



ACCEPTANCE AND COMMITMENT THERAPY GROUP

Acceptance and Commitment Therapy (ACT) is a mindfulness-based cognitive behavioral therapy focusing on psychological flexibility and valued engagement in life. ACT can be summarized as being present, opening up, and doing what matters. The goal of ACT is not to eliminate certain parts of one's experience of life, but rather to learn how to experience life more fully, without as much struggle, and with vitality and commitment.

Date: Wednesday's from October 3rd to December 19th
(no session on November 21st)

Time: 3pm-4pm

Commitment: 8-11 sessions (must attend first 3 sessions)

Fee: \$10 per session (paid with cash, credit card, or check)

Facilitator: Christina Huber, MA, BCB

ALL ADULTS (AGES 18+) WELCOME!

**PLEASE CALL (610) 436-2510 TO RESERVE
YOUR SPOT IN THIS GROUP!**

ACCEPTANCE
(open up)

COMMITTED
ACTION
(do what it takes)

VALUES *(know
what matters)*

DEFUSION *(watch
your thinking)*

PRESENT
MOMENT
AWARENESS
(be here now)

SELF-AS-
CONTEXT
(pure awareness)

COMMUNITY MENTAL
HEALTH SERVICES

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www.wcupa.edu/CommunityMentalHealth