Wellness Programs offered by our Campus Partners

Mindful UCLA: (www.resilience.ucla.edu/mindful_ucla)
Resilience Peer Network: (www.resilience.ucla.edu/resilience_peer_network)
Depression Grand Challenge: (www.healthyeducation.ucla.edu/Depression_Grand_Challenge)
Grit Coaching Program: (www.grit.ucla.edu)
Free Guided Meditations: (marc.ucla.edu/mindful-meditations)
Wesley Foundation: (www.caps.ucla.edu)

ISSP - International Student Support Program
www.healtheducation.ucla.edu
Resilience_peer_network)

Bruins for Recovery:
Free Guided Meditations:
Financial Wellness Program
Wesley Foundation:
ISSP - International Student Support Program: (www.bruins4recovery.com)

how to connect students to CAPS,
CAPS Connect trains student leaders
Most requests for outreach presentations require at least 3 weeks advance notice.
most week of the academic quarter. Students must obtain a referral from a CAPS Brief Screen Counselor or CAPS Clinician to enroll.

COPING THROUGH THE QUARTER - 5-SESSION WELLNESS SKILLS GROUP

Weekdays: 10:00-11:00am
This five-session skills group offers support to address a variety of student concerns including, academic stress, anxiety, procrastination, and interpersonal concerns.
The group focuses on a new set of skills each week including: 1) Relaxation skills, 2) Time Management, 3) Problem Solving, 4) Thought Awareness, and 5) Radical Acceptance and Self-Compassion.

Crisis Counseling available by phone 24 hours a day, 7 days a week

Make an Appointment
Appointments can be made in person or over the phone. To make your initial Brief Screening appointment, please visit us in person between 9:00am and 4:00pm Mondays-Fridays.

Eligibility
All registered UCLA students are eligible to receive up to 3 sessions of individual psychotherapy per academic year with 3 additional sessions in the summer. Students seeking longer treatment will receive assistance with connecting to their primary insurance provider and additional case management as needed. Students are also eligible for Wellness Skills Group treatment and limited emergency psychiatry treatment by therapist referral.

Students without SHIP Insurance:
Please visit our website for a comprehensive list of fees.

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.

Virtual Resources
"Like" our Facebook page for mental health updates and visit our website for a comprehensive list of fees.

Patient Portal
Your patient portal is the most secure method of communication with your CAPS clinician. Log onto the patient portal from the CAPS website to cancel appointments online and send your clinician a non-urgent message.

Feedback
Your feedback is important to us. Send us your comments and suggestions via feedback@caps.ucla.edu.

Be Well. Stay Well. Do Well.

WINTER 2018
Academic Success Groups

Academic Success Groups

Dissonance Writing Groups (For Graduate Students): Are you a graduate student wanting a safe and supportive place to practice writing and developing effective communication skills? These or Dissertation writing process? Topics discussed may include procrastination, writers block, perfectionism, time management, confidence issues and conflicts with peers and professors.

Thursdays: 10:00 - 11:30 am
Thursdays: 2:00 - 3:30 pm

Alcohol & Substance Abuse Groups

Moving Forward: This confidential, brief group is for students who would like to help examination their current patterns, setting goals to alter use habits, and taking steps to modify using behaviors.

Anxiety Groups

Breathing for the Your Anxiety: Are you coping with any form of anxiety including chronic worry, social anxiety, obsessive thoughts, health related worry, or panic attacks? This structured skill group uses cognitive-behavioral and acceptance based strategies to help bring the cycle of anxiety.

Mondays: 3:00 - 4:30 pm
Tuesdays: 3:00 - 4:30 pm
Wednesdays: (Grad Section): 3:00 - 4:30 pm
Thursdays: 1:00 - 2:30 pm

Parenting Support Group: This group support open to all parenting (and expecting) students including graduate and undergrad. The group is designed to bring about a new parent and student at UCLA, gain strategies/skills to handle the demands of parenting, especially when impacted by academics, work/career, and other life stressors; develop a support network of other parents and students; increase awareness of campus resources; and facilitate greater sense of support and belonging on the UCLA campus.

