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

**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.

**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.

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**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.

**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 strengths to overcome through this hands-on, structured and supportive group.

**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.

**Coping Through the Quarter**

5-Session Wellness Skills Group Weekdays 10:00 - 11:00 am

Tuesdays, Wednesdays, Thursdays

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.

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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 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

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**UCLA**

The Counseling Center • John Wooden Center West • (310) 825-0768 • www.counseling.ucla.edu

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

Summer group days and times are determined by the needs of its members. All groups require clinician referral. Call (310) 825-0768 or visit CAPS at John Wooden Center West 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.

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 7 week 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.

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

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.

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

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.

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.

Pathways Through Grief:
Have you experienced an important loss? 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 to identify different aspects of your grief experience and develop personal approaches to addressing emotions of grief.

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.

UndocuScholars Therapy 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.

Satellite Clinics and Co-Programming Services

<table>
<thead>
<tr>
<th>LGBT Campus Resource Center</th>
<th>Law School (Reopening in August 2018)</th>
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<tbody>
<tr>
<td><strong>Drop in Hours:</strong></td>
<td><strong>Brief Screen Drop in Hours:</strong></td>
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<tr>
<td>July 17 - September 18:</td>
<td>Tuesdays, Wednesdays, and Thursdays 10:00 am - 1:00 pm. (In Room 1224)</td>
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<tr>
<td>11:00 am - 1:00 pm</td>
<td>To schedule an appointment, please call (310) 825-0768</td>
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<tr>
<td>June, August, September:</td>
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<td>1:00 - 3:00 pm</td>
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<tr>
<td>The LGBT Resource Center is located at SAC B36</td>
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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.semel.ucla.edu/icbt-student/welcome |
| GRIT Coaching Program: www.grit.ucla.edu |
| Free Guided Meditations: www.marcl.ucla.edu/mindful-meditations |
| Wesley Foundation: www.wfsucla.org |
| Financial Wellness Program: www.financialwellness.ucla.edu |
| Bruins for Recovery: www.bruins4recovery.com |

Trauma-Informed Yoga for Survivors
This will be an 8-week program taking place during summer and will meet Tuesdays 11:30 am - 1:00 pm. Each class offers survivors a safe space to gain greater awareness around strength, stability, assertiveness, and mindfulness. Classes will allow survivors to re-connect with themselves and build community with their peers.

Program Dates: 07/10, 07/17, 07/24, 07/31, 08/07, 08/14, 08/21, 08/28

All sessions will be held in the CAPS Large Conference Room. Please fill out interest form found on the CARE program website at www.careprogram.ucla.edu/alternative-healing-yoga