



# The Counseling Center

## Counseling and Psychological Services

*A Department of Student Affairs*

John Wooden Center West

Monday, Tuesday, Thursday: 8:00 am - 5:30 pm, Wednesday: 9:00 am - 5:30 pm (By Appointment Only after 4 pm),  
Friday: 8:00 am - 5:00 pm (By Appointment after 3pm). [www.counseling.ucla.edu](http://www.counseling.ucla.edu)  
Crisis counseling available by phone 24 hours a day, 7 days a week (310) 825-0768

### Make an Appointment

Appointments can be made over the phone. To make your initial appointment, please call us between 9:00 am - 4:00 pm Mondays - Thursdays and 9:00 am - 3:00 pm on Fridays

### Eligibility

All registered UCLA students are eligible for same day clinical consultation, help with coordination of mental health care and support, as well as referral and treatment recommendations, regardless of insurance plan or current residence.  
**Students In-State:** Students residing in California are eligible for a triage assessment, short term individual therapy, and group therapy services at CAPS, when clinically appropriate. Students with UCSHIP are also eligible for psychiatry services when clinically appropriate.  
**Out of State Students:** Due to state law and California Board of Psychology and Board of Behavioral Services restrictions, students outside of California are eligible only for clinical coordination and referral to a provider in their local area based on student insurance plans.

All registered and eligible students can receive up to 4 sessions of individual psychotherapy per academic year with 4 additional sessions for those with UCSHIP or as clinically indicated. Students needing longer treatment will receive assistance with connecting to their primary insurance provider and additional case management as needed.

### Confidentiality

Our services are confidential, meaning that we will not disclose information about your treatment to anyone who is not directly involved in your care without your written permission.

### Groups Offered Through Telehealth

Please be advised that most Winter quarter groups at CAPS will be offered through a Zoom telehealth platform that meets strict HIPAA privacy guidelines. A limited number of groups may be available in person — please ask the group leader for further information.

**The RISE Center is a holistic wellness hub that provides an array of programs, classes, trainings, and self-directed resources to foster and support resilience, connection, and well-being for our UCLA community.**

## MINDFULNESS

We offer an array of mindful awareness promotion, including weekly meditations & grounding resources

## DROP-IN SUPPORT

Meet with a Health & Well-being Coordinator for non-confidential drop-in conversations

## SELF-CARE & RESILIENCE RESOURCES

## COMMUNITY-SPECIFIC HEALING RESOURCES



**RISE Center at UCLA**  
Health. Healing. Hope.

## RESILIENCE IN YOUR STUDENT EXPERIENCE

## MENTAL HEALTH & WELLNESS PROMOTION

The RISE Center's mission is to support campus mental health & wellness as an affiliate of CAPS at UCLA

**RISE Center Information**  
Lu Valle Commons Basement  
Mon-Thurs: 10:00am-6:00pm  
Friday: 10:00am-4:00pm  
[risecenter.ucla.edu](http://risecenter.ucla.edu)  
(310) 825-9039  
[@risecenterucla](#) (IG/FB)

## ZEN-DEN

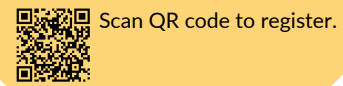
Our center serves as a space on campus to practice self-care, rest & recharge

## HOLISTIC WELLNESS EDUCATION

We offer intentional programming & trainings inclusive of holistic wellness education and healing practices

## togetherall

A safe space to connect anonymously with other students to get and give support. Join our free online community, supported by mental health professionals 24/7.



### Drop-In Hours

CAPS Drop-In Hours provide free, confidential, brief consultations for UCLA undergraduate and graduate students. These consultations do not constitute mental health treatment. During the visit, a specialized counselor can help you to explore resources, assess your mental health, and when needed, connect you to ongoing CAPS counseling and other services.

