



# 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 in response to protective measures of social distancing for the COVID-19 virus, most Spring quarter groups at CAPS will be offered through a Zoom telehealth platform that meets strict HIPPA privacy guidelines. Students should arrange to be in a place that affords them privacy during the group session. A limited number of groups may be available in person – please ask the group leader for further information.



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. CARE also provides trauma-informed yoga to survivors and awareness and prevention education to the campus community. Custom workshops and trainings are offered on a variety of topics related to sexual violence. For more information and programming dates, email [admin@careprogram.ucla.edu](mailto:admin@careprogram.ucla.edu). CARE Advocates provide navigation, support, and advocacy for survivors of sexual assault, dating and domestic violence, and stalking. 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).

### Resilience in the Student Experience (RISE)

Resilience in the Student Experiences (RISE), is an affiliate program and physical extension of Counseling and Psychological Services (CAPS). RISE serves as CAPS' holistic wellness hub and provides an array of programs, classes, trainings, and self-directed resources to foster and support resilience, connection, and well-being. Check out their Virtual RISE Center that offers live and pre-recorded opportunities for self-care, reflection, connection and restoration at [risecenter.ucla.edu](http://risecenter.ucla.edu).

### 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. We have two separate codes, one for therapy and the other for psychiatry. To receive these codes, please call the CAPS front desk at (310) 825-0768. Please note that 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)

### My Student Support Program (My SSP)

A new 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! Check out the My SSP app or visit: [counseling.ucla.edu/issp](http://counseling.ucla.edu/issp) for more information.



### Therapy Assisted Online (TAO)

TAO is a self-help platform built to support student educational and skill developmental needs in the areas of mental wellness and overall well-being. TAO self-help tools can be used when students need support and education for common issues such as: improving mood, calming anxiety, managing stress, and improving relationships. It is free for all UCLA students. For more information, head to [www.counseling.ucla.edu/tao](http://www.counseling.ucla.edu/tao)

### Workshops & Trainings

#### Suicide Prevention Training

Objectives of the training include: recognizing that we are all affected by personal, societal and cultural attitudes about suicide; using a step-by-step technique to act to help a person at risk of suicide and be safe for now; identifying the next step after a person has been assisted in a suicide-related crisis; appreciating the value of improving community resources; and appreciate the concepts of life-promotion and self-care in the context of suicide. This training is appropriate for all members of the UCLA community including campus partners, staff, faculty, and students who wish to better understand suicide and assist with its prevention outside of mental health settings.

Suicide Safe training for ALL STUDENTS, STAFF and TAs will be on 4/12/22 5:00 pm - 7:00 pm & 4/27/22 10:00 am - 12:00 pm through Zoom and 5/10/22 4:00 - 6:00 pm in person at CAPS.

RSVP required: <http://bit.ly/rsvpCAPS>

#### Assisting Distressed & Distressing Students

Faculty, TAs, and staff play a critical role in a student's university experience and are in a position to become aware of a student in distress even during remote learning. This workshop will help participants understand how to create a culture of health in their sphere of influence, what resources are available to students in distress, and how they can assist students in getting connected with them. Participants will also hear about emergency procedures regarding distressed or distressing students.

D&D for ALL STAFF and TAs will be on 4/7/22 9:00 - 10:30 am, 4/18/22 4:00 - 5:30 pm, & 5/4/22 12:00 - 1:30 pm through Zoom.

RSVP required: <http://bit.ly/rsvpCAPS>

Please note: [rsvp@caps.ucla.edu](mailto:rsvp@caps.ucla.edu) is meant for outreach requests and training reservations only. Most requests for outreach presentations require at least 3 weeks advance notice. Requests may be forwarded to other campus partners who may have similar offerings to the request. For clinical matters, please contact your clinician securely using the Patient Portal on the CAPS website.

### 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)

### 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)

**Undocumented Student Program (start Week 1)**  
Hours: Thursdays, 1:00 - 4:00 pm  
Location: Virtual Only

**Dashew Center for International Students and Scholars Program (start Week 3)**  
Hours: Wednesdays, 1:00 - 3:00 pm  
Location: Virtual Only

