CAPS Groups Spring 2015

CAPS is currently recruiting for the following therapy groups for the spring 2015 semester. Please call our main number (657-278-3040) if you are interested in being screened for or would like more information about the following groups.

All groups are confidential and free to registered CSUF students.

Grief and Loss Support Group - Fullerton campus

When we experience grief, we can experience a variety of feelings including sadness, anger, anxiety, guilt, and despair. These are all normal parts of grieving and the feelings can ebb and flow over time. Many people find it helpful to talk with others going through the same experience. This co-ed group is designed for students who have lost a close friend or relative and would like a safe place to share your feelings and concerns with others who are grieving. The group is open to all university students. Please contact Julie Meisels, Ph.D. at 657-278-3040 or e-mail jmeisels@fullerton.edu to schedule a screening appointment.

Healthy Relationships - Fullerton campus

Individuals often find themselves struggling to get their needs adequately met by others such as romantic partners, family members, & friends. This group provides members with a safe learning environment in which to receive valuable perspective from others on relationship patterns and to use such feedback to develop healthier patterns and more effective communication skills. Through group participation, members come to understand how their interpersonal difficulties create barriers to closeness with others and work collaboratively, through the use of peer feedback and support, to address such difficulties. Members are asked to make a semester-long commitment to group to provide a richer experience for all involved. Please contact Valerie Minchala, Ph.D., or Lauren Fournier, Psy.D. by phone at 657-278-3040 or by e-mail at vminchala@fullerton.edu and lfournier@fullerton.edu to schedule a group screening appointment.

LGBTQ Support Group - Fullerton campus

This group is open to all self-identified LGBTQ undergraduate and graduate students at CSUF. Please make an appointment to meet with Dr. Maria Darcy or Dr. Patrick O’Hearn for an intake if you are interested in joining the group by calling CAPS at 657-278-3040. If you currently have a CAPS counselor, please speak to them about being referred for a group screening.
The Self Esteem Group - Fullerton campus

Wednesdays 3-4:30pm

Discover how your self-esteem has developed and what impact it has on your life now. Realize you have everything you need to become the person you want to be. Identify how you and others sabotage your best efforts to change. Join us in an interactive group to examine how our thoughts influence our behavior. Learn how to ask for what you want and deserve. All group members must have an up-to-date assessment and a 30-minute group screening. Please contact Ladan Maleki, Ph.D. or Jessica Foss, M.A. at 657-278-3040 for more information.

Social Anxiety and Confidence - Fullerton campus

This support group is designed to provide a safe and growth-producing environment for students struggling with social anxiety, shyness, and social discomfort to practice new skills, provide and receive support, and share their experiences. Group activities may include learning about anxiety, practicing relaxation skills, practicing social skills, role playing, providing social support and encouragement, and making social interactions opportunities to grow rather than situations to avoid. Contact Annie Petrossian, Ph.D. at 657-278-3040 to schedule a group screening appointment.

Titans Group (Men) - Fullerton campus

Are we Strong Leaders? Creative Intellectuals? Tough Competitors? Nurturing Partners? Men often wear different “hats” throughout their lives, as students/teachers, sons/fathers, leaders/team members, but what happens when you’re seeking a ‘hat’ that you can’t get? When you’re feeling unprepared for a role you’ve already accepted? Or you’re feeling pressured to accept a role that you don’t want? Do you “suck it up” and “act like a man?” Or do you withdraw and pretend “it never happened?” This group provides an opportunity for straight talk about situations/choices/concerns commonly faced by men, but rarely addressed, including: dating dilemmas, career decisions, managing emotions, coping with cultural differences, and many others. If interested, please contact Dr. Dave Botsford at Dbotsford@fullerton.edu or call the CAPS office at 657-278-3040 to schedule a 15 min individual screening appointment.

Adult Reentry Support and Discussion Group - Irvine

Tuesdays 5:30-6:45pm, Room IRVC 105 (Irvine campus: 3 Banting, Irvine)

Drop in group offered weekly. No screening or appointment necessary.

Mindful Monday Stress Relief - Irvine campus

Mondays 3:30-4pm, Room IRVC 108 (Irvine campus: 3 Banting, Irvine)

Drop in stress relief group offered weekly. No screening or appointment necessary.

***Groups on the Irvine campus facilitated by Susan Leavy, LMFT.***