Mondays: 9:30 - 11:00 am

Disordered Eating Groups

Disordered Eating: This group is designed to help students increase their understanding of the relationship of disordered eating, weight and shape concerns, emotional triggers, interpersonal relationships, and unique individual factors. This group will help you develop skills for creating a healthier lifestyle, challenging destructive behaviors, enhancing interpersonal relationships.

Thursdays: 2:30 - 4:00 pm

Grief Groups

Pathways Through Grief: This group provides opportunities for sharing personal grief experiences while also receiving support from others who have lost a loved one. This group will help you identify different aspects of your grief experience and develop personal approaches to addressing emotions of grief.

Thursdays: 1:00 - 2:30 pm

Interpersonal Process Groups

Graduate Students: Many graduate students have expressed feelings of isolation and loneliness when they devote their energy to securing their future instead of focusing on their lives. The specific focus of the group will be to increase social connectedness and social support, and developing a comfortable level of self-acceptance.

Mondays: 5:30 - 7:00 pm
Thursdays: 4:00 - 5:30 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 preparing assertive. This structured skill group utilizes cognitive-behavioral and acceptance based approaches to help you become more socially involved.

Mondays: 3:00 - 5:00 pm
Wednesdays: 3:30 - 5:00 pm

Survivors of Sexual Trauma Groups

Open to All Students (SHIP & Non-SHIP)

Academic Success Groups

Finding Focus: Need help with concentration problems, ADHD and other academic difficulties? This group will help you develop strategies to improve your academic performance, develop a more effective study plan, and implement these strategies in an academic setting.

Mondays: 12:00 - 1:30 pm

Interested in Signing Up for a CAPS Group?

Please call our office to schedule an intake appointment.

Academic Success Groups

Academic Success Groups

WINTER 2018 Therapy Group Offerings

Wellness Skills Groups

Wellness Skills Group are generally 3 weeks long and require students to sign up to the Front Desk. Open to students with and without SHIP.

Academic Success Groups

Finding Focus: Need help with concentration problems, ADHD and other academic difficulties? This group will help you develop strategies to improve your academic performance, develop a more effective study plan, and implement these strategies in an academic setting.

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 course involved through this structured and supportive group. Learn and practice specific tools to create realistic goals, manage time better and increase productivity.

Tuesdays: 12:00 - 1:30 pm

Mind/Body Groups

Dreaming of Better Sleep: Are you struggling to fall asleep or finding it difficult to optimize your sleep schedule? This group will teach you about the natural sleep cycle, biological rhythms and the environmental factors that impact your ability to sleep. Participants also achieve personalized guidance regarding their sleep environment and behaviors that may be impacting sleep.

Tuesdays: 2:00 - 3:30 pm

Mindful Pathways to Wellness: Secular and spiritual traditions have recognized the benefit of a mindful pathway towards easing distress. Mindfulness-based psychological techniques are effective for coping with difficulties in life and improving the overall quality of life. Learn basic skills of mindfulness and practice a variety of ways of being in the moment.

Tuesdays: 3:30 - 4:30 pm

Tuning Your Inner Critic: This 3-session group is designed for individuals who have developed the internal voice that tells them 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 how the internal negative self-talk and self-criticism; and practice non-judgmental responses and self-compassion as an alternative way of self-talk.

Thursdays: 1:00 - 2:00 pm

Groups Offered on the Hill

Make Peace with Food and Fitness: This session group focuses on challenging what you think you should eat and reconnecting you with your body’s natural ability to guide food choices and portion sizes.

Thursdays: 1:30 - 2:30 pm

*Time to be determined*

Body Image and the Media: This 3- session group focuses on challenging the media distortion of beauty and bodies. Members will have the opportunity to improve their body image and adopt an ideal based on flexibility, health, and values.

Thursdays: 1:30 - 2:30 pm

*Time to be determined*