

Acceptance and Commitment

Therapy Group



“Get out of your mind and into your life.”
- Stephen C. Hayes, PhD
Founder of ACT

Do you find yourself struggling to make decisions, take action, or get clarity in your life? Are you churning and ruminating in a way that is holding you back from living your best life?

GROUP TOPICS



- Accepting our experiences rather than judging them.
- Staying present in the moment.



- Getting unstuck from our thoughts.
- Observe out inner experiences rather than being controlled by them.



- Identify our values.
- Commit our actions to align with our values

JOIN OUR GROUP AND LEARN TO ACT MEANINGFULLY

Develop a better relationship with your thoughts and feelings.
Intentionally do more things in alignment with what's meaningful to you.
Become more fully present in your overall experience of life.

GROUP INFORMATION

- Time: Fridays 3:45pm - 4:45pm PST
- Location: Online Video or Audio
- Fee: \$75 per session/\$450 per cycle

Open group: Join at any point, repeat series as desired. Topics are rotated every 6 weeks.

The format of the group includes education, practical activities, discussions, and community.

Email Alyx Duckering, LMFT
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If you are interested in joining!