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

Students with SHIP Insurance:
Are eligible to receive an additional 3 sessions per academic year. Additionally, they are eligible for psychiatry, therapy group treatment; clinical coordination and referral to Behavioral Health Services (BHS) as clinically indicated. Treatment may be extended to manage higher severity needs.

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.

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.

Coping Through the Quarter
5-Session Wellness Skills Group Weekdays 10:00 - 11:00 am
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. Students must obtain a referral from a CAPS Brief Screen Counselor or CAPS Clinician to enroll.

Wellness Skills 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.

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; and manage personal, social and campus support to improve college success.

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.

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 hands-on, structured and supportive group.

Sleep Soundly
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 clock, and other key aspects of regulating your sleep. Participants also receive customized guidance regarding your sleep environment and behaviors that may interfere with sleep.

CARE is a safe place for survivors of sexual assault, dating and domestic violence, and 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. CARE offers confidential services to all current UCLA affiliates. The CARE offices are located on the first floor of John Wooden Center West. For more information and programming dates for the CARE Certificate Program and the Yoga as Healing (YAH) workshop series, email admin@careprogram.ucla.edu.

CARE Advocates resource 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.

For more information on resources and support, visit: www.careprogram.ucla.edu
Summer Groups

Summer group days and times are determined by the needs of its members. All groups require prior registration. Call (310) 825-0768 or visit The Counseling Center to schedule your initial appointment.

Active Healing
The group is designed for women who have experienced sexual assault or abuse, either during childhood or as an adult. This group will provide a safe space to share experiences, connect with others, and receive support in the healing process.

Breaking Free From Anxiety
Are you coping with any form of anxiety including chronic worry, social anxiety, obsessive thoughts, health related worry, and panic attacks? This structured skills group uses cognitive-behavioral and acceptance-based strategies to help break the cycle of anxiety.

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.

Dissertation Writers Group
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, writing blocks, perfectionism, time management, confidence issues and conflicts with peers and professors.

Gay/Bi Men’s Therapy Group
This group addresses issues unique to the wellbeing of gay and bisexual men. Objectives of the group include developing better communication and relationship skills, improving self-esteem, increasing social support, and defining a comfortable level of self-community connection.

Graduate Students Therapy Group
Many graduate students have expressed their feelings of isolation and loneliness when they devote their energy to secure their future while struggling with balancing their lives. The specific focus of group will be determined by member’s needs with an emphasis on the special needs and issues for graduate students.

Keep Your Calm
This follow-up group is open to students who have completed a previous anxiety group. Members will continue the process of developing and practicing strategies to challenge emotion-driven and avoidance behaviors. This structured-skills group will focus on continuing emotional exposures and mindfulness practice within group and identifying opportunities to apply these skills outside group.

Maintaining Mood
This structured skills group is available for students who have already completed Recovering from Depression and want to continue to work on improving and maintaining their mood in a group format. Members will practice skills designed to help manage low mood and minimize the impact of mood on academic functioning and social life.

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 and acceptance-based approaches to help you become more socially involved.

The LGBT Resource Center is located at SAC B36

Satellite Clinics and Co-Programming Services

LGBT Campus Resource Center

Drop in Hours:
- Mondays 1:00 - 3:00 pm
- Wednesdays 1:00 - 3:00 pm
- Thursdays 1:00 - 3:00 pm

The LGBT Resource Center is located at SAC B36

Law School

(Renewing in August 2017)

Brief Screen Drop in
Hours:
- Tuesdays, Wednesdays, and Thursdays 10:00 am - 1:00 pm
- (In Room 1224)

Wellness Skills Group:
A skills group that offers support to address a number of student concerns including academic stress, anxiety, procrastination, and interpersonal concerns.

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)

Grand Challenges-Depression:
(www.depression.semerl.ucla.edu/icbt-student/welcome)

GRIT Coaching Program: (www.grit.ucla.edu)

Free Guided Meditations: (www.marc.ucla.edu/mindful-meditations)

Weley Foundation: (www.wsfu.org)

Financial Wellness Program:
(www.financialwellness.ucla.edu)

Bruins for Recovery: (www.bruins4recovery.com)

Mind - Body Balance for the Busy Bruin

This program will provide UCLA students with tools to help manage stress, gain concrete wellness tools, and take a proactive approach to integrating balance into a busy academic and extracurricular schedule.

This 6 week program will run twice this summer, dates include:

Summer Session A: 7/5, 7/12, 7/17, 7/19, 7/26, 7/30, & 8/2
Summer Session C: 8/9, 8/16, 8/23, 8/28, 8/30, & 9/6

All sessions are 4:00 - 5:15 pm in the CAPS Large Conference Room.

For questions or to RSVP, email: zyamasaki@careprogram.ucla.edu

Confidential Individual Counseling • Group Counseling • Urgent Walk-In • Psychiatric Care • Sexual Assault Services • 24 Hour Access