Virtual Mindfulness Drop-Ins

Mindfulness Awareness Research Center (MARC) is offering virtual mindfulness drop-in sessions throughout the Fall quarter. For more information: www.counseling.ucla.edu/marc

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 UCHSIP 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.

Crisis counseling available by phone 24 hours a day, 7 days a week (310) 825-0768

All registered and eligible students can receive up to 4 sessions of individual psychotherapy per academic year. In addition, students have 4 additional sessions for those with UCHSIP 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, all Winter quarter groups at CAPS will be offered through a Zoom telehealth platform that meets strict HIPAA privacy guidelines. Students should arrange to be in a place that affords them privacy during the group session. Group leaders will be sending out instructions for how to log in to the group. Zoom meetings through a secure message that can be accessed through the Asha Patient Portal.

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.

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 if the students have UCHSIP do not need to use any codes to receive all mental health services free of charge. Access LiveHealth Online at www.livehealthonline.com

Therapy Assisted Online (TAO)

TAO is a self-help platform built to support student educational and skill development 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

Virtual Mindfulness Drop-In Hours

As a temporary alternative to our regular drop in consultations, our CAPS Virtual Drop In Hours will provide free, confidential, brief support or mental health screenings for students starting week 3. During this 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. To schedule a drop in session, call the CAPS Front Desk (310) 825-0768 and indicate designated drop-in location or counselor.

Please refer to our CAPS website for more information about our Drop-In Services at SAC and Kerkhoff communities (i.e. Brain Resource Center community, Transfer Student Center, Community Programs Office, Black Bruins Resource Center, GSRC). CAPS and USP will continue to offer virtual Drop-In services on Thursdays 1:00 - 3:00 pm and drop in group, UndocuScholars, will run on Thursdays from 3:00 - 4:30 pm. Weeks 1 - 10.
Winter 2022 Therapy Groups

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 facing the Thesis or Dissertation writing process? Topics discussed may include procrastination, writer’s block, perfectionism, time management, confidence issues and conflicts with peers and professors.
Tuesdays: 9:00 - 11:00 am

Anxiety Groups

Breaking Free From Anxiety: Are you coping with any form of anxiety including panic attacks, 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

Overcoming Social Anxiety: Overcoming Social Anxiety is a skills-based group for individuals who are interested in reducing anxiety in social situations. Participants will learn and practice skills to reduce anxiety and improve social interactions.
Wednesdays: 10:00 - 11:30 am

Disordered Eating Groups

Disordered Eating I: This group is for creating a healthier lifestyle, challenging debilitating 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.
Mondays: 1:00 - 2:30 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 debilitating behaviors and improving relationships.
Tuesdays 9:00 - 10:30 am

Emotional and Interpersonal Skills Groups

Assessment Skills Group: This 7-week therapy skills course is designed for students wanting to learn how to be more comfortable in communicating their needs in their personal, academic, and professional relationships. Participants will learn how to frame the message and navigate conflict when dealing with challenges in a variety of relationships, such as with roommates, partner, 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 Diialectical 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 unresolved past.
Mondays: 10:00 - 11:30 am

Interpersonal Process Groups

Grad Students Therapy Group: This group provides you with the tools to understand your feelings and those of others as you communicate and work towards your goals. The goals of this group will be determined by the needs of its members.
Mondays: 4:00 - 5:30 pm
Tuesdays: 9:00 - 10:30 am
Wednesdays: 9:00 - 10:30 am
Thursdays: 9:00 - 10:30 am

PhD Skills Group: For PhD students who want to learn about the academic system and improve their negotiating skills.
Mondays: 12:00 - 1:30 pm

Animal Interpersonal Skills Groups

Assessment Skills Group: This 7-week therapy skills course is designed for students wanting to learn how to be more comfortable in communicating their needs in their personal, academic, and professional relationships. Participants will learn how to frame the message and navigate conflict when dealing with challenges in a variety of relationships, such as with roommates, partner, 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

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 make compassionate self-reflection as a calming and soothing practice for self-talk. Further, you will learn to develop and practice your self-compassion practices for every day life.
Wednesdays: 1:00 - 2:30 pm

Understanding Self and Others: For students who want to deepen self-understanding and interpersonal relationships. 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

Relationship Group for Undergraduate Students: For students who want to understand and improve their interpersonal relationships. 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

Mood Groups

Recovering from Depression: Have you lost interest in things you used to enjoy, been feeling down, fatigued or extremely unmotivated to do anything you need to do? Group members will learn strategies to modify both cognitive and behavioral patterns associated with depression and improve functioning and quality of life.
Tuesdays: 2:00 - 3:30 pm

Sexual Orientation & Gender Groups

Gender Identity Spectrum Group: For students who are exploring or identify as trans, 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 responsive to gender.
Mondays: 10:00 - 11:30 am

Black and Brown: A group for “Black and Browns” 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 marginalized backgrounds. The group focuses on building a sense of community, improving self-awareness, and encouraging curiosity and creativity.
Mondays: 12:00 - 1:30 pm

Survivors of Sexual Trauma Groups

Survivors of Sexual Trauma Groups: The goal of this group is to help survivors of sexual trauma with the function and outcome of self-criticism; and to learn ways to develop new skills to better manage anxiety and other emotional difficulties. This group aims to help you to learn how to cope with the effects of sexual trauma.
Wednesdays: 9:00 - 10:30 am

Anxiety Groups

Finding Focus: Need help with concentration problems, ADHD and other academic difficulties? This group will help identify academic strengths and weaknesses, understand the types of strategies you use to organize 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

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 with this approach. This is a helpful group for students who want to learn how to get their needs met in their interactions and relationships with others.
Thursdays: 10:00 - 1:00 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 make compassionate self-reflection as a calming and soothing practice for self-talk. Further, you will learn to develop and practice your self-compassion practices for every day life.
Wednesdays: 1:00 - 2:30 pm

Interpersonal Groups

Getting What You Want: Interpersonal Effectiveness Skills: Do you struggle with empathy, anger management, building and maintaining relationships, interpersonal problem solving, or feeling good about yourself after interactions with others? This 9-week group can help you identify and practice new skills to build a sense of community, improving self-awareness, and encouraging curiosity and creativity.
Mondays: 12:00 - 1:30 pm

Mind/Body Groups

Mindfulness: Mindfulness meditation has been shown to help people recognize their moment-to-moment experience and to accept what arises in the present moment. It has been associated with improvements in stress reduction, anxiety, and pain management. This group focuses on mindfulness meditation and practice.
Fridays: 1:00 - 2:00 pm

Graduate Students Therapy Group: A group for students of Asian descent to empower oneself and to create a sense of community. Students will discuss their shared and unique experiences in navigating their Asian American challenges. Topics may include: identity development and intersectionality; biases and stereotypes; career interest; body image; family and cultural nuances.
Tuesdays: 10:00 - 11:30 am

Student of Color Groups

Asian American Community Support Group: A group for students of Asian descent to empower oneself and to create a sense of community. Students will discuss their shared and unique experiences in navigating their Asian American challenges. Topics may include: identity development and intersectionality; biases and stereotypes; career interest; body image; family and cultural nuances.
Tuesdays: 10:00 - 11:30 am

Survivors of Sexual Trauma Groups

Survivors of Sexual Trauma Groups: The goal of this group is to help survivors of sexual trauma with the function and outcome of self-criticism; and to learn ways to develop new skills to better manage anxiety and other emotional difficulties. This group aims to help you to learn how to cope with the effects of sexual trauma.
Wednesdays: 9:00 - 10:30 am

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 appointment 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."