

# Group Counseling Program Spring Quarter 2022

## Counseling Services Student Health and Counseling Services

Counseling Services is offering several exciting groups this spring. 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.

Contact UC Davis Counseling Services at (530) 752-0871, have your student ID ready, request to be screened for the **Gaming Support Group**, and a counselor will later contact you to assess whether you will be a good candidate to join group. Remember that space is limited!

## **HEAL**

3:10 – 4:30 pm | Zoom

Facilitators: Katie Silbiger & 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 | North Hall

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:**

### **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: Cheryl Samuelson

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](mailto:career counseling@shcs.ucdavis.edu) and you will be emailed information about the orientation to the group.

### **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.

### **Injured Athlete Support Group**

3:10-4:30 pm | North Hall

Facilitators: Alexandra Simmons & Dorcas Akinniyi Jansen

This will be a skills-based workshop aimed toward developing student-athlete coping while navigating injury. The group will include facilitation of effective strategies, psychoeducation, and group support to cope with mental health needs after injury. There will also be processing elements meant to supplement group cohesion. The group will meet weekly for 7 weeks (April 12-May 24)

### **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.

### **Building Social Confidence**

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

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.

### **Liberation: Support group for survivors of intimate partner violence**

3:00 - 4:00 pm | North Hall  
Facilitator: Allysha Davis

The support group is for student, self-identified womxn survivors who are currently in or have previously been in a violent or abusive partner relationship. The group will provide a safe and supportive environment for survivors to process their experiences with intimate partner violence and connect with other survivors. Participants will have the opportunity to share their story as well as learn strategies to increase their safety and self-care. Themes to be discussed include dynamics of abusive relationships, impact of trauma, safety planning, empowerment, and building healthy relationships. 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**

Time: TBD | 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.

## Thursdays:

### **Graduate Career Exploration Group**

10:00 - 11:30 am | Zoom

Facilitator: Shannon Stuart-Maver

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](mailto: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

Join this therapeutic small group of 4-6 members to explore, along with your fellow Engineering students, how to get more from your connection with others. All group members have spent time in individual therapy and existing/dual relationships are explored and addressed in the group. We will meet each week through the quarter to develop a reliably safe and trusting confidential "social lab" or "sandbox" in which each member will be encouraged to: - have greater access and expression of feelings and thoughts as they happen - receive and give feedback with others - recognize similarities and differences within the group - work with others to skillfully share group time and attention

Please reach out to Chris Le, LPCC at [chdle@ucdavis.edu](mailto:chdle@ucdavis.edu) with interest. The group is open to new members at the beginning of each quarter as spots become open with prior members leaving.

### **Mindfulness & Compassion Meditation Group**

3:15 – 4:30 pm | Zoom

Facilitator: 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.

### **Fridays:**

#### **Men's Group**

10:00 – 11:20 am | Zoom

Facilitators: Carson Ham & Jon Schlinger

It is a space for group members to understand their impact on others as well as how others impact them as male-identified. It is an opportunity to share a sense of community and support while trying on new ways of being and relating to others. Topics range from (but are not limited to) identity and diversity within the group, family, friends, and romantic relationships, intimacy and dating, academics, career, cultural expectations and/or acculturation struggles related to identity development, isolation, and sharing and working through difficult emotions such as anger, sadness, and anxiety. The group is open to both undergraduate and graduate students. 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**

### **Adelante Mujeres Support Group**

2:10 - 3:30 pm, Wednesdays | Zoom  
Facilitator: Cristina Gutierrez

This group is designed to provide a safe and supportive environment to explore personal experiences on campus, gain emotional support, promote culturally satisfying self-care, and enhance community among students identifying as Chicana, Latina, gender fluid, gender nonconforming and two spirit. Participants are encouraged to self-reflect and share as comfortably as possible, keeping support and empowerment in mind as the theme of the group.

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

- Adjusting to college
- Getting connected on campus
- Managing mood and self-care
- Navigating multiple identities
- Chicana/Latina mental health
- Navigating relationships... and more

To sign up, email the facilitator at [cgutierrezl@ucdavis.edu](mailto:cgutierrezl@ucdavis.edu) to schedule a brief meeting. Participants must attend all six sessions and feel comfortable expressing thoughts and emotions in Spanish.

### **Heart of Medicine: A Medical Student Support Group**

5:30 - 6:30pm, every other **Wednesday** | Zoom  
Session dates: TBD  
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](mailto: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](mailto: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

### **BIPOC Support Circle**

4:00 - 5:00 pm, Mondays

Location: CADDs

Facilitators: Allysha Davis & Sean Chatmon

To sign up, send e-mail to Sean Chatmon at [schatmon@ucdavis.edu](mailto:schatmon@ucdavis.edu) or Allysha Davis at [alldav@ucdavis.edu](mailto:alldav@ucdavis.edu)

This support space is offered for self-identified Black, Indigenous, People of Color who want to build community through shared solidarity, discuss ways to be rooted in resilience, and explore challenges of navigating life at UC Davis; including our

intersecting identities, microaggressions, "isms". academics, career, family, relationships, and maintaining a holistic well-being.

### **Free Space: For LGBTQIA+ Students**

Meeting day and time: Contact facilitator for details

Session dates: Contact facilitator for details

Location: Contact facilitator for details

Facilitator: Maia Huang

Free Space is a healing place for LGBTQIA+ students to provide and receive mutual peer support in a safe environment. We may be using journaling, art materials, 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. 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 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 or those who are questioning their 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](mailto:mlhhuang@ucdavis.edu).

### **Write to Thrive**

Meeting day and time: Contact facilitator for details

Session dates: Contact facilitator for details  
Location: Contact facilitator for details  
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 healing journeys in a compassionate space. The group meets five times 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](mailto:mlhhuang@ucdavis.edu).

## **Drop-In Support Groups**

### **Aggies 4 Recovery**

7:00 – 8:00 pm, Thursdays

[https://shcs.ucdavis.edu/recovery\\_resources](https://shcs.ucdavis.edu/recovery_resources)

Location: Student Community Center, Room A

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.