

**FALL QUARTER 2019-2020.**

**WORKSHOPS- Students must attend all three workshops in the series- if you miss one, just sign up for a new series. Workshops are free of charge to all students. How to register: If you have been seen at CAPS, contact your former therapist for help registering for a workshop. If you have not been seen at CAPS, or don't have means to contact a former therapist here, stop by or call and ask to speak with a CAPS Access Coordinator, who is happy to help you sign up.**

<b>week</b>	<b>Workshop</b>	<b>DAY</b>	<b>time</b>	<b>Facilitator</b>	<b>Workshop dates</b>	<b>location</b>
1	ANXIETY TOOLBOX	Thursdays	10:00-11:00	Meag-gan O'Reilly, PhD	9/26, 10/03, 10/10	EDU Center
2	ANXIETY TOOLBOX	Mondays	9:00-10:00	Ariana Davidson LCSW Charlie Champion	9/30, 10/07, 10/14	EDU Center
2	ANXIETY TOOLBOX	Fridays	1:00-2:00	Amy Wilkinson	10/04, 10/11, 10/18	EDU Center
3	Re-Envisioning your Relationship with Body, Exercise, Food & Eating	Mondays	1:30-2:30	Emily Caruthers LMFT	10/7, 10/14, 10/21	CAPS Small Grp Room
3	Surviving A Break Up	Wednesdays	3:30 – 4:30	Emily Caruthers LMFT	10/9, 10/16, 10/23	CAPS Small Grp Room
3	ANXIETY TOOLBOX	Tuesdays	9:00-10:00	Stephanie Ruiz, LCSW	10/08, 10/15, 10/22	EDU Center
3	ANXIETY TOOLBOX	Wednesdays	2:00-3:00	Tovah Krokoszynski, PsyD Katie Ohene, PsyD	10/09, 10/16, 10/23	EDU Center
3	ANXIETY TOOLBOX At A3C: this series designed especially to support students of color	Tuesdays	4:00-5:00	Helen Hsu PhD	10/08, 10/15, 10/22	A3C
4	ANXIETY TOOLBOX	Mondays	9:00-10:00	Amy Wilkinson, LCSW Elmer Guardado, MS	10/21, 10/28, 11/04	EDU Center
4	ANXIETY TOOLBOX	Thursdays	2:30-3:30	Mary Mendoza-Newman, Ph.D. Krishna Kary, PhD	10/17, 10/24, 10/31	EDU Center

4	ANXIETY SEMINAR at Women's Center: this session designed to support students accessing WCC- 90 minute, one session version <i>Students can book online at Vaden Portal</i>	Monday	1:00-2:30	Lindsay Ellch PhD	10/14	Womens Community Center
5	STUDENT SLEEP HEALTH PROGRAM A 4-session sleep improvement program that teaches students how to change beliefs, behaviors and habits that interfere with healthy sleep	Friday	3-4:30	Suzie Bruch MD Fiona Barwick, PhD Sleep Psychology Fellow	10/25, 11/1, 11/8, 11/15	Kingscote Conference Room 101
5	ANXIETY TOOLBOX	Tuesdays	1:00-2:00	Ariana Davidson LCSW (book into Ariana's schedule) Riley Cropper PhD Sedale Williams, MSW	10/22, 10/29, 11/05	EDU Center
5	ANXIETY TOOLBOX	Fridays	2:00-3:00	Meredith Parker PsyD	10/25, 11/01, 11/08	EDU Center
5	CBT for Perfectionism	Thursdays	1:00-2:00pm	Meag-gan O'Reilly, PhD	10/24, 10/31, 11/17	CAPS Small Group Room
6	Re-Envisioning your Relationship with Body, Exercise, Food & Eating	Mondays	1:30-2:30	Emily Caruthers LMFT	10/28, 11/4, 11/11	CAPS Small Grp Room
6	Surviving A Break Up	Wednesdays	3:30 – 4:30	Emily Caruthers LMFT	10/30,11/6, 11/13	CAPS Small Grp Room
6	ANXIETY TOOLBOX	Wednesdays	10:00-11:00	Riley Cropper, Ph.D.	10/30, 11/06, 11/13	EDU Center

6	ANXIETY TOOLBOX	Thursdays	9:00-10:00	Elmer Guardado, MS	10/31, 11/07, 11/14	EDU Center
7	ANXIETY SEMINAR at Women's Center: this session designed to support students accessing WCC- 90 minute, one session version <i>Students can book online at Vaden portal</i>	Monday	1-2:30	Lindsay Ellch PhD	11/04	Womens Center
7	ANXIETY TOOLBOX	Mondays	3:00-4:00	Krishna Kary, PhD	11/04, 11/11, 11/18	KC 101
7	ANXIETY TOOLBOX	Thursdays	3:00-4:00	Katie Ohene, PsyD	11/07, 11/14, 11/21	EDU Center
8	ANXIETY TOOLBOX	Mondays	11:00-12:00	Charlie Champion, MA	11/11, 11/18, *, 12/02	EDU Center
8	ANXIETY TOOLBOX	Tuesdays	3:00-4:00	Sedale Williams MSW	11/12. 11/19, *, 12/03	EDU Center
9	ANXIETY SEMINAR- 2 hour one time seminar	Wednesday	2:00-4:00	Meredith Parker, PsyD	11/20 2hr SEMINAR	EDU Center
10	ANXIETY SEMINAR- 2 hour one-time seminar	Friday	2:00-4:00	Meredith Parker, PsyD	12/06 2hr SEMINAR	EDU Center

