MANAGING ANXIETY WITH ACT

TUESDAYS 4:00 - 4:50 PM
DUC 245
TWO 6-WEEK SESSIONS OFFERED

This Acceptance and Commitment Therapy (ACT) workshop will help you tame anxiety through developing mindfulness skills and psychological flexibility. You’ll get the most out of this group if you’re able to commit to attending all 6 sessions. We’ll focus on learning to accept internal experiences (e.g., thoughts and emotions) rather than control them. We’ll work on identifying personal values and how to live and behave in ways consistent with those values.

Session 1 begins September 3
Session 2 begins October 22

FOR QUESTIONS AND TO REGISTER, PLEASE CONTACT SUSAN ROSSE PSY.D. AT SUSAN.ROSSE@WUSTL.EDU.