

COUNSELING GROUPS— Winter Quarter 2020

Counseling & Psychological Services (CAPS), <http://caps.ucsc.edu>

CAPS offers two sorts of groups: 1) weekly groups, which require students to sign up for a quarter and attend weekly after a short screening meeting with the counselor(s) running the group, and 2) drop-in groups, to which students can come any time with no screening appointment. For more info about a specific group, call the counselor(s) listed.

WEEKLY GROUPS <i>Call to schedule a short screening appointment and sign up for the quarter— groups usually fill up by the second or third week of the quarter.</i>			
Mondays 3:00 -4:30 pm	HEALING AFTER SEXUAL ASSAULT	A group designed to provide a supportive and safe environment for students who have experienced sexual assault as an adult to share experiences, connect with others, and receive support in regaining a greater sense of control and empowerment in their lives.	Salvia Artman, Ph.D. (831) 459-1080 Deahdra Bowier, Psy.D.
Tuesdays 11:45 am– 1:15 pm	EATING AWARENESS GROUP	A supportive, caring place for students of all genders to connect and develop strategies for dealing with body image and eating issues. Meal support will be available.	Susan Gulbe Walsh, Ph.D. (831) 459-2377 Whitney Shuman, M.A. (831) 502-7192
Tuesdays 5:15 pm – 6:35 pm	GRADUATE MEN’S GROUP	A support group for male graduate students who wish to come together to discuss the challenges of being a grad student. This group is participant driven, with the goal of fostering a deeper sense of community while exploring personal, academic, and professional concerns.	Richard Enriquez Ph.D. (831) 459-4799
Wednesdays 3:00–4:30 pm	UNDERSTANDING MYSELF & OTHERS	A supportive group for undergraduate students to learn more about themselves, significant life events, significant relationships, and how they relate to others	Alana Jacobs, Psy.D. (831) 459-4038
Wednesday Evening	GRADUATE WOMEN’S GROUP	A supportive place for female identified graduate students to talk about the stressors of being a grad student, both personal and professional. Common topics include relationship with faculty and peers, Imposter Syndrome, procrastination, and how to have a life outside of grad school.	Audrey Kim, Ph.D. (831) 459-1373
Thursdays 11:45 am– 1:15 pm	LIVING WITH LOSS	A supportive environment where students can connect through learning about honoring grief and loss issues while managing academic demands.	Susan Gulbe Walsh, Ph.D. (831) 459-2377 Joshua Sheltzer, M.A. (831) 459-2620
Thursdays 1:00-2:30 pm	UNDERGRADUATE WOMEN’S GROUP	A confidential space for female-identified undergraduate students who would like the support of other women around issues such as self-esteem, identity, stress, school, family and other relationships, and self-care.	Alexandra Nichols, Ph.D. (831) 459-1255

Thursdays 2:30-4:00 pm	MANAGING SOCIAL ANXIETY	A supportive environment for students experiencing anxiety in social situations to engage with peers and learn a step-by-step approach for managing their anxiety symptoms..	Alana Jacobs, Psy.D. (831) 459-4038
Friday 11:00 -12:30 pm	GRADUATE UNDERSTANDING MYSELF & OTHERS	A supportive group for graduate students to learn more about themselves, significant life events, significant relationships, and how they relate to others	Alana Jacobs, Psy.D. (831) 459-4038
TBD	MINDFULNESS MEDITATION	Learn and practice mindfulness meditation to cultivate attention to the present moment and tame automatic stress and anxiety reactions.	Julia Ragen, Psy.D. (831) 502-8029

DROP-IN GROUPS <i>No sign-up required—come any week!</i>			
Three Mondays: 1/13, 2/10, 3/9 9:30-11:00 am Family Student Housing, #712, Family Center	PARENT-STUDENT SUPPORT GROUP	A supportive environment for those struggling with the unique challenges of parenting while being a student. Children welcome.	Susan Gulbe Walsh, Ph.D. (831) 459-2377
Wednesdays 3:30-4:30 pm CAPS Central Office, Group Room	TRANS, NON-BINARY, GENDERQUEER, & GENDER- QUESTIONING STUDENT SUPPORT GROUP	A weekly drop-in group with a welcoming environment for trans, non-binary, and questioning students. We provide support and discuss topics of interest brought up by group members.	Lain Lease, L.M.F.T. (831) 459-1476
TBD	UNDOCU- MEANT TO BE HERE	A walk-in group for undocumented and mixed-status students. An environment that provides a safe and confidential space to process topics of interest selected by students, offers support, and addresses the importance of self-care.	Erica Lopez, L.M.F.T. (831) 459-2572



Please let us know at (831) 459-2628 if you require a disability accommodation.

Updated January 9, 2020