

# The Counseling Center

Counseling & Psychological Services

## Make an Appointment

Appointments can be made over the phone. To make your initial appointment, please call us between **9:00 am to 4:00 pm Mondays through Fridays**. Crisis Counseling is available by phone 24 hours a day, 7 days a week at (310) 825-0768.

## Eligibility

All UCLA students (both SHIP and NONSHIP insured) are currently eligible to receive both individual and group treatment services at CAPS. Students who have SHIP insurance are eligible for psychiatry services as well.

## 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.

## 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.

## Groups Offered Through Telehealth:

Please be advised that in response to protective measures of social distancing for the COVID-19 virus, all Summer quarter groups at CAPS will be offered through a Zoom telehealth platform that meets strict HIPPA privacy guidelines. To participate in a group, students must first download the Zoom software to a device (computer, tablet, or phone) that will have internet access at the time of the group session. Students should also 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 meeting through a secure message that can be accessed through the Ashe Patient Portal. If you have any questions or concerns, about accessing group services through a telehealth platform, please contact the CAPS front desk staff at (310) 825-0768.

## CARE Program

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 on resources and support, visit: [www.careprogram.ucla.edu](http://www.careprogram.ucla.edu)

## 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. Please visit [risecenter.ucla.edu](http://risecenter.ucla.edu) for more information.

## 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. Access LiveHealth Online at [www.livehealthonline.com](http://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. [www.counseling.ucla.edu/tao](http://www.counseling.ucla.edu/tao)

*health, healing, hope*

## Therapy Groups

*(Require clinician referral into the group)*

### 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.

**Wednesdays: 2:00 - 3:30 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 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.

**Wednesdays: 10:00 - 11:30 am**

### 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.

**Wednesdays: 2:30 - 4:00 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 life 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: 3:30 - 5:00 pm**

### 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 9:30 - 11:00 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.

**Thursdays: 8:30 - 10:00 am**

### Fist Bump: A Gathering of Men:

This group is open to undergraduate and graduate men. It is a support group for men who want to talk candidly about their lives. It is also a space where they can receive help to be their best selves and to be encouraged to increase awareness, develop a support system and help each other respond to today's world.

**Fridays: 8:15 - 9:45 am**

### Gender Identity Spectrum Group:

For students who are exploring and/or identify as transgender, 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 transgender people, addressing issues related to the transitioning process and adjustment to a new social identity.

**Mondays: 11:00 - 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.

**Wednesdays: 3:00 - 4:30 pm**

**Thursdays: 3:00 - 4:30 pm**

**Fridays: 9:00-10:30 am, 1:00-2:30 pm,**

**2:00 - 3:30 pm**

### Grad 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 support and brave social context of respect and empowerment.

**Fridays: 10:00 - 11:30 am**

### Keep Your Calm:

This follow-up group is open to students who have completed a previous anxiety or depression 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.

**Thursdays: 1:00 - 2:30 pm**

### 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 improve functioning and quality of life.

**Fridays: 11:00 - 12:30 pm**

### Relationships 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.

**Thursdays: 9:00 - 10:30 am**

### Wellness Skills Group

*(Sign up by calling CAPS front desk at 310-825-0768)*

### 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.

**Tuesdays: 9:00 - 10:00 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 anxiety; and manage personal, social and campus support to improve college success.

**Thursdays: 9:30 - 11:00 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 through this structured and supportive group. Learn and practice specific tools to create realistic goals, manage time better and increase productivity.

**Wednesday 2:00 - 3:00 pm**