Please see the CAPS Drop-in webpage for specific details:  
[bit.ly/capsdrop-in](http://bit.ly/capsdrop-in)

<b>Undocumented Student Program (start Week 1)</b> Hours: Thursdays, 1:00 - 3:00 pm Location: Virtual Only Undocuscholars Drop-in group: Thursdays 10:00 - 11:30 am Location: BRC Suite B44	<b>International Students and Scholars (start Week 3)</b> Hours: Wednesdays, 10:00 am - 12:00 pm Location: Virtual Only
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### SAC/Kerckhoff (start Week 3)

Community Programs Office, Bruin Resource Center, Transfer Student Center, LGBTQ Campus Resource Center, Black Bruin Resource Center, and the Graduate Student Resource Center  
Hours: Monday - Thursday, 1:00 - 3:00 pm  
Location: Varies on day and time. See CAPS Drop-in webpage for specific locations.

### Satellite Clinics

\*please contact CAPS at (310) 825-0768 for more information about our satellite clinics\*

**Anderson School of Management:**  
Tuesdays, Wednesdays, & Thursdays 9:00 am - 1:00 pm  
(in person or virtual)

**Behavioral Wellness Center:**  
Monday - Thursday 8:00 am - 6:00 pm,  
Fridays 8:00 am - 5:00 pm  
(in person or virtual)

**Athletics:**  
Monday - Friday 8:00 am - 5:00 pm  
(in person or virtual)  
Request to schedule a time to speak with Anthony Chambers, LMFT or request an athletics brief screening appointment.

**Bruin Guardian Scholars (BGS):**  
Drop-in hours (in person at CAPS or Virtual):

- Weeks 1, 3, 5, 6, 8, 9, 10:  
◦ Tuesdays 1:00 - 3:00 pm
  - Weeks 4, 7:  
◦ Tuesdays 2:00 - 3:00 pm
- Virtual Workshops:**
- Weeks 4 & 7:  
◦ Tuesdays, 1:00 - 2:00 pm

**School of Engineering:**  
Wednesdays 11:00 am - 1:00 pm (virtual),  
Fridays 1:00 - 3:00 pm (in person or virtual)  
\*weeks 5 - 10\*

**School of Law:**  
Mondays, Wednesdays, and Thursdays 9:00 am - 1:00 pm  
(in person or virtual, virtual only Thursdays)



### Virtual Mindfulness Drop-Ins

Mindfulness Awareness Research Center (MARC) is offering virtual mindfulness drop in sessions throughout the Fall quarter.  
For more information: [www.uclahealth.org/marc](http://www.uclahealth.org/marc)



CARE is a safe place for survivors of sexual assault, dating and domestic violence, and/or stalking to get support, consultation, and to have a confidential place to talk. You can get help without formally reporting an assault or requesting formal treatment. Trauma-informed yoga for survivors, as well as custom workshops and trainings on a variety of topics, are offered at CARE. To make an appointment with a CARE Advocate, call 310-206-2465 or email [advocate@careprogram.ucla.edu](mailto:advocate@careprogram.ucla.edu). For more information on resources and support, visit: [www.careprogram.ucla.edu](http://www.careprogram.ucla.edu).

## -Online Mental Health Resources-

### My Student Support Program (My SSP)

A service to support the emotional health and wellbeing of our international students, called My Student Support Program (My SSP). If you are feeling overwhelmed with your studies, experiencing uncertainty over recent events, or have something else occupying your thoughts and need to speak to someone, My SSP can help! Visit [counseling.ucla.edu/issp](http://counseling.ucla.edu/issp) for more information.

