ACT WORKSHOP

This is a series of 4 workshops offering skills based on Acceptance and Commitment Therapy (ACT). These workshops are aimed at helping students allow room for your reactions and be present, know what matters to you, and to take action.

WORKSHOP TOPICS
1. BE HERE NOW (MINDFULNESS)
2. OPEN UP (ALLOW ROOM FOR YOUR REACTIONS)
3. KNOW WHAT MATTERS (VALUES)
4. DO WHAT IT TAKES (ACTION)

SERIES DATES
TBD

Contact Susan Rosse, Psy.D. for more information: susan.rosse@wustl.edu

Habif Health and Wellness Center
STUDENT AFFAIRS AT WASHINGTON UNIVERSITY