



# 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 3<sup>rd</sup> to December 19<sup>th</sup>  
(no session on November 21<sup>st</sup>)

**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)*

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COMMITTED  
ACTION  
*(do what it takes)*

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VALUES *(know  
what matters)*

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DEFUSION *(watch  
your thinking)*

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PRESENT  
MOMENT  
AWARENESS  
*(be here now)*

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SELF-AS-  
CONTEXT  
*(pure awareness)*

COMMUNITY MENTAL  
HEALTH SERVICES

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610-436-2510

[www.wcupa.edu/CommunityMentalHealth](http://www.wcupa.edu/CommunityMentalHealth)