



UNIVERSITY HEALTH SERVICES

# UNIVERSITY OF CALIFORNIA, BERKELEY

UC Berkeley is a world-class university. US News and World Report ranked UC Berkeley as #1 public university and #4 overall on their list of 2020 Best Global Universities. The ranking evaluated 1,500 private and public universities across 81 countries based on published academic research and reputation, among other criteria. Berkeley faculty, students, alumni and researchers have won a total of 72 Nobel Prizes, 103 Olympic Gold medals and 20 Academy Awards. As a global university, Berkeley is a place where the brightest minds from over 80 countries come together to explore ways to create a better future for the world.

UC Berkeley has a long-standing mission of contributing to the public welfare, both within the United States and globally. Our Global Institute for Student Counseling and Mental Health aims to contribute to this mission through developing international collaborations and training programs focused on developing culturally informed counseling and advising skills and practices. For the past 6 years, we have developed short-term summer training programs for around 80 mental health professionals from over 50 universities around the world. Our institute teaching faculty consist of seasoned clinicians (psychologists, psychiatrists, social workers) from Counseling and Psychological Services, #2 nationally-ranked clinical psychology doctoral program faculties and community experts here at Berkeley.



# MEET OUR LEADERSHIP TEAM

The team at University Health Services is made up of leading care providers, educators, and clinical experts on the topic of mental health and student counseling.



**GUY NICOLLETE**

*Assistant Vice Chancellor, UHS*

Guy previously served as the director of student health at the University of Florida. Before, he served as director of the University of Florida's Primary Care Sports Medicine Program and medical co-director of its Undergraduate Athletic Training program, in which he provided primary and sports medicine care for students and student athletes alike.



**CHRISTINE ZHOU, PhD**

*International Institute Operations Director*

Christine received her Ph.D. in Counseling Psychology from the University of Minnesota in 2008 and currently works as a senior staff psychologist at UC Berkeley. She develops training programs for counselors and was selected to participate in the first Leadership Academy hosted by Division 17 (Society of Counseling Psychology) of American Psychological Association in 2012.



**CLAYTIE DAVIS III, PhD**

*Interim Dir, Counseling & Psychological Services*

Claytie received his Ph.D. in 1999, from the UT Austin and currently serves as the Director of Training at UC Berkeley. He has worked in university counseling centers for the past 20 years. During that time, he has been professionally active and most recently finished his term as a founding editorial board member of Training and Education in Professional Psychology (TEPP; 2006-2013).



**CHRIS McCLEAN, PhD**

*Assistant Dir, Career & Academic Programs*

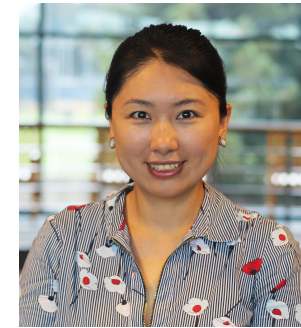
Chris is a licensed psychologist with more than 20 years of experience providing a full range of counseling and career development services. He has expertise in performance psychology and has designed and led numerous trainings to promote personal growth and professional development of university students, high performance athletes, and adults in career transition.



**AARON COHEN, PhD**

*Residential Life Counselor*

Aaron received his Ph.D. from the Wright Institute in Berkeley California in 1999. Dr. Cohen has been at UC Berkeley since 1999 working in Social Services, Disabled Students Program and Counseling and Psychological Services. Dr. Cohen is currently the lead at our Residence Life Satellite office and coordinates our campus crisis response after traumatic events.



**YU BI, PhD**

*Senior Staff Psychologist*

Yu is a clinical psychologist, senior staff psychologist at the UC Berkeley Counseling and Psychological Services. Dr. Bi earned her bachelor and Master degree of Clinical Psychology in Beijing Normal University. She graduated with a Ph.D. from the University of Missouri from a top-ranked Counseling Psychology Program and completed her post-doctoral fellowship at UC Berkeley.

# UNIVERSITY PROGRAM PROPOSAL

For summer 2020, UC Berkeley is proposing to launch a 2-week training program from Monday 7/6 to Friday 7/17. Curriculum will be finalized in collaboration with University partners.\*



## WEEK 1

### COLLEGE STUDENT MENTAL HEALTH IN THE WORLD

Advance participants' understanding of college student mental health challenges in the U.S., with the hope of exploring similarities and differences with participants from around the world. Participants will also increase their clinical knowledge and skills of suicide assessment and crisis intervention within a short-term treatment model.

#### SAMPLE TOPICS

- History, trends and model programs of university counseling in the US
- Clinical Suicide Assessment and Intervention
- Single Session Crisis Intervention
- Facing and Relating to Human Sufferings

#### TRAINING COMPONENTS

- Lecture and class discussion
- In class role plays
- Case discussions
- Visits to campus services and other universities



## WEEK 2

### ADVANCED CLINICAL SPECIALTY TRAINING

Clinicians will expand their clinical knowledge through a sequential and progressive training of advanced counseling skills. Training will focus on cutting-edge advances in evidence-based interventions and will incorporate self-examination and reflection needed to be effective in the professional practice of counseling.

#### SAMPLE TOPICS

- Treatment of Impulse Control Disorder
- Evidenced-Based Advanced Cognitive Behavioral Therapy
- Couples Counseling
- How to Run a Process Group
- Counselor Self-Development

#### TRAINING COMPONENTS

- Lecture
- Case Presentation And Discussion
- Experiential Group Activity

\* Curriculum will be finalized after the contract is signed. This is a proposal is based on prior trainings and curriculum design.