

木禾心理

University of California, Los Angeles

心理咨询资源整合

更新于12/27/2021 yx



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木禾心理旨在为华人留学生提供更方便的心理健资源。**禁止对本资源整理进行二次修改及上传。**如需转载本资源整理，请注明出处。谢谢！

概要(内附超链接)

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General Information

<https://counseling.ucla.edu/>



- **Health. Healing. Hope.**
- **Contact information:**
 - 电话: (310) 825-0768 (24/7)
 - 地址: John Wooden Center West, 221 Westwood Plaza, Los Angeles, CA, 90095-1556
 - (自2021年9月13日起, 同时提供线下和线上服务)
 - 时间: Mon, Tue, Thurs: 8am-6pm; Wed: 9am-6pm; Fri: 8am-5pm (工作日四点后只接受有预约的学生; 大学节假日不开放)
 - 对象: 所有registered UCLA student都可以通过patient portal登录并预约使用CAPS的服务

收费情况

<https://counseling.ucla.edu/about-us/eligibility-and-fees>



- **Registered students with UC SHIP: 免费**
- **Registered students without UC SHIP: \$15/therapy session**
- **24小时取消政策:**
 - 24小时内取消/改时间/未参加个人咨询: \$20
 - 24小时内取消/未参加小组咨询: \$10

Services

<https://counseling.ucla.edu/services/our-services>



- Crisis counseling available by phone 24 hours a day/7 days a week
- Emergency intervention
- Individual counseling and psychotherapy
- Group therapy
- Psychiatric evaluation and treatment
- Psychoeducational programs and workshops for students, staff and faculty
- Campus mental health and wellness promotion

Triage appointment



<https://counseling.ucla.edu/services/beginning-treatment-what-you-need-to-know>

- 只有在完成triage appointment后才能在CAPS接受其他服务
- 时长: 45分钟到1小时
- 时间: Mondays - Thursdays 9 am - 4 pm; Fridays 9 am - 3 pm

步骤:

1. 在上述时间内打电话预约同一天的triage appointment
2. 登录 Ashe patient portal
3. 签署一些关于 CAPS confidentiality and consent policies的文件
4. 相关工作人员会给来访者打电话, 并通过电话进行 triage assessment

Short-Term: Counseling and Psychotherapy

<https://counseling.ucla.edu/services/short-term-counseling-and-psychotherapy>



- 时长: 个人咨询每次45-50分钟
- 咨询频率和次数将由来访者需求和CAPS政策决定
- 只有在双方都是 currently registered UCLA students的情况下才可以接受couples therapy, 而且一个学生不能同时接受个人咨询和couples therapy
- Referral: CAPS may coordinate referrals to Behavioral Health Services (BHS) at the UCLA Neuropsychiatric Institute, UC SHIP-Anthem community providers or providers in your private health insurance network.

相关文件及证明



- CAPS不能在初次咨询(triage assessment)时提供任何文件证明, 但可以在治疗/咨询过程中提供相关文件证明
- 学生可以向前台索要参加咨询的证明(verification of attendance), 但是这个证明不会包含咨询的性质和内容

ADHD or Psycho-Educational Testing



- 学生可以在CAPS进行ADHD相关的测试, 但是CAPS不提供正式评估(for the purpose of accommodations on test)
- 学生可以到UCLA Psychology Clinic进行学习障碍相关的测试和评估

UCEAP (Education Abroad Program) Medical Clearance



- 正在CAPS接受治疗的学生需要在Ashe portal上申请CAPS提供的EAP clearance
- CAPS不能为没有在CAPS接受治疗的学生提供EAP clearance

Group Treatment

<https://counseling.ucla.edu/services/group-treatment>



- 由于疫情, 目前所有小组咨询都通过Telehealth在线上进行
- **Wellness skill groups (WSG)**
 - 培养个人, 学术及社交能力, enhance wellness
 - 每次1个小时, 一共有三次
 - "closed" groups: 需要提前报名, 学生不能中途加入
 - 需要先完成triage assessment或者被CAPS provider推介才能参加

