Spring 2016

GROUP COUNSELING

Provided by Counseling and Psychological Services

For more information, please see http://www.csuci.edu/caps/group-counseling.htm and submit an online group interest form. Most groups offered by CAPS require a pre-screen appointment with the group leader to ensure the group is a good fit for your needs. To make an appointment at CAPS, please call 805-437-2088 or come by our main office located in Bell Tower East (BTE) 1856.

Being Present in Your Life: Mindfulness for Wellness
Kirsten Olson, Ph.D.
Tuesdays, March 1 – April 5 | 3:00 - 4:30 p.m.
Mindfulness means paying attention in a particular way: on purpose, in the present moment, and non-judgmentally. Mindfulness of thoughts, feelings, and physical sensations, combined with cognitive interventions such as making changes to ineffective thought patterns, are useful tools for managing emotional and physical distress.

Jambo! Jambo! (HELLO!) African American/Black Connection Workshop
Angela Timmons, DPA, LCSW
First Wednesdays (Monthly) | 7:00 - 8:30 p.m.
A workshop designed to include discussions centered around the daily challenges of college life; staying centered, focused, and true to self; strategies for coping with life stressors; networking and relationship building skills; and opportunities for expression in a supportive environment.

Just Sayin’: A Therapeutic Support Group for Students of African Heritage
Angela Timmons, DPA, LCSW
Wednesdays, March 30 – May 4 | 3:00 - 4:30 p.m.
Join a confidential group to share concerns related to school, work, family, and relationships. This is a supportive space to speak your mind, receive validation, and gain strength. Come to a place where you can keep it real!

Mindful Relationships: Creating Healthier Connections
Stacy Udolph, LCSW
Thursdays, April 7 – May 12 | 1:30 - 2:45 p.m.
Whether you are struggling with a specific relationship or desire for a relationship such as with parents, significant others, friends, co-workers, or roommates, this six-week group offers a safe and confidential space to discuss your concerns. The goal of this supportive group environment is to assist you with developing better communication skills, improve awareness, and find satisfaction.

Stress Management Workshops
Various CAPS Clinicians
See website or flyers for dates and times
Instead of a traditional psychotherapy group, Recognition, Insight, Openness (RIO) is a 3-week, curriculum-driven workshop. RIO is designed to help students gain insight into their concerns, develop a clear sense of what they would like to change in their lives, and identify tools and concrete strategies to reduce feelings of stress and improve emotional functioning.

Healing After Sexual Assault
Gina Albani, Psy. D. & Andrea Olson, MFTI
Mondays, February 29 – April 25 | 3:00 - 4:30 p.m.
This group is a supportive and safe environment for women who have experienced sexual assault, providing participants the opportunity to share experiences, connect with others, and receive support in regaining a greater sense of control and empowerment in their lives. Achieve a greater understanding of common reactions to assault and the ways in which it can impact life, develop skills for improved coping, and work through common challenges in the healing process.

All CAPS groups welcome diversity and inclusivity. Our groups provide a safe and supportive environment in which all students are welcome. Persons who, because of a special need or condition, would like to request an accommodation should contact Disability Resource Programs at 805-437-3331 or email accommodations@csuci.edu as soon as possible, but no later than five business days before the event, so that appropriate arrangements can be made.