ACT WORKSHOP

This is a series of 4 workshops offering skills based on Acceptance and Commitment Therapy (ACT). The workshop series will occur 3 times throughout the Fall 2020 semester.

WORKSHOP TOPICS

1. BE HERE NOW (MINDFULNESS)
9/23 (4:00 pm), 10/22 (4:00 pm), or 11/17 (9:00 am)

2. OPEN UP (ALLOW ROOM FOR YOUR REACTIONS)
9/30 (4:00 pm), 10/29 (4:00 pm), or 11/24 (9:00 am)

3. KNOW WHAT MATTERS (VALUES)
10/7 (4:00 pm), 11/5 (4:00 pm), or 12/1 (9:00 am)

4. DO WHAT IT TAKES (ACTION)
10/14 (4:00 pm), 11/12 (4:00 pm), or 12/8 (9:00 am)

SERIES DATES

SERIES 1
Wednesdays, 4:00 - 5:00 pm, 9/23 - 10/14

SERIES 2
Thursdays, 4:00 - 5:00 pm, 10/22 - 11/12

SERIES 3
Tuesdays, 9:00 - 10:00 am, 11/17 - 12/8

For questions, Zoom links, and to learn more, email Susan Rosse, Psy.D. at susan.rosse@wustl.edu

Habit Health and Wellness Center
STUDENT AFFAIRS AT WASHINGTON UNIVERSITY