving

Healing and releasing difficult experiences

Sharing and transforming one's story

Understanding common reactions and feelings of survivors

All genders are welcome to participate.

To schedule a consultation to see if the group is a good match for you, contact Maia Huang at mlhhuang@ucdavis.edu.

Inside Out: Support Space For Students with STI's

Meeting day and time: TBD

Session dates: TBD

Location: TBD

Facilitator: Maia Huang

Inside Out is a confidential space for students with STI's to provide and receive mutual peer support in a safe environment. Participants are encouraged to practice self-care, create supportive community with each other, develop coping skills, and share their experiences in a space of compassionate listening. The group meets most weeks throughout each quarter, and new members are welcome to join every three weeks. Each participant is encouraged to share only to the degree they feel comfortable in group check-ins.

In order to develop emotional safety, students are requested to commit to attend all meetings to ensure the group experience is meaningful and cohesive for all participants. Weekly topics may include:

- Establishing safety in one's body and sense of self
- Developing a network of support
- Crucial and effective communication skills
- Self-care and self-soothing skills
- Combating STI stigma
- Self-disclosure in intimate encounters and relationships
- Safe online dating
- Healing and releasing difficult experiences
- Navigating health transitions
- Substance use and intimacy

All gender identities and sexual orientations are welcome here.

To schedule a meeting to see if the group is a good match for you, contact CAN Counselor, Maia Huang at mlhhuang@ucdavis.edu.

Free Space: For LGBTQIA+ Students

Meeting day and time: TBD

Session dates: TBD

Location: TBD

Facilitator: Maia Huang

Free Space is a healing place for LGBTQIA+ students to provide and receive mutual peer support in a safe environment. The focus of this group is learning how to adjust to campus life and social pressures after a year of pandemic lockdown. We'll be using journaling, playful interactive exercises, guided meditations, and other educational materials to explore our identities and grow as a community together. Participants are encouraged to practice self-care, create healing community with each other,

develop coping skills, and explore their personal identities and experiences with compassionate support. The group meets every other week throughout each quarter. Each participant is encouraged to share only to the degree they feel comfortable in group check-ins.

In order to develop emotional safety, students are requested to commit to attend all meetings to ensure the group experience is meaningful and cohesive for all participants. Weekly topics may include:

- Establishing safety in one's environment and sense of self
- Anxiety management
- Effective communication with peers
- Adjusting to shared housing and housemates
- Developing a support network
- Coming out
- Pandemic trauma
- Self-care and self-soothing skills
- Exploring one's gender identity and/or sexual orientation
- Finding pride in one's identity
- Navigating family relationships
- Dating and relationships
- Healing and releasing difficult experiences
- Transitions

Students with LGBTQIA+ identities are welcome to participate.

To schedule a meeting to see if the group is a good match for you, contact Maia Huang at mlhhuang@ucdavis.edu.

Drop-In Support Groups

Aggies 4 Recovery

6:30 – 7:30 pm, Tuesdays

https://shcs.ucdavis.edu/recovery_resources

Location: SHCS Wellness Garden or Zoom at <https://ucdavis.zoom.us/j/98030131552>

This is a peer-led support group. Aggie for Recovery'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 Stephanie Lake at 530-752-6334

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 Fall 2021 quarter, we will offer workshops on the following topics: Mindfulness, Coping with Anxiety (undergraduate students) and Coping with Anxiety (graduate students). Each topic area offers three separate and sequential workshops. It is recommended that students attend all 3 workshops in a selected topic area, to gain the most benefit. Students that complete a 3-part workshop series, will be given the opportunity to win a \$25 Amazon e-gift card.

The Mindfulness workshop is a three-part workshop series that combines evidence-based practices for more skillful management of a variety of concerns. Participants will practice mindfulness techniques in a low pressure, supportive environment. Each module in the series is aimed at improving skills in the major categories of Recognition, Insight, and Openness (RIO) which are the titles that correspond to each module. The modules are sequential and participants that attend each of the three separate workshops and in the order of RIO, will gain the most benefits. It is ideal to have one week between the RIO modules in order to practice newly acquired skills.

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 sequential and 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. We ask that you sign up for the series that matches your academic program, undergraduate or graduate.

You are welcome to select and repeat YGT workshop series listed. Space is limited, so we encourage you to reserve your spot now.

YGT schedule for Fall 2021

Mondays, 2:10 – 3:00 pm (Mindfulness), Facilitator: Renee Lopez

Thursdays, 3:10 – 4:00 pm (Coping with Anxiety-undergraduate students), Facilitator: Stephanie Megumi Aoki Takeuchi

Fridays, 11:00 – 11:50 am (Coping with Anxiety-graduate students), Facilitator: Jon Schlinger

For the Fall 2021 quarter, all YGT workshops will take place remotely using an online platform. Registration is required. Please use the specific workshop topic REGISTRATION LINK to register yourself to participate in the YGT workshop series of your choice. Once you have registered, you will receive the workshop link.

Start Date:

October 4, 2021 for Mindfulness [REGISTRATION LINK](#)

October 7, 2021 for Coping with Anxiety – undergraduate students [REGISTRATION LINK](#)

October 8, 2021 for Coping with Anxiety – graduate students [REGISTRATION LINK](#)

End Date: November 12, 2021 - YGT does not run during finals week