

Group Counseling Program Spring Quarter 2021

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 | TAO 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.

Healing Through Connections: Graduate Student Therapy Group

3:10 - 4:30 pm | TAO Zoom

Facilitators: Tegan Adams & Brian Shi

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.

“The Journey” Therapy Group

3:10-4:30 am | TAO Zoom

Facilitators: Chris Le & Liliana Campos

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:

HEAL

1:30 – 2:50 pm | TAO Zoom

Facilitators: Meghan Jones & Katie Silbiger

Heal is a 7-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.

Women’s Group

2:10 - 3:30 pm | TAO Zoom

Facilitators: Bai-Yin Chen & Danielle Kozlowski

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

3:00 – 4:30 pm | TAO Zoom

Facilitator: Willian Chan

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.

Grief Support Group

3:30 - 4:50 pm | TAO 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.

HEAL for Athletes

5:10 – 6:30 pm | TAO Zoom

UC Davis Counseling Services

Spring 2021 Group and Workshop Schedule

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(530) 752-0871

Facilitators: Javan Jean-Noel & Meghan Jones

Heal for Athletes is a 7-week group workshop aimed at helping student athletes improve their relationship with and change patterns around food and emotions. Members will learn techniques for staying on track with fueling their body to increase energy and strength so each person can perform their best. This will be a space for student athletes to share experiences, struggles, and strategies with other athletes who are looking to make improvements in these same areas.

Core skill areas:

Mindfulness: Learn to focus on the present, reduce worry about the future, and live in the moment.

Acceptance: Find freedom by letting go of difficult realities that you are facing and practice accepting life in this moment.

Emotion Regulation: Find out how to manage difficult emotions when they begin and focus on adding positive experiences to your life.

Distress Tolerance: Practice strategies to work through moments of overwhelm and calm yourself so that things don't escalate.

Effective communication: Resolve conflicts and set boundaries effectively with friends, family, and peers.

Interested students can e-mail sportpsych@ucdavis.edu (no s after "sport") with any questions or to be added to the group list for Spring 2021.

Wednesdays:

Lavender Connection: LGBTQ Student Support Group

10:00 - 11:20 am | TAO Zoom

Facilitators: Megan Brown & William Chan

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

1:10 – 2:30 pm | TAO Zoom
Facilitator: Javan Jean-Noel & Jon Schlinger

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.

Nourish: The Body & The Self

3:10 – 4:30 pm | TAO Zoom
Facilitators: Meghan Jones & Katie Silbiger

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

3:10 – 4:30 pm | TAO 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.

Mindfulness & Compassion Meditation Group

3:15 – 4:30 pm | TAO 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.

Thursdays:

Gaming Support Group

1:15 – 2:30 pm | TAO 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.

WHO – Currently enrolled UC Davis students, space is limited to 8-10 people.

HOW – Group Zoom format, once a week during a set time throughout Spring Quarter.

Length – 75 minutes.

Commitment – Attend all meetings during Spring Quarter, last meeting on Week 10.

Living with Chronic Medical Conditions and Disabilities Group

1:30 – 2:50 pm | TAO Zoom

Facilitators: Hillary Alejo & Jon Schlinger

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 for an initial consultation or group screening appointment.

Support Group and Workshops with RSVP Requirement

Adelante Mujeres Support Group for Graduate Students

5:15 -6:15 pm, Mondays

Location: TAO Zoom

Session dates: weekly from 4/19 to 5/25

Participants must RSVP and meet with group 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:

- 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

For more information contact Roxana Reyes, MFT reyes@shcs.ucdavis.edu.

DVM First Year Student Support Group

5:30 - 6:30 pm, Mondays

Location: TAO Zoom

Facilitator: Dafna Gatmon

This group is a support group for first year veterinary students who are looking for a supportive confidential space to discuss their experiences and explore the challenges of being a veterinary student. The group will provide a supportive environment where students can share their experiences, gain emotional support, promote self-care, and offer support to each other. Topics of discussion will be decided by group members and may include school and life balance, wellbeing, stress management, and social support. This group is free to registered students and students must agree to attend all sessions. If you are interested in participating, please e-mail Dr. Dafna Gatmon at dngatmon@ucdavis.edu to obtain more information or register for the group.

