

# ACT Study Group

## Acceptance & Commitment Therapy

### What is ACT?

ACT is an empirically-based behavioral therapy that uses acceptance and mindfulness strategies, combined with commitment and behavior change strategies, to increase psychological flexibility.

first & third Thursdays each month

7:00 - 8:30 pm

WMU Engineering College

Dean's conference room

*corner of Parkview and Drake, parking in front*

### What you'll learn:

- Hexaflex & the six core processes
- The Act Matrix
- Integrating ACT into your practice
- Psychological flexibility
- ACT metaphors
- Experiential & mindfulness exercises

### 2016 Study Group Dates

January 7 & 21	July 7 & 21
February 4 & 18	August 4 & 18
March 3 & 17	September 1 & 15
April 7 & 21	October 6 & 20
May 5 & 19	November 3 & 17
June 2 & 16	December 1 & 15

### Why join this group?

- Improve your psychological flexibility
- Increase your confidence with clients
- Build a professional community
- Be more present with clients
- Help clients move toward values & goals

There's no cost to attend, and we welcome therapists, social workers, psychologists, medical professionals, counselors & students in mental health fields.

Interested in attending?

Please contact:

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