Group Treatment

<https://counseling.ucla.edu/services/group-treatment>



- **Therapy groups**

- 6-8 人参加, 每周进行咨询, "closed" groups
- Group facilitator会进行pre-screening
- 每个学生一学期只能参加一个group, 且必须有提供个人咨询的咨询师才能参加大部分therapy groups

Psychiatric Services

<https://counseling.ucla.edu/services/psychiatric-services>



- 在预约psychiatric service或者把之前的服务转介到CAPS的psychiatrist前需要先完成一个therapy intake session

Workshops & Trainings

<https://counseling.ucla.edu/services/workshops-trainings>



- 目的: to help educate campus communities on mental health issues, empower them to utilize helping skills and proactive wellness practices, eliminate the stigma towards mental health through a community of care, and bring CAPS into the larger UCLA community
- 每学期提供的workshops见网站

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Crisis Assistance

<https://counseling.ucla.edu/services/are-you-in-a-crisis>



For life-threatening emergencies, call 911 or UCPD (310) 825-1491.

Emergency assistance:

- UC Police Department (UCPD): Call 9-1-1 or (310) 825-1491
- Ronald Reagan UCLA Medical Center: (310) 825-9111 Main line;
(310) 825-2111 Emergency Department

Crisis Assistance

<https://counseling.ucla.edu/services/are-you-in-a-crisis>



If you have suicide thoughts

- CAPS (24 hours): (310) 825-0768
- National Suicide Prevention Hotline (24 hours): (800) 273-TALK (8255) or chat online
- Crisis Text Line (24 hours): Text 741-741 from anywhere in the USA, anytime, about any type of crisis.

Crisis Assistance

<https://counseling.ucla.edu/services/are-you-in-a-crisis>



Experiencing mental health crisis

- Call (310) 825-0768 during the Triage Assessment hours: Monday-Thursday 9am-4pm and Fridays 9am-3pm.
- Some examples of urgent mental health issues are when students:
 - are thinking about harming themselves or others
 - are seriously concerned about another student's safety or well-being
 - feel unable to function, e.g. get out of bed, eat, shower
 - have experienced a recent traumatic event

Crisis Assistance

<https://counseling.ucla.edu/services/are-you-in-a-crisis>



Sexual assault, intimate partner violence, or stalking

- Call CARE at (310) 206-2465
- Contact a UCLA CARE Advocate at: advocate@careprogram.ucla.edu
- Rape Treatment Center at Santa Monica-UCLA Medical Center: (424) 259-7208
- Call the National Sexual Assault Hotline at (800) 656-HOPE (4673) or visit RAINN.org to get help in your local area

Crisis Assistance

<https://counseling.ucla.edu/services/are-you-in-a-crisis>



Concerned about others

- Emergencies: Call 9-1-1
- UCPD Non-Emergencies: (310) 825-1491 (24 hours)
- UCPD Anonymous Message/Tip Line: (310) 794-5824 (24 hours)
- Counseling and Psychological Services (CAPS): (310) 825-0768 (24 hours)
- UCLA Consultation & Response Team (CRT) or Email: CRTeam@ucla.edu
- UCLA Staff & Faculty Counseling Center : (310) 794-0245

Satellite Clinics: CAPS at Behavioral Wellness Center (BWC)



- 地址: CHS 17-253 (near Cafe Med and the School of Medicine)
- 时间: Monday - Thursday 8:00 am - 6:00 pm
Friday 8:00 am - 5:00 pm
- 对象: currently enrolled Center for Health Sciences Professional school students
(Schools of Nursing, Dental and Public Health)

服务简介



Confidential consultation and brief therapy:

- Brief triage
- Clinical consultation
- Crisis management services
- Short-term individual psychotherapy
- Referrals to the community for longer term services
- Limited workshops and outreach services