



UCI Counseling Center Therapy Groups



Pre-Group Screening is Required

Call the UCI Counseling Center today to learn more about groups and to get scheduled for a group screening appointment. All therapy groups start Week 3 of Fall Quarter. All Therapy Groups will be held via Telebehavioral VideoConferencing in Fall Quarter. Therapy Groups are intended for currently enrolled UCI students who are currently located in the state of California.

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.

Authentic Connections

Thursday 1:00pm-2:00pm

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.

Drop-In Groups

Wabruda- Wednesdays 5pm-6:30pm

A group to support and empower Black/African American men.

****No Group Screening needed. Please contact Dr. Milo Dodson at milo.dodson@uci.edu for more information about fall schedule (This event is partnered with the CBCRR).**

One Foot Out- Thursday 12:00pm-1:30pm

A drop-in group for individuals needing support around topics such as: coming out, chosen family, PRIDE, and QTPIC related concerns, relationships, and Queer History.

****No Group Screening needed (This event is partnered with the LGBT RC-please go to their website for more information).**