### LiveHealth Online

LiveHealth Online enables you to see a Licensed Therapist or Psychiatrist through your phone, tablet or computer with internet access. It is available 24 hours a day on weekdays, weekends, and campus holidays. Login codes are available from CAPS to cover any out of pocket costs so that these services are free to UCLA students. To receive these codes, please call the CAPS front desk at (310) 825-0768. Students who have UCSHIP do not need to use any codes to receive all mental health services free of charge. Access LiveHealth Online at [www.livehealthonline.com](http://www.livehealthonline.com)

### Lyra

Lyra offers UC SHIP members access to confidential care for emotional and mental health, how, when, and where they need it. Members (students, their spouses, and dependents) enrolled in UC SHIP medical plan will all have access to Lyra. Learn more at [myucship.lyrahealth.com](http://myucship.lyrahealth.com) or call 877-214-3767



### Interested in Mental Health?

Join our **Bruin Mental Health Advisory Committee (BMHAC)**! Check out our website on how to join



### Any Questions?

Any general inquiries about CAPS can be sent to [info@caps.ucla.edu](mailto:info@caps.ucla.edu)



Follow us on Instagram [@uclacaps](#) for more information!

# Winter 2023 Therapy Groups

Therapy Groups are generally 5-8 weeks long and require a clinician referral into the group.  
Open to students with and without SHIP

## Academic Success Groups

### Dissertation Writer's Group (For Graduate Students):

Are you a graduate student wanting a safe and supportive place to discuss issues and challenges regarding the Thesis or Dissertation writing process? Topics discussed include procrastination, writers blocks, perfectionism, time management, confidence issues and conflicts with peers and professors.  
Thursdays: 10:00 - 11:30 am, 12:30 - 2:00 pm  
Fridays: 9:00 - 10:30 am

### Anxiety Groups

#### Breaking Free From Anxiety:

Are you coping with any form of anxiety including chronic worry, social anxiety, obsessive thoughts, health related worry, or panic attacks? This structured skills group uses cognitive behavioral and acceptance based strategies to help break the cycle of anxiety.  
Tuesdays: 2:00 - 3:30 pm (In Person)

#### Overcoming Social Anxiety:

This group helps students overcome anxiety in a variety of social situations, including speaking in groups, initiating and maintaining conversations, meeting new people, going to parties, and being assertive. This structured skills group utilizes cognitive-behavioral acceptance based approaches to help you become more socially involved.  
Wednesdays: 2:00 - 3:30 pm

### Disordered Eating Groups

#### Disordered Eating I:

Develop skills for creating a healthier lifestyle, challenging destructive behaviors and enhancing relationships. This group is designed to help members understand the connections among disordered eating and relationships, weight and shape concerns, situational triggers and personal factors.  
Tuesdays: 2:00 - 3:30 pm

#### Disordered Eating II:

This follow-up group is open to students who are committed to continuing the process of developing healthier eating, exercising, coping and relational skills. Members enhance their skills for creating a healthier lifestyle, challenging destructive behaviors and improving relationships.  
Mondays: 9:00 - 10:30 am

**Crisis Counseling available by phone**  
**(310) 825-0768 24 hours**  
**[www.counseling.ucla.edu](http://www.counseling.ucla.edu)**

## Emotional and Interpersonal Skills Groups

### Assertiveness Skills Group:

This 7-week therapy skills course is designed for students wanting to learn how to be more confident in communicating their needs in their personal, academic, and professional relationships. Participants will learn how to find their voice and navigate conflict when dealing with challenges in a variety of relationships, such as with roommates, parents, coworkers, and professors.  
Wednesdays: 4:15 - 5:45 pm

### Skills Training for Emotional Balance:

The goal of this group is to help students expand their repertoire of emotional management strategies using mindfulness and Dialectical Behavioral Therapy (DBT) distress tolerance skills while learning to effectively implement these tools in their own lives. Students also have the opportunity to connect with and support their peers as they learn with and from each other.  
Thursdays 2:00 - 3:30 pm

### Grief Groups

#### Bruins Living with Loss and Grief:

Join other Bruins in a space of healing and compassionate care. This group is offered to all Bruins who are struggling with the loss of a significant person in their lives. The group provides a space to share, receive support and honor the unique grief process.  
Mondays: 10:00 - 11:30 am

