



Counseling & Psychological Services (CAPS)

Brotman Hall- Room 226

Mon – Fri, 9:00 am – 5:00 pm

562-985-4001 | csulb.edu/caps | Instagram @csulongbeachcaps

FALL 2022

Therapy Groups for CAPS Clients

Clinical Groups lasting for 6-12 weeks | CAPS counselor referral

Beach Parents

Connect with other pregnant and parenting students to share experiences and explore topics such as: self-care, balancing roles, healthy relationships, identity, and campus resources. This group will meet in a hybrid format (once a month online, once a month in person). **Group will start online on September 6th** but will remain open to new members.

Bi-weekly on Tuesdays 12:00 – 1:00 pm: Abby Bradecich, Psy.D.

Finding Your Calm: Tools for Coping with Anxiety

6-week in person structured group designed to help you learn effective strategies for coping with anxiety using cognitive-behavioral, mindfulness, and acceptance-based principles.

Mondays 11:00am—12:15pm: Lauren Jensen, Ph.D.

Managing Mood: Tools for Coping with Depression

6-week online structured group aimed to help college students understand the symptoms of depression and develop strategies to cope with depression.

Tuesdays 1:00 -2:30pm: Clarissa Green-Anicich, Psy.D.

Moving Between Worlds: A Support Group for Asian Pacific American Women

An in person support group for women who are interested in exploring cultural expectations on their identities, roles within their family, and dating, career, and personal choices

Tuesdays 2:00 – 3:30pm: Lesley Graves, Ph.D.

Processing Grief

An in person process group meant to help students cope with the often-uncertain terrain that comes along with the grief/loss process. Provides an opportunity for students to connect with others with unresolved grief due to recent or past death of a loved one.

Thursdays 12:30—2:00pm: Michael Barraza, Psy.D.

Understanding Self and Others

These in person counseling groups provide students with a safe and confidential space to receive help with interpersonal concerns and experience personal growth. The group will provide an opportunity to improve self-understanding as well as receive support and feedback from others.

Wednesdays 3:30 – 5:00pm: Abby Bradecich, Psy.D. and Gregory Jacks, M.A.

Thursdays 2:00 -3:30pm: Diane Hayashino, Ph.D. and Megan Ensley, M.A.

Fridays 1:30 -3:00pm: Beth Sullivan, Psy.D. and Sara Villegas-Boykins, M.A.

Workshop (Skills Based) Groups for CAPS Clients

3- Session Workshops with workbook provided | CAPS counselor referral

*Dates represent the start of a new group rotation.

Anxiety Toolbox: Understand Anxiety Symptoms and Build Skills to Manage Anxiety

Time/Day TBD

In person

Alyssa Hufana, Ph.D.

Relationship Workshop: Identify Ways to Foster Healthy Relationships

Thursdays 1:00 -2:00pm: *October 6th , 13th , 20th | *November 3rd , 10th , 17th

Online

Amanda Trama, Ph.D.

Mood Masters: Healthy Strategies for Managing Overwhelming Emotions

Wednesdays 1:00 -2:00pm: *October 5th , 12th , 19th | *November 2nd , 9th , 16th

In person

Lesley Graves, Ph.D.

Drop-In Support Spaces

Open to all CSULB Students

*Drop-in support spaces are not a therapy groups, and you do not need to be a CAPS client to attend. Drop-in support spaces are hosted by CAPS counselors to provide a supportive space for **all CSULB students** to connect on similar experiences and interests. Students are not expected to attend each group meeting but can join as often as needed.*

MON	<p>AAPI Let's Talk: Individual Drop- in consultations for AAPI identified CSULB students. Visits are first come, first serve. Individual online drop-in service where CSULB students can have an informal consultation with a counselor to access support, gain perspective, explore resources, and discuss how therapy might be helpful. Mondays 1:00 - 2:00pm with Arlene Dayrit, LMFT RSVP: linktr.ee/csulongbeachcaps</p>
	<p>Rainbow Café: An inclusive space in support of (a)sexual, (a)gender, and (a)romantic diversity Mondays 3:30 — 5:00pm Weekly Starting 8/22 Facilitator(s): Lauren Jensen, PhD Lauren.Jensen@csulb.edu On Campus: Multicultural Center, FO-3 - Rm 2</p>
TUES	<p>Black Table Talk: A space for conversations about race and other issues impacting the Black Community #BlackBeach Tuesdays 12:00 – 1:00pm Bi-weekly Starting 9/13 Rotating facilitators Facilitator(s): Shelly Collins Rawle, PhD Shelly.Collins@csulb.edu Zoom ID: 870 1139 6405</p>
	<p>Black Talk: Individual Drop-in consultations for CSULB students who identify as Black or of African descent. Visits are first come, first serve. Individual online drop-in service where CSULB students can have an informal consultation with a counselor to access support, gain perspective, or explore resources. Tuesday (biweekly) 12:00 - 1:00 pm with Dr. Shelly RSVP: linktr.ee/csulongbeachcaps</p>

