

Counseling & Psychological Services (CAPS)

THERAPY GROUPS SPRING 2023

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All groups are free, confidential, and require consistent weekly attendance.
All students must have an up-to-date intake prior to scheduling a group screening.
To schedule, call CAPS at (657) 278-3040

TITAN PRIDE: LGBTQ+ Support Group

Mondays: 3-4:30pm

Facilitated by: Joeline Navarro, LMFT

Start Date: March

This group is designed to provide an affirming, safe, and empowering circle of support for students who identify as LGBTQ+ and those who are questioning their sexual orientation and/or gender identity. Discussions will be based on group members' needs and have typically included themes of exploring identities, unpacking feelings about labels, discussing what it means to "come out", navigating potential conflict with family, intersections of identities, healing internalized homophobia/transphobia, safety concerns, concerns around employment, dating and meeting others in the community, and media/social representations of LGBTQ+ individuals.

GRIEF, LOSS, AND HEALING SUPPORT GROUP

Tuesdays: 10-11:30am

Facilitated by: Dr. Phi Loan Le & Samantha Cohen

Start Date: To Be Determined

A safe and compassionate space that encourages and honors the individual grieving process of students who have experienced the death of a loved one. Through weekly meetings, students will: join with others who are also dealing with grief, explore the individual grief process, and learn coping strategies for healing.

YOUR BEST SELF: BUILDING SELF ESTEEM & CONFIDENCE

Tuesdays: 10-11:30am

Facilitated by: Jacqueline Mai, LMFT

Start Date: March 21

Group members will learn tools that challenge their unhealthy thinking styles and their "inner critic" as well as explore early influences of self-esteem. Identifying strengths and positive traits will also be covered, with the goal of each member to dive deeper in understanding what self-love is, appreciating their own self-worth, freeing oneself from the jail of incessant judgment, and most importantly, becoming their best self.

GRIT: A PATH TO ACADEMIC STRENGTH

Tuesdays: 2-3pm

Facilitated by: Jacquelyn Gerali, LPCC

Start Date: February

Are you struggling academically? Know that academic struggles are NOT the sum of who you are. In GRIT, we will uncover what is underneath these struggles and formulate skills to combat stress and procrastination. Join us for this group as we walk alongside you and develop skills such as resiliency, time and stress management and self-compassion.

CONNECTIONS OF THE HEART

Wednesdays: 10-11:30am

Facilitated by: Dr. Christina Carroll-Pavia

Start Date: February 8

This group encourages members to build caring, genuine interpersonal connections and community through the process of creative art-making. Members are encouraged to express themselves through their art and words as a means of building support, processing emotional and relational struggles, and tapping into their own strengths. The goal is not to make “good art,” but instead to use the creative process as a vehicle for exploring and processing emotions and interpersonal concerns. No previous experience with art or art-making is required—just an openness to participating in the creative process as a means of personal growth.

RISE AND THRIVE

Wednesdays: 10:30am-12pm

Facilitated by: Lolita Mariscal-Carrano, LCSW

Start Date: February 22

This group is designed to help you process difficult and challenging life experiences that were caused by a distressing event. This space is here for you to develop coping techniques to successfully navigate the past for a more hopeful future, along with, working towards healing, being heard and developing supportive relationships.

LIVING AN AUTHENTIC LIFE

Wednesdays: 1-2:30pm

Facilitated by: Jodie Shurtleff, LMFT & Nicole Davis

Start Date: March 1

This 10-session group therapy experience will let you: Challenge with courage, the way shame and fear show up in your life, dig deep and cultivate compassion for yourself and others, and develop connection by creating a community focused on insight and growth.

EMPOWERMENT SUPPORT GROUP

Wednesdays: 2:30-4pm

Facilitated by: Dr. Jenna Ainis & Campus Advocates

Start Date: February

This support group is open to all genders who have been impacted by intimate partner violence, sexual assault, stalking, and child abuse. Students will receive support, take part in healing activities, and increase their coping abilities. Students can feel free to share or not share their story while working through their struggles. This group is completely confidential, both in part by facilitators and students.

YOGA FOR MENTAL HEALTH

Thursdays: 4-5:30pm

Facilitated by: Joeline Navarro, LMFT

Start Date: March 2

Yoga is a sacred practice that engages your mind, body, and spirit to help connect with your whole self and improve your well-being. During this group, we will engage in mindful breathing, yoga postures, and meditation to calm the nervous system, practice self-compassion, and cultivate a sense of peace. This group is designed to leave you feeling more relaxed, empowered, and connected. We will also take some time to process anything that may come up for you as you connect with yourself mindfully. All are welcome, no previous experience necessary.