### Interpersonal Process Groups

#### First Generation Student Support Group:

Being the first in your family to attend college is exciting but can also be overwhelming. This group is for any student who identifies as a first generation student - the first in your family to attend a four year institution. The focus of this group will be determined by the unique needs of first gen students expressed by group members. The group will service as a supportive space to explore the challenges of adjusting to UCLA and as an opportunity to build community.  
Fridays: 1:00 - 2:30 pm (in person)

### Grad Students Therapy Group:

Many graduate students have expressed feelings of isolation and loneliness when they devote their energy to securing their future while struggling to balance their lives. The specific focus of the group will be determined by member's needs with an emphasis on the special needs and issues of graduate students.  
Mondays: 4:00 - 5:30 pm  
Tuesdays: 9:00 - 10:30 am, 10:00 - 11:30 am (In Person), 3:00 - 4:30 pm (In Person)  
Thursdays: 10:00 - 11:30 am  
Fridays: 1:00 - 2:30 pm  
\*Additional times may be available

### Immigration-Impacted Student Support Group:

This group is for any student who has immigration-related concerns, including undocumented students, students in mixed status families, and students with precarious immigration statuses/temporary visas. This supportive space is designed to increase cultural awareness, foster empowerment, and build community to discuss shared experiences and concerns. Topics may include: the unique challenges adjusting to UCLA, experiences with discrimination on campus and/or the broader LA community, and exploration of immigration specific issues.  
Mondays: 10:00 - 11:30 am

### International Graduate Student Therapy Group:

International graduate students oftentimes face unique professional, personal, and immigration-related stressors that impact their emotional well-being. This group aims to help out our international graduate students to feel connected, supported, and empowered.  
Fridays: 10:00 - 11:30 am

### Navigating Masculinity:

We get many messages about "how to be a man" from those around us. What does it mean to "be a man," and what do we want it to mean? How does the socialization we receive about masculinity affect us (and others in our lives)? How do expectations and gender norms around masculinity affect our experience and expression of emotions, vulnerability, intimacy, and connect with others? This is a space for you to explore, with other male-identified students, your relationship with masculinity and how you relate to yourself and others.  
Tuesdays: 2:00 - 3:30 pm (In Person)

### Relationship Group for Undergraduate Students:

For students who want to deepen self understanding and relationship skills. This group will help you search for meaningful interpersonal relationships, find effective ways to connect and communicate with others, and understand what may be preventing you from achieving these goals.  
Fridays: 9:00 - 10:30 am

### Understanding Self and Others:

For students who want to deepen their understanding of themselves, and of their relationships with others. This group will help you gain insight into why you relate to others the way you do, give you opportunities to try new ways of connecting with others, and provide support and feedback as you learn more about yourself and your relationships.  
Thursdays: 2:00 - 3:30 pm



## Mind/Body Groups

### Compassion for Your Inner Critic:

Is your tendency to criticize or judge yourself impacting your academic life and relationships? This group will help you identify your inner critic and learn how to practice self-compassion as an alternative method to self-talk. Further, you will learn to develop mindfulness and self-compassion practices for every day life.  
Mondays: 3:00 - 4:30 pm

### Mood Groups

### Recovering from Depression:

Have you lost interest in things you used to enjoy, been feeling down, fatigued or extremely unmotivated to do what you need to do? Group members will learn strategies to modify both cognitive and behavioral patterns associated with depression as well as improving functioning and quality of life.  
Wednesdays: 2:00 - 3:30 pm (In Person)

## Sexual Orientation & Gender Groups

### Gender Identity Spectrum Group:

For students who are exploring and/or identify as trans-gender, gender fluid, and gender nonconforming in their identity and expression. Issues to be addressed include: challenges coming out to oneself and others, negotiating gendered environments, establishing identity-affirming relationships, coping with minority stress and gender binary norms, accessing health and social services supportive of trans-gender people, addressing issues related to the transitioning process and adjustment to a new social identity.  
Mondays: 3:00 - 4:30 pm  
Tuesdays: 1:00 - 2:30 pm