TUES	<p>Butterfly Empowerment Circle: Undoc/DACA support group led by UndocuAllies Tuesdays 11:00 – 12:00 pm monthly 9/6, 10/4, 11/1, 12/6 Facilitator(s): Osmara Reyes-Osorio, EdD Osmara.Reyes-Osorio@csulb.edu On Campus: Dream Success Center, SSC 209</p>
	<p>Creating Connection for Asian, Asian American, and Pacific Islander Students: A conversation space for AAPI students to connect across diverse lived experiences Tuesdays 12:00 – 1:00pm Weekly Starting 8/23 Facilitator(s): Rotating facilitators Diane.Hayashino@csulb.edu On Campus: Multicultural Center, FO-3 - Rm 2</p>
WED	<p>Buddies Connect @ the Beach: A space to connect with other students, find community, and engage in activities to de-stress. Wednesdays 1:00 – 2:00pm Weekly Starting 9/7 Facilitator(s): Project OCEAN's Beach Buddy Mentors On Campus: USU 306 (Venice Beach Room, 3rd Flr) IG: @projectocean_csulb</p>
	<p>Let's Talk: Individual Drop- in consultations for all CSULB students Individual drop-in service where CSULB students can have an informal consultation with a counselor to access support, gain perspective, explore resources, and discuss how therapy might be helpful. Visits are first come, first serve. Wednesdays 12:00 - 1:00pm with Dr. Shelly RSVP: linktr.ee/csulongbeachcaps</p>
THURS	<p>Latinas @ the Beach: A space to connect with other Latinas Thursdays 2:00 – 3:00pm Weekly Starting 8/25 Facilitator(s): Rosa Moreno-Alcaraz, PhD and Celia Mejia, MA LatinasAtTheBeach@csulb.edu On Campus: USU 202</p>
	<p>Sex Talk: Advice and information on dating in the digital age, relationships & sex Thursdays 12:00- 1:00 PM Monthly 9/1, 10/6, 11/3, 12/1 Facilitator(s): Shelly Collins, Ph.D. Shelly.Collins@csulb.edu Zoom ID: 840 7433 9066</p>
	<p>Sisterfriends: A supportive networking group for Black women identified students Thursdays 1:00 – 2:30pm Weekly Facilitator(s): led by Women's & Gender Equity Center (WGEC) (w/ guest Dr. Shelly) Zoom ID: Contact wgec@csulb.edu</p>
	<p>Thoughtful Thursday: Guided mindfulness and meditation Thursdays 11:30am – 12:30pm Weekly Starting 8/25 Facilitator(s): Arlene Dayrit, LMFT and Ilene Gonzalez, LMFT Arlene.Dayrit@csulb.edu Zoom ID: 829 2616 7109</p>
FRI	<p>Beach Ready, Set Go: A support space to help students returning after an educational or medical leave. Fridays 1:00 – 2:00pm Monthly 9/2, 10/7, 11/4, 12/2 Facilitator(s): Rachele Ang, LCSW; Rachele.Ang@csulb.edu Zoom ID: 861 750 78257</p>

Project OCEAN- QPR Training

Q.P.R. stands for Question, Persuade, and Refer—3 steps that you can learn to help save a life.

[Virtual Q.P.R. Suicide Prevention Training](#) (Open Sessions):

Monday,	September 12, 2022	11:00am -12:00pm
Tuesday,	September 27, 2022	2:30pm- 4:30pm
Wednesday,	October 12, 2022	9:00am- 11:00am
Thursday,	October 27, 2022	10:00am-12:00pm
Friday,	November 4, 2022	2:00pm- 4:00pm
Tuesday,	November 15, 2022	10:00am- 12:00pm

Online & Telephone Resources

[Project OCEAN & Beach Buddy](#) On-Campus Emergency Assistance Network educating on suicide prevention, offering mental wellness workshops, peer mentoring groups and 1-on-1s.
Instagram @projectocean_csulb @csulbbeachbuddy

Crisis Line	CAPS Crisis intervention. Call (562) 985-4001 24 hours, 7 days a week
Crisis Text Line	Text BEACH (741-741) 24 hours, 7 days a week
National Suicide Prevention	1 800 273 TALK (8255)
SAMHSA National Helpline	1 800 622 HELP (4357)

Campus Resources for Social Engagement

Beach Buddy	Peer mentoring offered in groups and 1-on-1's through Project OCEAN.
Beach Pride Events	Campus-wide events calendar
Beach Sync	Campus-wide organizations and clubs
Beach Wellness	A one-stop shop for all of your health and wellness needs
Campus Volunteer Opportunities	For information or questions about volunteer opportunities
Student Rec and Wellness Center	Recreation and fitness activities calendar

Self Help Recommendations

1. ADD/ADHD

- Driven to Distraction by Edward M. Hallowell, John J. Ratey
- Delivered from Distraction: Getting the Most out of Life with Attention Deficit

2. Anxiety and Phobias

- The Anxiety and Phobia Workbook by Edmund J. Bourne
- Mastery of Your Anxiety and Worry by Michelle Craske and David Barlow
- Relaxation and Stress Reduction Workbook by Martha Davis, Elizabeth Eshelman and Matthew McKay
- The Anti-Anxiety Notebook
- Panic Attacks Workbook, A guided program for beating the panic trick by David Carbonell

3. Love and Relationships

- Co-Dependent No More by Melody Beattie
- Do I Have to Give Up Me To Be Loved By You? by Jordan Paul and Margaret Paul

- The Relationship Skills Workbook: A Do-It-Yourself Guide to a Thriving Relationship by Julia B. Colwell PhD
- Getting the Love You Want by Harville Hendrix
- The Dance of Connection by Harriet Lerner
- The Dance of Anger- Harriet Lerner

4. Personal Growth, Cognitive Therapy & Resilience

- Be the Person You Want to Find by Cheri Huber
- When Perfect Isn't Good Enough by Martin Antony and Richard Swinson
- Procrastination: Why we do it, what to do about it by Jane Burka and Lenora Yuen
- 10 Days to Self-Esteem by David Burns
- Motivation and Learning Strategies for College Success by Myron Dembo
- The Emotional Toolkit by Darlene Mininni
- Happiness is a Serious Problem by Dennis Prager
- The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are by Brené Brown



To request disability-related accommodations to participate, please contact the Bob Murphy Access Center at (562) 985-5401 or at bmac@csulb.edu and complete the [BMAC Event Request Form](#).



CALIFORNIA STATE UNIVERSITY

LONG BEACH

