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 to 4:00 pm Mondays through Thursdays and 9:00 am and 3:00 pm on Fridays. Crisis Counseling is available by phone 24 hours a day, 7 days a week at (310) 825-0768.

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 needing 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, group therapy 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. We will not disclose information about your treatment to anyone who is not directly involved in your care without your written permission. In order to disclose information to outside entities, a Release of Information form will have to be filled out. This form can be found on our website and at our office.

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, send your clinician a non-urgent message, and view referrals issued.

Coping Through the Quarter
10:00 - 11:00 am on Wednesdays & Thursdays
This 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.

Resilience in the Student Experience (RISE)
Say hello to RISE! Resilience in the Student Experience (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. Offerings include meditation, yoga, peer coaching, and other mind-body modalities. We hope to welcome you to one of our upcoming sessions! RISE is currently located at LuValle Commons, Room B-01. Please email RISE@caps.ucla.edu for more information.

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 currently enrolled students. The CARE offices are located on the ground floor in Murphy Hall, Suite A233. For more information and programming dates, email admin@careprogram.ucla.edu. CARE Advocates provide 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

Therapy Groups
(Require clinician referral into the group, open to students with SHIP only)

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.
Mondays: 10:00 - 11:30 am

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 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: 3:00 - 4:30 pm

Breaking Free From Anxiety
Are you coping with any form of anxiety including chronic worry, social anxiety, obsessive thoughts, health related worry, and/or panic attacks? This structured skills group uses cognitive-behavioral and acceptance based strategies to help break the cycle of anxiety.
Thursdays: 10:00 - 11:30 am

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.
Tuesdays: 2:00 - 3:30 pm
Thursdays: 11:00 am - 12:30 pm

Graduate Students Therapy Group
Many graduate students experience feelings of isolation and loneliness when they devote their energy to secure their future, and struggle with balancing other needs in their lives. The specific focus of the group will be determined by member’s needs with an emphasis on the special needs and issues for graduate students.
Tuesdays: 10:00 - 11:30 am, 3:00 - 4:30 pm
Wednesdays: 3:00 - 4:30 pm
Thursdays: 3:00 - 4:30 pm
Fridays: 9:00 - 10:30 am, 1:00 - 2:30 pm

Finding Focus
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 designed for students who want to learn how to get their needs met in their interactions and relationships with others.
Thursdays: 10:00 - 11:30 am
Thursdays 9:30 - 11:00 am

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 10:00 - 11:30 am

Mindful Pathways to Wellness
Secular and spiritual traditions have recognized mindful awareness as a powerful pathway towards easing distress. Mindfulness-based psychological techniques are effective for coping with difficulties in life and in improving the overall quality of life. Learn basic principles of mindfulness and practice a variety of ways of being in the moment.
Tuesdays 2:00 - 3:00 pm

Progress not Perfection
Do you set very high standards for yourself and feel badly when you fall short? Does your desire to be the best prevent you from trying new things or taking risks? Learn how perfectionism can get in your way and how to be a high achiever without being a perfectionist.
Wednesdays: 11:00 am - 12:00 pm

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.
Thursdays: 11:00 am - 12:00 pm

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
GRIT Coaching Program: www.grit.ucla.edu
Free Guided Meditations: www.marc.ucla.edu/mindful-meditations
Wesley Foundation: www.wsfsdca.org
Financial Wellness Program: www.financialwellness.ucla.edu
Bruins for Recovery: www.brinns4recovery.com

Wellness Skills Group
(Sign up at the front desk, open to students with/without SHIP)

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.
Mondays 1:30 - 2:30 pm
Thursdays 10:00 - 11:00 am

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.
Tuesdays 10:00 - 11:30 am
Thursdays 9:30 - 11:00 am

Recovering From Depression
Have you lost interest in things you used to enjoy, been feeling down, fatigued, or extremely sad? This 12 week structured-skills group will focus on continuing emotional exposures and mindfulness practice within group and identifying opportunities to apply these skills outside group.
Thursdays 12:00 - 1:30 pm

Wellness Skills Group
This support group welcomes undocumented students who are coping with challenges related to immigration status. Issues addressed include: coming out to others; stress related to financial barriers; immigration status and underrepresentation on campus; accessing health and social services; issues related to transitions upon graduation.
Wednesdays 1:30 - 3:00 pm

Satellite Clinics
*please contact CAPS at (310) 825-0768 or visit our website for more information about our satellite clinics*

CAPS @ Acosta
Acosta Consultation Room 114-C
Mondays, Wednesdays & Fridays
8:00 am - 5:00 pm

CAPS @ BWC
CHS Room 17-253L
Mondays - Thursdays 8:00 am - 6:00 pm
Fridays 8:00 am - 5:00 pm