



## Fall 2009 Schedule

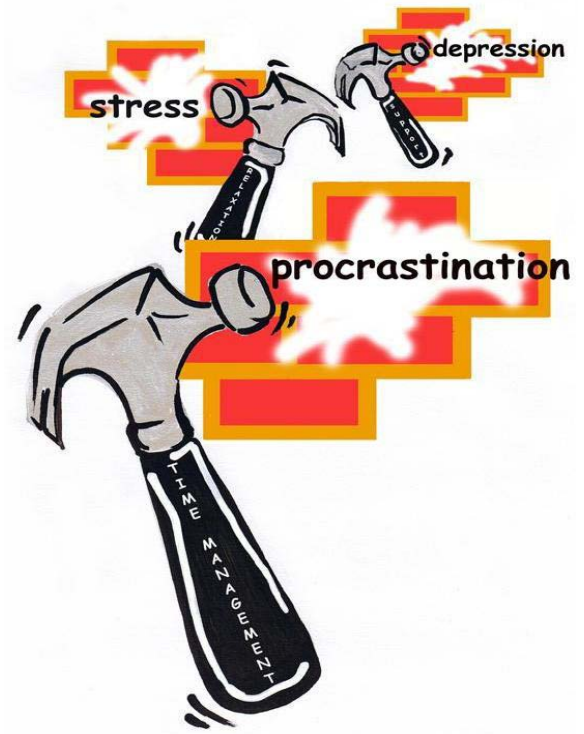
Non-Credit Courses, Workshops and Groups

from Counseling and Psychological Services

Building 66, Room 116 (909) 869-3220

[www.dsa.csupomona.edu/caps/](http://www.dsa.csupomona.edu/caps/)

**Breaking Down Barriers to Your Success**



### Non-Credit Courses/Workshops

#### **Wellness 101 - 3 Week Course**

1 hour, day/time TBA at CAPS

Limit 8 students

Wellness 101 is a brief course offered whenever demand for services is high and students are delayed in being assigned to meet with an individual counselor. Balancing school, work, and a social life; good self-care, stress management and relaxation; as well as managing emotions and solving problems are just a few of the topics introduced by CAPS staff, and all students seeking counseling are encouraged to participate.

#### **Social Confidence - 6 Week Course**

1 hour, day/time TBA at CAPS

Dr. Genevieve Crean

Limit 8 students

Social anxiety is feeling tense, nervous, or frightened during situations that involve other people. Anxiety is a normal part of social interaction, but it can sometimes have a negative impact on an individual's life. This course will help you learn practical approaches to cope with and manage social anxiety and build social confidence.

#### **Good Grieving - 6 Week Course**

90 minutes, day/time TBA at CAPS

Dr. Genevieve Crean

Limit 8 students

Grieving the death of a significant other is difficult. In this course students will learn skills conducive to healthy grieving, techniques to enhance purposeful living and receive and give support to one another.

#### **Noticing What Is.... Weekly Course**

90 minutes, day/time TBA at CAPS

Dr. David Herzog

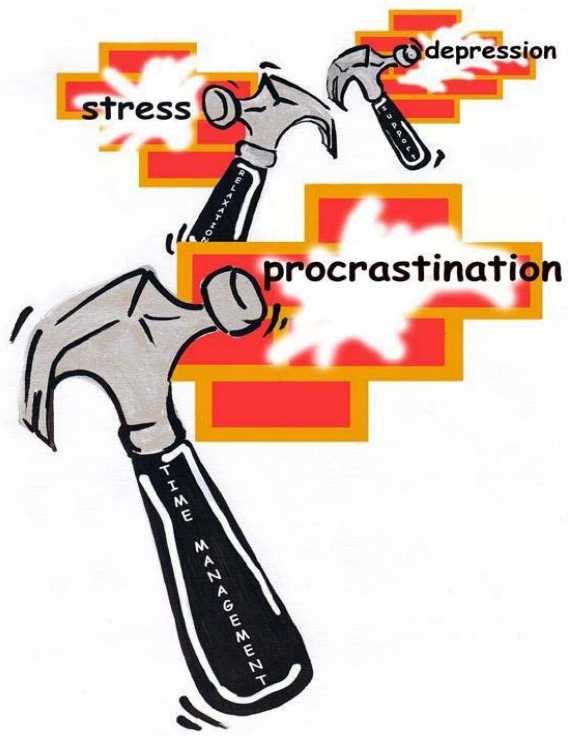
Limit 6 students

This class will provide you with tools to help you be more focused in the present moment and more connected to your experience of yourself and your relationships with others. By practicing different types of meditation, breathing exercises and other mindfulness techniques, you will be able to minimize distractions in your life, be able to better manage your emotions and be more effective in taking on the challenges of college life.



## **Fall 2009 Schedule** **Non-Credit Courses, Workshops and Groups**

from Counseling and Psychological Services  
Building 66, Room 116 (909) 869-3220  
[www.dsa.csupomona.edu/caps/](http://www.dsa.csupomona.edu/caps/)



### **Breaking Down Barriers to Your Success**

#### **Groups**

##### ***Getting My Act Together!***

90 minutes, day/time TBA at CAPS  
Dr. Craig Muir  
Limit 8 members

Ever say to yourself “My life’s not going the way I want it to--what can I do about it?” Find help to make friends more easily, resolve relationship or family issues, decrease anxiety or depression, and deal with other challenges you are facing. This group provides a safe and supportive place to learn about what causes these problems and practical ways to solve them, while you practice being a caring and compassionate friend.

##### ***Interpersonal Process Group***

90 minutes, day/time TBA at CAPS  
Dr. Steve Okiyama  
Limit 8 members

This group explores relationships – how trust is developed, broken and recovered. Group members are willing to identify interpersonal patterns they would like to change in their relationships with friends and family. This group is for those willing to discuss relationship issues while giving and receiving feedback from each other.

##### ***Not So Straight***

90 minutes, day/time TBA at CAPS  
Dr. David Herzog  
Limit 8 members

Do you identify as lesbian, gay, bisexual or other than straight? Do you want support from others who share this aspect of your identity? This group will provide a safe place to get affirmation and support and to discuss issues important to those *not so straight*.

##### ***Women’s Process Group***

90 minutes, day/time TBA at CAPS  
Dr. Dao Nguyen  
Limit 8 members

This group aims at helping women affirm their identity and develop healthy and meaningful relationships with themselves and others. Topics include, but are not limited to: self-esteem, body image, relationships, identity, sexuality, gender roles and expectations, managing depression and anxiety, competitiveness among women, and interdependence.