**6-8 week GROUPS- these are “deep dives” into relationships and topics. Contact CAPS by phone, at least one week prior to the group, to request a pre-group meeting with one of the facilitators. This meeting with a group facilitator, is required in order to participate in the group.**

Academic week	Name of group and description	day	times	facilitators	dates	location
Week 3	<p><b>Rise</b>-Interpersonal Process Group for women of color  <b>Rise</b> is a 7 week process group for students who identify as women of color. This group is facilitated by Danielle Amajoyi, LCSW and Stephanie Ruiz, LCSW at Kingscote. This group was created as a safe space to process, grow, encourage and build community. This process group will support students in navigating their unique experiences as women of color at Stanford, build tools on managing race related stress and building on their internal strengths</p>	<b>Mondays</b>	<b>11:00-12:30</b>	<p>Danielle Amajoyi LCSW  Stephanie Ruiz LCSW</p> <p>Prescreening required: book “group screen” in any facilitator schedule any Monday between 11:00-12:30 prior to group start date.</p>	10/7, 10/14,10/21, 10/28, 11/4, 11/11, and 11/18	Kingscote 101
Week 3	<p><b>LatinX Support Group-</b>  This group is created as a way for students who identify as Latino/a, Afro-Latino/a, to join a weekly interpersonal process therapy group. The group is intended for students who want to discuss challenges, build community, learn how to manage stressors, and foster a safe space to come as they are. This group is co-ed, and for undergraduate and graduate students who identify as Latino/a, Afro-Latino/a</p>	<b>Wednesdays</b>	<b>1:00-2:30</b>	<p>Stephanie Ruiz LCSW</p> <p>Prescreening required: book “group screen” in facilitator schedule any Wednesday between 1:00-2:30 prior to group start date.</p>	10/9, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20	El Centro

Week 4	<p><b>The Gathering:</b> Process group for graduate students of color (GSOC)  <b>The Gathering</b> is a 6-week process group. This space is for GSOC facing stressors/experiencing psychological distress that may be exacerbated by their social identity as a person of color</p>	<b>Wednesdays</b>	<b>4:00-5:30</b>	<p>LaWanda Hill PhD  Danielle Amajoyi LCSW</p> <p>Prescreening required: book “group screen” in any facilitator schedule any Wednesday between 4-5:30 prior to group start date.</p>	10/16; 10/23; 10/30; 11/06; 11/13; 11/20	EDU Center
Week 4	<p>Sankofa Group Series  <b>Sankofa</b>, which translates “go back and get it” is a 6-week hybrid (Skills based/process) group for first and second year Black undergraduate students. The purpose of the group is to equip Black students with the skills necessary to identify race related stress and develop the tools to maintain wellness while navigating their unique contexts.</p>	<b>Tuesdays</b>	<b>11:30-12:30</b>	<p>LaWanda Hill PhD  Danielle Amajoyi LCSW</p> <p>Prescreening required: book “group screen” in any facilitator schedule any Tuesday between 11:30-12:30 prior to group start date.</p>	10/15; 10/22; 10/29; 11/05; 11/12; 11/19	The Black Community Service Center

**SEMINARS: one time sessions: Seminars are one hour sessions on special topics. No prior contact or contact with CAPS is needed to sign up. You can sign up online via the Vaden portal, or if you want to get more information first, call or stop by CAPS and ask to speak with an Access Coordinator. All Seminars are on Wednesdays 12:30-1:30, Vaden Health Center, on second floor in Education Center.**

Week	date	Name	facilitator
1	9/25	Surviving and Thriving at Stanford for Graduate Students	Donovan Yisrael MA, Helen Hsu PhD
2	10/02	How to find a therapist or psychiatrist locally	Ariana Davidson LCSW, CAPS Referral Coordinator and Amy Wilkinson LCSW
3	10/09	Grief 101	Helen Hsu PhD
4	10/16	Introduction to Mindfulness	Amy Wilkinson LCSW
5	10/23	Presenting Under Pressure: A Practical Approach to Managing Performance Anxiety	Suzie Bruch MD
6	10/30	Introduction to Mindfulness	Amy Wilkinson LCSW
7	11/06	Surviving and Thriving at Stanford for Undergraduates	Donovan Yisrael MA with CAPS therapist
8	11/13	Establishing and Practicing Personal Boundaries	Helen Hsu PhD
9	11/20	Facing Exams and Interviews (with your personal Jedi Master/Fairy godmother at your side)	Donoval Yisrael MA with Amy Wilkinson LCSW
break	11/27	T-day week break	N/A
10	12/04	Family stress over the holidays	Donovan Yisrael MA with Amy Wilkinson LCSW

**Additional “drop in only” SEMINARS in partnership with community- there is no registration or sign up required- just show up.**

**\*Grief Gathering**

Thursday 10/17 4:00-5:00, CAPS EDUCATION CENTER

Helen Hsu PhD is CAPS Facilitator, in partnership with Office of Religious Life and Residence Life

**\*Grief Gathering**

Thursday 11/14 4:00-5:00, CAPS EDUCATION CENTER

Helen Hsu PhD is CAPS Facilitator, in partnership with Office of Religious Life and Residence Life