## Academic Success Groups

### Finding Focus:

Need help with concentration problems, ADHD and other academic difficulties? This group will help identify academic strengths and weaknesses; understand how to maximize attention, concentration and memory; improve your academic performance skills; decrease anxiety and manage stress; decrease test and writing anxiety; and manage personal, social and campus support to improve college success.  
Thursdays: 4:00 - 5:30 pm

### Overcoming Procrastination:

If your procrastination has become problematic or embarrassing, this group can offer some help. Explore reasons behind excessive procrastination and discuss the costs involved through this structured and supportive group. Learn and practice specific tools to create realistic goals, manage time better and increase productivity.  
Tuesdays: 1:00 - 2:00 pm

## Student of Color Groups

### Asian American Community Support Group:

A group for students of Asian descent to empower oneself and connect with the Asian American community. Students will discuss their shared and unique experiences in navigating their Asian American identity. Topics may include: identity development and intersectionality; biases and stereotypes; career interest; body image; family and relationships; cultural foods and traditions.  
Tuesdays: 1:00 - 2:30 pm

### Confiar Support Group:

Confiar (to trust) is a support group where Latinx students can discuss and share issues that are relevant to their educational successes and challenges in the context of their cultural and personal experiences. Topics will include navigating cultural contexts, family relationships, identity, dating, work, stigma, and discrimination.  
Thursdays: 3:30 - 5:00 pm

### Graduate Students of Color:

Racial and ethnic minority communities of color suffer disproportionately due to various unique stressors. However, our narrative is not a tragic one. Although we face adversities, we also demonstrate a unique resilience including resistance to oppression, pride and excellence. This group is designed to increase awareness and personal responsibility within a supportive and brave social context of respect and empowerment.  
Fridays: 11:00 am - 12:30 pm

## Wellness Skills Groups

Wellness Skills Group are generally 3 weeks long; please call CAPS Front Desk at (310) 825-0768 to enroll. Open to students with and without SHIP.

## Anxiety Groups

### Break the Cycle of Anxiety:

Are you feeling overwhelmed by academic pressures and other stressful circumstances? This group is for students who want to learn about anxiety and how to manage it. Join this group to learn and practice a variety of anxiety management tools.  
Wednesdays: 11:00 am - 12:00 pm

## Interpersonal Groups

### Getting What You Want:

#### Interpersonal Effectiveness Skills:

Do you struggle with asserting yourself in relationships, interpersonal problem solving, or feeling good about yourself after interactions with others? This 3-session skills-based group is for students who want to learn how to get their needs met in their interactions and relationships with others.  
Fridays: 11:00 am - 12:00 pm

## Survivors of Sexual Trauma Groups

### Active Healing:

This group will emphasize building a sense of safety to aid in the process of understanding the impact of trauma. The group offers a safe space to share experiences, connect with others, and receive support in the healing process. The focus is on improving coping skills and regaining a greater sense of control and empowerment. EMDR techniques will also be used to support the healing process.  
Mondays: 1:00 - 2:30 pm (female identified survivors)  
Thursdays: 11:00 - 12:30 pm (all genders)



**Interested in Signing Up for a CAPS Group?**  
**Let your clinician know so they can refer you to the group. If you do not have a clinician, please call for a triage assessment Monday - Thursday from 9:00 am - 4:00 pm and Fridays 9:00 am - 3:00 pm. \*The triage queue may close early due to high demand.\***

## Mind/Body Groups

### Taming Your Inner Critic:

This 3 session wellness skills group is designed for individuals who have developed the habit of being hard on themselves (e.g., related to academic, social, or emotional difficulties) and realize it is not working the way they hoped. This group aims to: help students identify their inner critic; understand the function and outcome of self-criticism; and practice non-judgmental responses and self-compassion as an alternative method of self-talk.  
Fridays: 11:00 am - 12:00 pm