**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

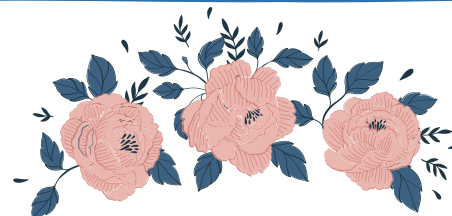
\*please contact CAPS at (310) 825-0768 for more information about our satellite clinics\*

|                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                      |                                                                                                                                              |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Anderson School of Management:</b><br>Tuesdays, Wednesdays, & Thursdays 9:00 am - 1:00 pm<br>(in person or virtual)                                                                                   | <b>Behavioral Wellness Center:</b><br>Monday - Thursday 8:00 am - 6:00 pm,<br>Fridays 8:00 am - 5:00 pm<br>(in person or virtual)                                                                                                                                                                    | <b>School of Engineering:</b><br>Wednesdays 11:00 am - 1:00 pm (virtual),<br>Fridays 1:00 - 3:00 pm (in person or virtual)<br>*weeks 5 - 10* |
| <b>Athletics:</b><br>Monday - Friday 8:00 am - 5:00 pm<br>(in person or virtual)<br>Request to schedule a time to speak with Anthony Chambers, LMFT or request an athletics brief screening appointment. | <b>Bruin Guardian Scholars (BGS):</b><br>Weeks 1, 3, 5, 7, 9:<br>Tuesdays, 1:00 - 3:00 pm - Drop-in Hours (in person at CAPS or Virtual)<br>Weeks 2, 4, 6, 8, 10:<br>Tuesdays, 1:00 - 2:00 pm - Virtual Workshop<br>Tuesdays, 2:00 - 3:00 pm - Drop-in Hours (In person at CAPS and Virtual Options) | <b>School of Law:</b><br>Mondays, Wednesdays, and Thursdays 9:00 am - 1:00 pm<br>(in person or virtual, virtual only Thursdays)              |



### 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!

# Spring 2022 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.  
Tuesdays: 9:30 - 11:00 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.  
Fridays: 2:00 - 3:30 pm

#### Keep Your Calm:

For students who have completed a previous mood disorder group (Breaking Free from Anxiety, Overcoming Social Anxiety, Living Free of OCD, or Recovering from Depression). Members will continue the process of developing and practicing strategies to challenge emotion driven and avoidance behaviors. Focus will be on continuing emotional exposures and mindfulness practice within group and identifying opportunities to apply these skills outside group.  
Thursdays: 1:00 - 2:30 pm

#### 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: 3:00 - 4:30 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.  
Thursdays: 10:00 - 11:30 am

### 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: 9:30 - 11:00 am  
Tuesdays 9:00 - 10:30 am

## 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  
(In person)

## 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

### 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  
Wednesdays: 9:00 - 10:30 am  
Thursdays: 10:00 - 11:30 am  
Fridays: 1:00 - 2:30 pm  
\*Additional times may be available

### 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: 11:00 - 12:30 pm

### 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

## Mind/Body Groups

### Being in the Moment:

Learn how to reduce your stress, regulate your mood, improve your concentration, and enhance your mental and physical health with this intensive 7 week group that will train you in the ancient practice of mindful awareness. Group sessions will involve training in sitting, walking, and eating meditation and will help you to develop a daily mindfulness practice.  
Tuesdays: 2:00 - 3:30 pm

### 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.  
Wednesdays: 1:00 - 2:30 pm

### 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.  
Thursday 1:00 - 2:30 pm

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



## 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.  
Mondays: 2:00 - 3:30 pm

## 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  
Fridays: 2:00 - 3:30 pm

### Thriving with Pride:

This 8-session CBT/process group is focused on building insight and understanding by observing the ways in which our thoughts, behaviors, and emotions are shaped and changed by cultural expectations and experiences of marginalization. The group uses cognitive-behavioral skills to direct process that emphasizes understanding of oppression to learn skills for group process, individual coping and building social support.  
Tuesdays: 2:00 - 3:30 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.  
Mondays: 9:00 - 10:30 am  
Wednesdays: 1:00 - 2:30 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.  
Wednesdays: 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

### Black and Bruin:

A group for "Black Bruins" and any other students interested in promoting a sense of community for those of African descent on the UCLA campus. This also includes students of mixed ethnic background, LGBTQ, first generation, former foster youth, international students, as well as students of varying ability, students of varying faiths, atheist and students from the economically disadvantaged and advantaged backgrounds. The group focuses on building a sense of community, improving self awareness, and encouraging curiosity and creativity.  
Mondays: 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: 3:00 - 4:30 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.  
Thursdays: 1:00 - 2:00 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.  
Thursdays: 1:00 - 2:00 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

## 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: 2:00 - 3:30 pm (female identified survivors)  
Wednesdays: 9:00 - 10:30 am (all genders)



## 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.  
Wednesdays: 11:00 am - 12:00 pm

**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.\***