Adelante Mujeres Support Group for Undergraduate Students

1:00 - 2:15 pm, Wednesdays

Location: TAO Zoom

Session dates: weekly from 4/21 to 5/26

Participants must RSVP and meet with group 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.

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

Heart of Medicine (Virtual Edition): A Medical Student Support Group

Day and Time: 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 student. This series of the group will be offered via an encrypted version of Zoom due to COVID-19 physical distancing guidelines. For more information or to register for this group contact Dr. Stephen Simonson at ssimonson@ucdavis.edu. After the second meeting of this 7 week series the group will be closed.

Dissertation/Thesis Support Group

Day/Time: TBD

Location: Zoom

Facilitator: Bai-Yin Chen

Are you struggling in completing your dissertation or thesis writing? This group is a support space for graduate students who have completed their research or data collection 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 bychen@ucdavis.edu.

Lighthouse Support Space

Meeting day and time: TBD

Location: Zoom

Facilitator: Maia Huang

Lighthouse Support Space is a healing place for LGBTQIA+ students to provide and receive mutual understanding in a safe environment. 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 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 meeting times 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
- Developing a network of support
- Self-care and self-soothing skills
- Exploring one's gender identity or sexual orientation
- Finding pride in one's identity
- Navigating family relationships
- Dating and relationships
- Healing and releasing difficult experiences
- Transitions

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.

Write to Thrive

Meeting day and time: TBD

Session dates: TBD

Location: Zoom

Facilitator: Maia Huang

Write to Thrive is a healing support space for survivors of sexual trauma where all genders are welcome. Participants are guided to use the medium of writing to express

their feelings, share narratives in a compassionate environment, and discover their inner and outer resources. By giving voice to their personal stories together, each individual learns they are not alone in their experiences of trauma. Common feelings and reactions to sexual assault and abuse are normalized. Mindfulness exercises assist participants to learn how to manage difficult emotions. This provides a safe space to develop self-acceptance and promote self-healing. Write to Thrive meets five times throughout each quarter.

Please contact the facilitator, Maia Huang, at mlhhuang@ucdavis.edu for further details.

Write to Thrive, A Deeper Diver

Meeting day and time: TBD

Session dates: TBD

Location: Zoom

Facilitator: Maia Huang

Write to Thrive: A Deeper Dive is a healing support space designed for survivors of sexual trauma who are graduates of the Write to Thrive Part 1 workshop series. This is a chance for participants to delve deeper into their healing process with the mutual support of the group. Using the medium of writing in a safe environment, participants are encouraged to practice self-care, create supportive community with each other, develop coping skills, and explore personal stories in a space of compassionate listening. Themes covered 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

If you have already completed Write to Thrive Part 1, you are invited to join us on this meaningful journey. All genders are welcome to participate.

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

Drop-In Support Groups

Aggies for Recovery

6:30 – 7:30 pm, Thursdays, starting April 1st, 2021

https://shcs.ucdavis.edu/recovery_resources

Location: TAO 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

Join You Got This for our Spring quarter workshop series. Each week will feature three different 3-part workshop series topics: Mindfulness, Healing from Trauma and Coping with Anxiety. After successful completion of one 3-part workshop series, one participant will win a \$20 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.

Healing from Trauma is a three-part workshop series that will focus on how trauma impacts the mind, emotions, and body and what students can do to cope with these impacts as well as implement effective strategies to feel safer and empowered. Students will learn how to identify and manage symptoms of trauma, understand and navigate emotions, and build mindfulness skills to infuse awareness with sense perception. It is highly recommended that students attend the three workshops in order as each subsequent workshop will build off the previous one.

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.

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

YGT schedule for Spring 2021

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

Tuesdays, 2:10 – 3:00 pm (Healing from Trauma), Facilitator: Hanna Song

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

For the Spring 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 YGT workshop series. Once you have registered, you will receive the workshop link.

Start Date:	March 29, 2021 for Mindfulness	REGISTRATION LINK
	March 30, 2021 for Healing from Trauma	REGISTRATION LINK
	April 2, 2021 for Coping with Anxiety	REGISTRATION LINK

YGT does not run during finals week.