

****Pre-group Screening
Required!****

Therapy Groups

All therapy groups start Week 3 of Winter Quarter. All Therapy Groups will be held via Telebehavioral Video Conferencing. Therapy Groups are intended for currently enrolled UCI students who are currently located in the state of California. Call the Counseling Center to learn more!

Graduate Student Therapy Group

Tuesday 9:30am-11:00am

This is a process-oriented therapy group for graduate students who would like to receive/provide support, learn about self and others, share their experiences, and discuss possible ways to cope with struggles in a safe space. The focus of the group will be determined by the members; possible topics may include academic distress, personal growth, relationship concerns, and work-life balance.

Overcoming Social Anxiety

Tuesday 10:30am-12:00pm

This skills-focused group is designed to help students overcome anxiety in a variety of social situations including public speaking, meeting new people, initiating and maintaining conversations.

Journey to Befriending Your Body

Thursday 9:30am-11:00am

This is a process-oriented therapy group for students of ALL genders and sizes who would like to work on their concerns, discomfort, and discontent about their own bodies, shapes, weight, and appearance. This group will help members to begin or progress their journeys to healthy relationships with their bodies through exploring relevant feelings and thoughts, receiving/providing support, and discussing ways to cope in a safe space. Possible topics may include self-esteem, interpersonal insecurity, perfectionism, and cultural and familiar influences.

Authentic Connections

Thursday 1:00pm-2:30pm

This group is for students interested in better understanding themselves and their relationships with others. It offers an environment where members can express their thoughts and feelings and provide support and feedback to one another.

Finding Peace in Family Chaos

Friday 10:00am-11:30am

This support group aims to provide a safe and nonjudgmental space for participants to increase awareness of how their family dynamics impact their relational patterns and overall functioning during COVID and beyond. Through the interactive nature of the group members may engage in discussion and exploration of diverse topics including family and cultural expectations, spirituality, academics, career goals, and romantic relationships. Giving and receiving of interpersonal feedback is also an important component of this group.